

Somerset Academy School Lunch Program (Wilton Manors)

presented by Greater Miami Caterers, Inc.

September 2021

This menu is Dietician Approved to meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2			1 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS RED BEAN SOUP FRESH MELON CUBES	2 Mini Chicken Whole Grain Corn Dogs MASHED POTATOES & GRAVY RAW CELERY STICKS W/ FAT FREE DIP PINEAPPLE TIDBITS KETCHUP	3 CHEESE PIZZA ROMAINE SALAD W/ CUCUMBER GRAPE TOMATOES, CHICK PEAS, PARMESAN & FAT FREE DRESSING FRESH APPLE
3	6 SCHOOL CLOSED "Labor Day - Holiday"	7 SCHOOL CLOSED "Teacher Planning Day"	8 SPAGHETTI & SAUCE W/ TURKEY MEATBALLS FRESH SPINACH SALAD W/ FAT FREE SALAD DRESSING DICED PEACHES WHOLE WHEAT DINNER ROLL	9 TURKEY & CHEESE WHOLE GRAIN MIDNITE ROLL HERBED POTATO WEDGES ROMAINE SALAD W/ FAT FREE SALAD DRESSING APPLESAUCE MAYONNAISE & MUSTARD	10 CHEESE PIZZA KERNEL CORN MARINATED CUCUMBER SALAD FRESH APPLE
4	13 TURKEY BURGER W/ CHEESE ON A BUN BAKED BEANS DICED HERBED POTATOES PINEAPPLE TIDBITS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD	14 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS BLACK BEAN SOUP DICED PEARS WHOLE WHEAT CUBAN CRACKERS	15 ORANGE POPCORN CHICKEN WHITE RICE DICED BUTTERNUT SQUASH W/ CINNAMON SUGAR & BUTTER KERNEL CORN FRESH APPLE	16 SCHOOL CLOSED "Teacher Planning Day"	17 CHEESE PIZZA CARROT STICKS W/ FAT FREE DIP CAESAR SALAD W/ FAT FREE CAESAR DRESSING & CROUTONS FRESH BANANA
1	20 WHOLE GRAIN CHICKEN NUGGETS MACARONI & CHEESE RAW CARROTS STICKS W/ FAT FREE DIP KERNEL CORN SLICED PEACHES KETCHUP	21 BOWTIE PASTA W/ MEATSAUCE ROMAINE SALAD W/ FAT FREE DRESSING FRUIT MIX WHOLE WHEAT DINNER ROLL	22 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE GREEN SPLIT PEA SOUP BAKED FRIED PLANTAINS FRESH MELON CUBES	23 WHOLE GRAIN BEEF & BEAN BURRITO TOMATO SALSA REFRIED BEANS FRESH ORANGE WEDGES	24 CHEESE PIZZA FRESH SPINACH SALAD W/ SHREDDED CARROTS, SLICED CUCUMBERS & FAT FREE DRESSING APPLESAUCE
2	27 CHEESEBURGER ON A BUN W/ LETTUCE & TOMATO CHEESY POTATOES DICED PEARS HAMBURGER BUN KETCHUP & MUSTARD	28 WHOLE GRAIN BREADED CHICKEN BREAST PATTY ON A WHOLE WHEAT HAMBURGER BUN WITH MUSTARD SLICED CARROTS TOSSED LETTUCE SALAD W/ TOMATOES & FAT FREE DRESSING FRESH BANANA	29 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS RED BEAN SOUP FRESH MELON CUBES	30 Mini Chicken Whole Grain Corn Dogs MASHED POTATOES & GRAVY RAW CELERY STICKS W/ FAT FREE DIP PINEAPPLE TIDBITS KETCHUP	

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

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