## True North Classical Academy Individual Hot-Lunch Program

presented by Greater Miami Caterers, Inc.

## February 2023

For Grdades K-12

This menu is Dietician Approved to meet NSLP & CCFP.

		1 ORANGE POPCORN CHICKEN	2	3
		WHITE RICE SLICED CARROTS KERNEL CORN FRESH APPLE	ARROZ (BROWN) CON POLLO CASSEROLE GREEN BEANS MARINATED CHICK PEA SALAD MANDARIN ORANGES	WWW CHEESE PIZZA RAW CARROT STICKS W/ DIP CAESAR SALAD W/ CAESAR DRESSING & CROUTONS FRESH BANANA
IOLE GRAIN CHICKEN NUGGETS V MACARONI & CHEESE W CARROTS STICKS W/ DIP RNEL CORN JED PEACHES TCHUP	7 BOWTIE PASTA W/ MEATSAUCE BROCCOLI FLORETS W/ CHEESE SAUCE FRUIT MIX WHOLE WHEAT DINNER ROLL	8 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS FRESH MELON CUBES	9 WHOLE GRAIN BEEF & BEAN BURRITO TOMATO SALSA REFRIED BEANS MANDARIN ORANGES	10 WWW CHEESE PIZZA FRESH SPINACH SALAD W/ SHREDDEE CARROTS, SLICED CUCUMBERS & SALAD DRESSING APPLESAUCE
EESEBURGER ON A BUN EESY POTATOES EEN BEANS IED PEARS MBURGER BUN TCHUP & MUSTARD	14 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	15 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS STEWED RED BEANS FRUIT MIX WHOLE WHEAT CUBAN CRACKERS	16 Mini Chicken Whole Grain Corn Dogs MASHED POTATOES & GRAVY KERNEL CORN PINEAPPLE TIDBITS KETCHUP	17 WWW CHEESE PIZZA ROMAINE SALAD W/ CUCUMBER & SALAD DRESSING FRESH APPLE
SCHOOL CLOSED Holiday "President' Day"	21 BEEF W/ CHEESE TOPPING IN SOFT TACOS STEWED RED BEANS KERNEL CORN FRESH PEAR WW SOFT TORTILLAS(2) FOR TACOS	22 SPAGHETTI & SAUCE W/ TURKEY MEATBALLS PEAS & CARROTS DICED PEACHES WHOLE WHEAT DINNER ROLL	23 TURKEY & CHEESE WHOLE GRAIN MIDNITE ROLL HERBED POTATO WEDGES ROMAINE SALAD W/ SALAD DRESSING APPLESAUCE MAYONNAISE & MUSTARD	24 WWW CHEESE PIZZA KERNEL CORN RAW WHOLE BABY CARROT W/ DIP FRESH APPLE
RKEY BURGER W/ CHEESE ON A BUN KED BEANS ED HERBED POTATOES IEAPPLE TIDBITS IOLE WHEAT HAMBURGER BUN TCHUP & MUSTARD	28 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS STEWED BLACK BEANS DICED PEARS WHOLE WHEAT CUBAN CRACKERS			
	V MACARONI & CHEESE W CARROTS STICKS W/ DIP RNEL CORN ED PEACHES TCHUP EESEBURGER ON A BUN EESY POTATOES EEN BEANS ED PEARS WBURGER BUN TCHUP & MUSTARD <b>SCHOOL</b> CLOSED Holiday "President' Day" RKEY BURGER W/ CHEESE ON A BUN KED BEANS ED HERBED POTATOES EAPPLE TIDBITS IOLE WHEAT HAMBURGER BUN	WACARONI & CHEESE   W/MACAROTS STICKS W/DIP     W CARROTS STICKS W/DIP   BROCCOLI FLORETS W/     RNEL CORN   CHEESE SAUCE     FCHUP   FRUIT MIX     WHOLE WHEAT DINNER ROLL   14     EESEBURGER ON A BUN   WHOLE GRAIN BREADED CHICKEN BREAST     EESY POTATOES   PATTY ON A WHOLE WHEAT HAMBURGER     BUN WITH MUSTARD   SLICED CARROTS     YOMATOES & SALAD W/   TOSSED LETTUCE SALAD W/     TCHUP & MUSTARD   TOSSED LETTUCE SALAD W/     TCHUP & MUSTARD   TOSSED LETTUCE SALAD W/     TCHUP & MUSTARD   TOSSED LETTUCE SALAD W/     TOMATOES & SALAD DRESSING   FRESH BANANA     21   BEEF W/ CHEESE TOPPING IN     SOFT TACOS   STEWED RED BEANS     KEY BURGER W/ CHEESE   PICADILLO (Spanish Ground Beef)     WHOLE GRAIN BROWN RICE   BAKED FRIED PLANTAINS     STEWED BLACK BEANS   STEWED BLACK BEANS     ED HERBED POTATOES   BAKED FRIED PLANTAINS     EAPPLE TIDBITS   DICED PEARS     WHOLE WHEAT HAMBURGER BUN   WHOLE WHEAT CUBAN CRACKERS	Vieweight Stress 7 8   Indext Construction 7 8   Indext Construction 8 Boweless Chicken Fricassee   Wide Construction Wide Construction 8   Indext Construction Boweless Chicken Fricassee 8   Wide Construction Boweless Chicken Fricassee 9   Whole Grain Breaded Chicken Breast Freuti Timix Fresh Melon Cubes   Eesseburgeer on A Bun Eesseburgeer on A Bun Eesseburgeer on A Bun Eesseburgeer Bun Forthame 14 8   Wide Grain Breaded Chicken Breast Bun with Huistard 8 8   Subced CarRots Hour With Mustard 8 8   Subced CarRots Mudeer Bun Fresh Banana 13 8   Schoold Logseb Soft Tacos Stewed Red Beans Kernel Corn Fresh Banana 22   21 Beef Wichteese Topping In Soft Tacos Stewed Red Beans Kernel Corn Fresh Banana 22   22 Spachetti & Sauce Withole Weat Bans Kernel Corn Fresh Pear 9   Ww soft Tortillas(2) For Tacos 9   Weat Subing Ced Beans Eapele Tibbits Olce Dears 9   Banser Hear 9   Whole Grain Bro	KERNEL CORN FRESH APPLE     MARINATED CHICK PEA SALAD MANDARIN ORANGES       OLE GRAIN CHICKEN NUGGETS MACARON & CHEESE     7     BOWTIE PASTA WIMEATSAUCE BOWTIE PASTA WIMEATSAUCE BROCCOLI FLORETS WI CHEESE SAUCE     8     9     9       BOWTIE PASTA WIMEATSAUCE BROCCOLI FLORETS WI CHEESE SAUCE     BOWLELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS FRESH MELON CUBES     9     9       EESEBURGER ON A BUN EESE POCCOLI FLORETS WI CHUP     BEAND FRUIT MIX WHOLE GRAIN BREAST PATTY ON A WHOLE WHEAT DINNER ROLL     16     TOMATO SALSA REFRIED BEANS MANDARIN ORANGES       EESEBURGER ON A BUN EESEN POTATOES EEN BEANS EED PEARS EED PEARS EED PEARS EED PEARS SLICED CARROTS TOSED LETTUCE SALAD W/ TOMATOES & SALAD DRESSING FRESH GANANA ETTURE VALUE GRAIN BROWN RICE BAKED FRIED PLANTAINS STEWED RED BEANS FRUIT MIX WUNGER RUN TOGAL CORN FRESH BANANAA     16     Mini Chicken Whole Grain Com Dogs MASHED POTATOES & GRAVY KERNEL CORN PINEAPPLE TIDBITS KERNEL CORN FRESH BANANAA     22       SCHOOL CLOSED     21     BEEF W/ CHEESE TOPPING IN SOFT TACOS STEWED RED BEANS KERNEL CORN FRESH PEAR WW SOFT TORTILLAS(2) FOR TACOS     22     SPAGHETT & SAUCE WI TURKEY MEATBALLS PEAS & CARROTS DICED PEACHES NOAMINE SALAD W/ SALAD DRESSING APPLESAUCE MOAINE SALAD W/ SALAD DRESSING APPLESAUCE MAYONNAISE & MUSTARD     23       XKEY BURGER W/ CHEESE DICED FARS BEANS ED HEARBED POTATORES BANS ED HEARBED POTATORES DICED PEARS DICED PEARS DICED PEARS DICED PEARS STEWED BLACK BEANS DICED PEARS DICED PEARS STEWED BLACK BEANS DICED PEARS DICED PEARS DICED PEARS DICED PEARS DIC