

# Somerset Academy School Lunch Program (Wilton Manors)

presented by Greater Miami Caterers, Inc.

## January 2022

This menu is Dietician Approved to meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	3 TURKEY BURGER W/ CHEESE ON A BUN BAKED BEANS DICED HERBED POTATOES PINEAPPLE TIDBITS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD	4 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS <b>BLACK BEAN SOUP</b> DICED PEARS WHOLE WHEAT CUBAN CRACKERS	5 ORANGE POPCORN CHICKEN WHITE RICE DICED BUTTERNUT SQUASH W/ CINNAMON SUGAR & BUTTER KERNEL CORN FRESH APPLE	6 ARROZ (BROWN) CON POLLO CASSEROLE <b>GARBANZO(CHICK PEA) SOUP</b> TOSSED LETTUCE SALAD W/ FAT FREE SALAD DRES. MANDARIN ORANGES	7 <b>CHEESE PIZZA</b> CARROT STICKS W/ FAT FREE DIP CAESAR SALAD W/ FAT FREE CAESAR DRESSING & CROUTONS FRESH BANANA
1	10 WHOLE GRAIN CHICKEN NUGGETS MACARONI & CHEESE RAW CARROTS STICKS W/ FAT FREE DIP KERNEL CORN SLICED PEACHES KETCHUP	11 <b>SCHOOL CLOSED</b> "Teacher Planning Day"	12 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE <b>GREEN SPLIT PEA SOUP</b> BAKED FRIED PLANTAINS FRESH MELON CUBES	13 WHOLE GRAIN BEEF & BEAN BURRITO TOMATO SALSA REFRIED BEANS MANDARIN ORANGES	14 <b>CHEESE PIZZA</b> FRESH SPINACH SALAD W/ SHREDDED CARROTS, SLICED CUCUMBERS & FAT FREE DRESSING APPLESAUCE
2	17 <b>SCHOOL CLOSED</b> Holiday "Martin Luther King Jr."	18 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	19 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS <b>RED BEAN SOUP</b> FRESH MELON CUBES	20 Mini Chicken Whole Grain Corn Dogs MASHED POTATOES & GRAVY RAW CELERY STICKS W/ FAT FREE DIP PINEAPPLE TIDBITS KETCHUP	21 <b>CHEESE PIZZA</b> ROMAINE SALAD W/ CUCUMBER GRAPE TOMATOES, CHICK PEAS, PARMESAN & FAT FREE DRESSING FRESH APPLE
3	24 ARROZ(BROWN) CON POLLO CASSEROLE TOMATO SLICES TOSSED LETTUCE SALAD W/ FAT FREE SALAD DRESSING PLANTAIN CHIPS-LOW SODIUM FRUIT MIX	25 BEEF EMPANADA <b>RED BEAN SOUP</b> PEAS & CARROTS FRESH PEAR	26 SPAGHETTI & SAUCE W/ TURKEY MEATBALLS FRESH SPINACH SALAD W/ FAT FREE SALAD DRESSING DICED PEACHES WHOLE WHEAT DINNER ROLL	27 TURKEY & CHEESE WHOLE GRAIN MIDNITE ROLL HERBED POTATO WEDGES ROMAINE SALAD W/ FAT FREE SALAD DRESSING APPLESAUCE MAYONNAISE & MUSTARD	28 <b>CHEESE PIZZA</b> KERNEL CORN MARINATED CUCUMBER SALAD FRESH APPLE
4	31 TURKEY BURGER W/ CHEESE ON A BUN BAKED BEANS DICED HERBED POTATOES PINEAPPLE TIDBITS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD				

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

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