

# True North Classical Academy Individual Hot-Lunch Program

presented by Greater Miami Caterers, Inc.

## January 2023

**For Grades K-12**

This menu is Dietician Approved to meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	2 <b>SCHOOL CLOSED</b> Recess Day	3 <b>SCHOOL CLOSED</b> Recess Day	4 <b>SCHOOL CLOSED</b> Recess Day	5 <b>SCHOOL CLOSED</b> Recess Day	6 <b>SCHOOL CLOSED</b> Recess Day
1	9 WHOLE GRAIN CHICKEN NUGGETS WW MACARONI & CHEESE RAW CARROTS STICKS W/ DIP KERNEL CORN DICED PEACHES KETCHUP	10 BOWTIE PASTA W/ MEATSAUCE BROCCOLI FLORETS W/ CHEESE SAUCE FRUIT MIX WHOLE WHEAT DINNER ROLL	11 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS FRESH MELON CUBES	12 WHOLE GRAIN BEEF & BEAN BURRITO TOMATO SALSA REFRIED BEANS MANDARIN ORANGES	13 <b>WWW CHEESE PIZZA</b> FRESH SPINACH SALAD W/ SHREDDED CARROTS, SLICED CUCUMBERS & SALAD DRESSING APPLESAUCE
2	16 <b>SCHOOL CLOSED</b> Holiday "Martin Luther King Jr."	17 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	18 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS STEWED RED BEANS FRUIT MIX WHOLE WHEAT CUBAN CRACKERS	19 Mini Chicken Whole Grain Corn Dogs MASHED POTATOES & GRAVY KERNEL CORN PINEAPPLE TIDBITS KETCHUP	20 <b>WWW CHEESE PIZZA</b> ROMAINE SALAD W/ CUCUMBER & SALAD DRESSING FRESH APPLE
3	23 <b>SCHOOL CLOSED</b> "Teacher Planning Day"	24 BEEF W/ CHEESE TOPPING IN SOFT TACOS STEWED RED BEANS KERNEL CORN FRESH PEAR WW SOFT TORTILLAS(2) FOR TACOS	25 SPAGHETTI & SAUCE W/ TURKEY MEATBALLS PEAS & CARROTS DICED PEACHES WHOLE WHEAT DINNER ROLL	26 TURKEY & CHEESE WHOLE GRAIN MIDNITE ROLL HERBED POTATO WEDGES ROMAINE SALAD W/ SALAD DRESSING APPLESAUCE MAYONNAISE & MUSTARD	27 <b>WWW CHEESE PIZZA</b> KERNEL CORN RAW WHOLE BABY CARROT W/ DIP FRESH APPLE
4	30 TURKEY BURGER W/ CHEESE ON A BUN BAKED BEANS DICED HERBED POTATOES PINEAPPLE TIDBITS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD	31 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS STEWED BLACK BEANS DICED PEARS WHOLE WHEAT CUBAN CRACKERS			

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

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