

True North Classical Academy Individual Hot-Lunch Program

presented by Greater Miami Caterers, Inc.

June 2023

For Grades K-12

This menu is Dietician Approved to
meet NSLP & CCFP.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|---|
| 1 | | | | 1 WHOLE GRAIN BEEF & BEAN BURRITO TOMATO SALSA REFRIED BEANS MANDARIN ORANGES | 2 WWW CHEESE PIZZA FRESH SPINACH SALAD W/ SHREDDED CARROTS, SLICED CUCUMBERS & SALAD DRESSING APPLESAUCE |
| 2 | 5 CHEESEBURGER ON A BUN CHEESY POTATOES GREEN BEANS DICED PEARS HAMBURGER BUN KETCHUP & MUSTARD | 6 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 | 7 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS STEWED RED BEANS FRUIT MIX WHOLE WHEAT CUBAN CRACKERS | 8 | 9 |
| 3 | 12 | 13 | 14 | 15 | 16 |
| 4 | 19 | 20 | 21 | 22 | 23 |
| 1 | 26 | 27 | 28 | 29 | 30 |

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

#2197-99