

True North Classical Academy Individual Hot-Lunch Program

presented by Greater Miami Caterers, Inc.

August 2022

For Grades K-12

This menu is Dietician Approved to meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	1	2	3	4	5
3	8	9	10	11	12
4	15	16	17 ORANGE POPCORN CHICKEN WHITE RICE SLICED CARROTS KERNEL CORN FRESH APPLE	18 ARROZ (BROWN) CON POLLO CASSEROLE GREEN BEANS MARINATED CHICK PEA SALAD MANDARIN ORANGES	19 WWW CHEESE PIZZA RAW CARROT STICKS W/ DIP CAESAR SALAD W/ CAESAR DRESSING & CROUTONS FRESH BANANA
1	22 WHOLE GRAIN CHICKEN NUGGETS WW MACARONI & CHEESE RAW CARROTS STICKS W/ DIP KERNEL CORN DICED PEACHES KETCHUP	23 BOWTIE PASTA W/ MEATSAUCE BROCCOLI FLORETS W/ CHEESE SAUCE FRUIT MIX WHOLE WHEAT DINNER ROLL	24 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS FRESH MELON CUBES	25 WHOLE GRAIN BEEF & BEAN BURRITO TOMATO SALSA REFRIED BEANS MANDARIN ORANGES	26 WWW CHEESE PIZZA FRESH SPINACH SALAD W/ SHREDDED CARROTS, SLICED CUCUMBERS & SALAD DRESSING APPLESAUCE
2	29 CHEESEBURGER ON A BUN CHEESY POTATOES GREEN BEANS DICED PEARS HAMBURGER BUN KETCHUP & MUSTARD	30 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	31 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS STEWED RED BEANS FRUIT MIX WHOLE WHEAT CUBAN CRACKERS	1 Mini Chicken Whole Grain Corn Dogs MASHED POTATOES & GRAVY KERNEL CORN PINEAPPLE TIDBITS KETCHUP	2 WWW CHEESE PIZZA ROMAINE SALAD W/ CUCUMBER & SALAD DRESSING FRESH APPLE
ALL MEALS ARE SERVED WITH 1% OR 0% LOW FAT MILK (YOUR CHOICE)					

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