

Somerset Academy School Lunch Program (Wilton Manors)

presented by Greater Miami Caterers, Inc.

February 2018

This menu is Dietician Approved
to meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycle 3				1 TURKEY & CHEESE WHOLE GRAIN CROISSANT SANDWICH HERBED POTATO WEDGES MARINATED CUCUMBER SALAD APPLESAUCE LIGHT MAYONNAISE & MUSTARD	2 WHOLE WHEAT CRUST CHEESE PIZZA MIXED VEGETABLE SOUP ROMAINE SALAD W/ FAT FREE SALAD DRESSING FRESH APPLE
4	5 CHEESEBURGER ON A BUN BAKED BEANS CONFETTI COLE SLAW PINEAPPLE TIDBITS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD	6 BONELESS BBQ CHICKEN MASHED SWEET POTATOES KERNEL CORN DICED PEARS WHOLE GRAIN CORNBREAD MUFFIN	7 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS BLACK BEAN SOUP FRESH APPLE WHOLE WHEAT CUBAN CRACKERS	8 ARROZ (BROWN) CON POLLO CASSEROLE CARROT STICKS W/ FAT FREE DIP TOSSED LETTUCE SALAD W/ SLICED TOMATOES & FAT FREE SALAD DRES. MANDARIN ORANGES	9 WHOLE WHEAT CRUST CHEESE PIZZA GARBANZO(CHICK PEA) SOUP CAESAR SALAD W/ FAT FREE CAESAR DRESSING & CROUTONS FRESH BANANA
1	12 WHOLE GRAIN CHICKEN NUGGETS WHOLE WHEAT MACARONI & CHEESE RAW CARROTS STICKS W/ FAT FREE DIP KERNEL CORN SLICED PEACHES KETCHUP	13 WHOLE WHEAT BOWTIE PASTA W/ MEATSAUCE ROMAINE SALAD W/ FAT FREE DRESSING FRESH MELON CUBES WHOLE WHEAT DINNER ROLL	14 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE GREEN SPLIT PEA SOUP MARINATED CUCUMBER SALAD FRUIT MIX	15 SOFT BEEF TACOS W/ SHREDDED CHEDDAR CHEESE SHREDDED LETTUCE, DICED TOMATOES & TACO SAUCE REFRIED BEANS FRESH ORANGE WEDGES WHOLE GRAIN SOFT TORTILLAS	16 WHOLE WHEAT CRUST CHEESE PIZZA RAW CELERY STICKS W/ FAT FREE DIP FRESH SPINACH SALAD W/ SHREDDED CARROTS & FAT FREE DRESSING APPLESAUCE
2	19 SCHOOL CLOSED Holiday	20 CHICKEN PARMESAN WHOLE WHEAT ROTINI PASTA W/ TOMATO SAUCE TOSSED LETTUCE SALAD W/ FAT FREE SALAD DRESSING FRESH BANANA	21 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS RED BEAN SOUP FRESH APPLE	22 Mini Chicken Whole Grain Corn Dogs POTATO CASSEROLE RAW CELERY STICKS W/ FAT FREE DIP PINEAPPLE TIDBITS KETCHUP	23 WHOLE WHEAT CRUST CHEESE PIZZA HUMMUS DIP CAESAR SALAD W/ FAT FREE CAESAR SALAD DRESSING FRESH MELON CUBES WHOLE GRAIN PITA CHIPS
3	26 ARROZ(BROWN) CON POLLO CASSEROLE TOMATO SLICES TOSSED LETTUCE SALAD W/ FAT FREE SALAD DRESSING PLANTAIN CHIPS-LOW SODIUM FRUIT MIX	27 CHILI CON CARNE W/ DARK RED KIDNEY BEANS & CHEESE BROWN RICE PEAS & CARROTS FRESH PEAR WHOLE GRAIN CORNBREAD MUFFIN	28 WHOLE WHEAT SPAGHETTI & SAUCE W/ TURKEY MEATBALLS FRESH SPINACH SALAD W/ FAT FREE SALAD DRESSING BLENDED JUICE WHOLE WHEAT DINNER ROLL		

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