

True North Classical Academy Individual Hot-Lunch Program

presented by Greater Miami Caterers, Inc.

April 2023

For Grdades K-12

This menu is Dietician Approved to
meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	3 WHOLE GRAIN CHICKEN NUGGETS WW MACARONI & CHEESE RAW CARROTS STICKS W/ DIP KERNEL CORN DICED PEACHES KETCHUP	4 BOWTIE PASTA W/ MEATSAUCE BROCCOLI FLORETS W/ CHEESE SAUCE FRUIT MIX WHOLE WHEAT DINNER ROLL	5 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS FRESH MELON CUBES	6 WHOLE GRAIN BEEF & BEAN BURRITO TOMATO SALSA REFRIED BEANS MANDARIN ORANGES	7 SCHOOL CLOSED "Teacher Planning Day"
2	10 CHEESEBURGER ON A BUN CHEESY POTATOES GREEN BEANS DICED PEARS HAMBURGER BUN KETCHUP & MUSTARD	11 WHOLE GRAIN BREADED CHICKEN BREAST PATTY ON A WHOLE WHEAT HAMBURGER BUN WITH MUSTARD SLICED CARROTS TOSSED LETTUCE SALAD W/ TOMATOES & SALAD DRESSING FRESH BANANA	12 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS STEWED RED BEANS FRUIT MIX WHOLE WHEAT CUBAN CRACKERS	13 Mini Chicken Whole Grain Corn Dogs MASHED POTATOES & GRAVY KERNEL CORN PINEAPPLE TIDBITS KETCHUP	14 WWW CHEESE PIZZA ROMAINE SALAD W/ CUCUMBER & SALAD DRESSING FRESH APPLE
3	17 ARROZ(BROWN) CON POLLO CASSEROLE TOMATO SLICES TOSSED LETTUCE SALAD W/ SALAD DRESSING PLANTAIN CHIPS-LOW SODIUM FRUIT MIX	18 BEEF W/ CHEESE TOPPING IN SOFT TACOS STEWED RED BEANS KERNEL CORN FRESH PEAR WW SOFT TORTILLAS(2) FOR TACOS	19 SPAGHETTI & SAUCE W/ TURKEY MEATBALLS PEAS & CARROTS DICED PEACHES WHOLE WHEAT DINNER ROLL	20 TURKEY & CHEESE WHOLE GRAIN MIDNITE ROLL HERBED POTATO WEDGES ROMAINE SALAD W/ SALAD DRESSING APPLESAUCE MAYONNAISE & MUSTARD	21 WWW CHEESE PIZZA KERNEL CORN RAW WHOLE BABY CARROT W/ DIP FRESH APPLE
4	24 TURKEY BURGER W/ CHEESE ON A BUN BAKED BEANS DICED HERBED POTATOES PINEAPPLE TIDBITS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD	25 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS STEWED BLACK BEANS DICED PEARS WHOLE WHEAT CUBAN CRACKERS	26 ORANGE POPCORN CHICKEN WHITE RICE SLICED CARROTS KERNEL CORN FRESH APPLE	27 ARROZ (BROWN) CON POLLO CASSEROLE GREEN BEANS MARINATED CHICK PEA SALAD MANDARIN ORANGES	28 WWW CHEESE PIZZA RAW CARROT STICKS W/ DIP CAESAR SALAD W/ CAESAR DRESSING & CROUTONS FRESH BANANA

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

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