

# Somerset Academy School Lunch Program (Wilton Manors)

presented by Greater Miami Caterers, Inc.

## March 2020

This menu is Dietician Approved to meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	2 TURKEY BURGER W/ CHEESE ON A BUN BAKED BEANS CONFETTI COLE SLAW PINEAPPLE TIDBITS HAMBURGER BUN KETCHUP & MUSTARD	3 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS BLACK BEAN SOUP DICED PEARS WHOLE WHEAT CUBAN CRACKERS	4 ORANGE POPCORN CHICKEN WHOLE GRAIN BROWN RICE DICED BUTTERNUT SQUASH W/ CINNAMON SUGAR & BUTTER KERNEL CORN FRESH APPLE	5 ARROZ (BROWN) CON POLLO CASSEROLE CARROT STICKS W/ FAT FREE DIP TOSSED LETTUCE SALAD W/ SLICED TOMATOES & FAT FREE SALAD DRES. MANDARIN ORANGES	6 <b>CHEESE PIZZA</b> <b>GARBANZO(CHICK PEA) SOUP</b> CAESAR SALAD W/ FAT FREE CAESAR DRESSING & CROUTONS FRESH BANANA
1	9 WHOLE GRAIN CHICKEN NUGGETS MACARONI & CHEESE RAW CARROTS STICKS W/ FAT FREE DIP KERNEL CORN SLICED PEACHES KETCHUP	10 BOWTIE PASTA W/ MEATSAUCE ROMAINE SALAD W/ FAT FREE DRESSING FRESH MELON CUBES WHOLE WHEAT DINNER ROLL	11 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE GREEN SPLIT PEA SOUP BAKED FRIED PLANTAINS FRUIT MIX	12 SOFT BEEF TACOS W/ SHREDDED CHEDDAR CHEESE SHREDDED LETTUCE, DICED TOMATOES & TACO SAUCE REFRIED BEANS FRESH ORANGE WEDGES WHOLE GRAIN SOFT TORTILLAS	13 <b>CHEESE PIZZA</b> RAW CELERY STICKS W/ FAT FREE DIP FRESH SPINACH SALAD W/ SHREDDED CARROTS & FAT FREE DRESSING APPLESAUCE
2	16 CHEESEBURGER ON A BUN W/ LETTUCE & TOMATO MASHED POTATOES & GRAVY DICED PEARS HAMBURGER BUN KETCHUP & MUSTARD	17 <b>SCHOOL CLOSED</b> Teacher's Planning Day	18 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS <b>RED BEAN SOUP</b> FRESH APPLE	19 Mini Chicken Whole Grain Corn Dogs POTATO CASSEROLE RAW CELERY STICKS W/ FAT FREE DIP PINEAPPLE TIDBITS KETCHUP	20 <b>SCHOOL CLOSED</b> Teacher's Planning Day
3	23 <b>SCHOOL CLOSED</b> Spring Recess	24 <b>SCHOOL CLOSED</b> Spring Recess	25 <b>SCHOOL CLOSED</b> Spring Recess	26 <b>SCHOOL CLOSED</b> Spring Recess	27 <b>SCHOOL CLOSED</b> Spring Recess
4	30 TURKEY BURGER W/ CHEESE ON A BUN BAKED BEANS CONFETTI COLE SLAW PINEAPPLE TIDBITS HAMBURGER BUN KETCHUP & MUSTARD	31 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS BLACK BEAN SOUP DICED PEARS WHOLE WHEAT CUBAN CRACKERS			

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