

Somerset Academy School Lunch Program (Wilton Manors)

presented by Greater Miami Caterers, Inc.

October 2019

This menu is Dietician Approved to meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2		1 WHOLE GRAIN BREADED CHICKEN BREAST PATTY ON A WHOLE WHEAT HAMBURGER BUN WITH MUSTARD & PICKLES SLICED CARROTS TOSSED LETTUCE SALAD W/ TOMATOES & FAT FREE SALAD DRES. FRESH BANANA	2 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS RED BEAN SOUP FRESH APPLE	3 Mini Chicken Whole Grain Corn Dogs POTATO CASSEROLE RAW CELERY STICKS W/ FAT FREE DIP PINEAPPLE TIDBITS KETCHUP	4 CHEESE PIZZA HUMMUS DIP CAESAR SALAD W/ FAT FREE CAESAR SALAD DRESSING FRESH MELON CUBES WHOLE GRAIN PITA CHIPS
3	7 ARROZ(BROWN) CON POLLO CASSEROLE TOMATO SLICES TOSSED LETTUCE SALAD W/ FAT FREE SALAD DRESSING PLANTAIN CHIPS-LOW SODIUM FRUIT MIX	8 CHILI CON CARNE W/ DARK RED KIDNEY BEANS & CHEESE BROWN RICE PEAS & CARROTS FRESH PEAR WHOLE GRAIN CORNBREAD MUFFIN	9 SCHOOL CLOSED	10 TURKEY & CHEESE WHOLE GRAIN MIDNITE ROLL HERBED POTATO WEDGES ROMAINE SALAD W/ FAT FREE SALAD DRESSING APPLESAUCE MAYONNAISE & MUSTARD	11 CHEESE PIZZA RED BEAN SOUP MARINATED CUCUMBER SALAD FRESH APPLE
4	14 TURKEY BURGER W/ CHEESE ON A BUN BAKED BEANS CONFETTI COLE SLAW PINEAPPLE TIDBITS HAMBURGER BUN KETCHUP & MUSTARD	15 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS BLACK BEAN SOUP DICED PEARS WHOLE WHEAT CUBAN CRACKERS	16 ORANGE POPCORN CHICKEN WHOLE GRAIN BROWN RICE DICED BUTTERNUT SQUASH W/ CINNAMON SUGAR & BUTTER KERNEL CORN FRESH APPLE	17 ARROZ (BROWN) CON POLLO CASSEROLE CARROT STICKS W/ FAT FREE DIP TOSSED LETTUCE SALAD W/ SLICED TOMATOES & FAT FREE SALAD DRES. MANDARIN ORANGES	18 SCHOOL CLOSED
1	21 WHOLE GRAIN CHICKEN NUGGETS MACARONI & CHEESE RAW CARROTS STICKS W/ FAT FREE DIP KERNEL CORN SLICED PEACHES KETCHUP	22 BOWTIE PASTA W/ MEATSAUCE ROMAINE SALAD W/ FAT FREE DRESSING FRESH MELON CUBES WHOLE WHEAT DINNER ROLL	23 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE GREEN SPLIT PEA SOUP BAKED FRIED PLANTAINS FRUIT MIX	24 SOFT BEEF TACOS W/ SHREDDED CHEDDAR CHEESE SHREDDED LETTUCE, DICED TOMATOES & TACO SAUCE REFRIED BEANS FRESH ORANGE WEDGES WHOLE GRAIN SOFT TORTILLAS	25 CHEESE PIZZA RAW CELERY STICKS W/ FAT FREE DIP FRESH SPINACH SALAD W/ SHREDDED CARROTS & FAT FREE DRESSING APPLESAUCE
2	28 CHEESEBURGER ON A BUN W/ LETTUCE & TOMATO MASHED POTATOES & GRAVY DICED PEARS HAMBURGER BUN KETCHUP & MUSTARD	29 WHOLE GRAIN BREADED CHICKEN BREAST PATTY ON A WHOLE WHEAT HAMBURGER BUN WITH MUSTARD & PICKLES SLICED CARROTS TOSSED LETTUCE SALAD W/ TOMATOES & FAT FREE SALAD DRES. FRESH BANANA	30 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS RED BEAN SOUP FRESH APPLE	31 Mini Chicken Whole Grain Corn Dogs POTATO CASSEROLE RAW CELERY STICKS W/ FAT FREE DIP PINEAPPLE TIDBITS KETCHUP	

ALL MEALS ARE SERVED WITH 1% OR 0% LOW FAT MILK (YOUR CHOICE)