

# Somerset Academy School Lunch Program (Wilton Manors)

presented by Greater Miami Caterers, Inc.

## January 2018

This menu is Dietician Approved  
to meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycle 3	1 <b>SCHOOL CLOSED</b> Recess Day	2 <b>SCHOOL CLOSED</b> Recess Day	3 <b>SCHOOL CLOSED</b> Recess Day	4 <b>SCHOOL CLOSED</b> Recess Day	5 <b>SCHOOL CLOSED</b> Recess Day
4	8 <b>SCHOOL CLOSED</b> Teacher Planning Day	9 BONELESS BBQ CHICKEN MASHED SWEET POTATOES KERNEL CORN DICED PEARS WHOLE GRAIN CORNBREAD MUFFIN	10 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS <b>BLACK BEAN SOUP</b> FRESH APPLE WHOLE WHEAT CUBAN CRACKERS	11 ARROZ (BROWN) CON POLLO CASSEROLE CARROT STICKS W/ FAT FREE DIP TOSSED LETTUCE SALAD W/ SLICED TOMATOES & FAT FREE SALAD DRES. MANDARIN ORANGES	12 <b>WHOLE WHEAT CRUST CHEESE PIZZA</b> <b>GARBANZO(CHICK PEA) SOUP</b> CAESAR SALAD W/ FAT FREE CAESAR DRESSING & CROUTONS FRESH BANANA
1	15 <b>SCHOOL CLOSED</b> Holiday	16 WHOLE WHEAT BOWTIE PASTA W/ MEATSAUCE ROMAINE SALAD W/ FAT FREE DRESSING FRESH MELON CUBES WHOLE WHEAT DINNER ROLL	17 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE <b>GREEN SPLIT PEA SOUP</b> MARINATED CUCUMBER SALAD FRUIT MIX	18 SOFT BEEF TACOS W/ SHREDDED CHEDDAR CHEESE SHREDDED LETTUCE, DICED TOMATOES & TACO SAUCE REFRIED BEANS FRESH ORANGE WEDGES WHOLE GRAIN SOFT TORTILLAS	19 <b>WHOLE WHEAT CRUST CHEESE PIZZA</b> RAW CELERY STICKS W/ FAT FREE DIP FRESH SPINACH SALAD W/ SHREDDED CARROTS & FAT FREE DRESSING APPLESAUCE
2	22 CHEESEBURGER ON A BUN W/ LETTUCE & TOMATO MASHED POTATOES & GRAVY DICED PEARS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD	23 CHICKEN PARMESAN WHOLE WHEAT ROTINI PASTA W/ TOMATO SAUCE TOSSED LETTUCE SALAD W/ FAT FREE SALAD DRESSING FRESH BANANA	24 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS <b>RED BEAN SOUP</b> FRESH APPLE	25 Mini Chicken Whole Grain Corn Dogs POTATO CASSEROLE RAW CELERY STICKS W/ FAT FREE DIP PINEAPPLE TIDBITS KETCHUP	26 <b>WHOLE WHEAT CRUST CHEESE PIZZA</b> HUMMUS DIP CAESAR SALAD W/ FAT FREE CAESAR SALAD DRESSING FRESH MELON CUBES WHOLE GRAIN PITA CHIPS
3	29 ARROZ(BROWN) CON POLLO CASSEROLE TOMATO SLICES TOSSED LETTUCE SALAD W/ FAT FREE SALAD DRESSING PLANTAIN CHIPS-LOW SODIUM FRUIT MIX	30 CHILI CON CARNE W/ DARK RED KIDNEY BEANS & CHEESE PEAS & CARROTS FRESH PEAR WHOLE GRAIN CORNBREAD MUFFIN	31 WHOLE WHEAT SPAGHETTI & SAUCE W/ TURKEY MEATBALLS FRESH SPINACH SALAD W/ FAT FREE SALAD DRESSING BLENDED JUICE WHOLE WHEAT DINNER ROLL		
ALL MEALS ARE SERVED WITH 1/2 % LOW FAT CHOCOLATE MILK OR 1% LOW FAT MILK (YOUR CHOICE)					

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