

True North Classical Academy Individual Hot-Lunch Program

presented by Greater Miami Caterers, Inc.

February 2022

For Grdades K-11

This menu is Dietician Approved to meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4		1 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS STEWED BLACK BEANS DICED PEARS WHOLE WHEAT CUBAN CRACKERS	2 ORANGE POPCORN CHICKEN WHITE RICE DICED BUTTERNUT SQUASH W/ CINNAMON SUGAR & BUTTER KERNEL CORN FRESH APPLE	3 ARROZ (BROWN) CON POLLO CASSEROLE MARINATED CHICK PEA SALAD TOSSED LETTUCE SALAD W/ FAT FREE SALAD DRES. MANDARIN ORANGES	4 CHEESE PIZZA CARROT STICKS W/ FAT FREE DIP CAESAR SALAD W/ FAT FREE CAESAR DRESSING & CROUTONS FRESH BANANA
1	7 WHOLE GRAIN CHICKEN NUGGETS MACARONI & CHEESE RAW CARROTS STICKS W/ FAT FREE DIP KERNEL CORN SLICED PEACHES KETCHUP	8 BOWTIE PASTA W/ MEATSAUCE ROMAINE SALAD W/ FAT FREE DRESSING FRUIT MIX WHOLE WHEAT DINNER ROLL	9 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE GREEN BEANS BAKED FRIED PLANTAINS FRESH MELON CUBES	10 WHOLE GRAIN BEEF & BEAN BURRITO TOMATO SALSA REFRIED BEANS FRESH ORANGE WEDGES	11 CHEESE PIZZA FRESH SPINACH SALAD W/ SHREDDED CARROTS, SLICED CUCUMBERS & FAT FREE DRESSING APPLESAUCE
2	14 CHEESEBURGER ON A BUN W/ LETTUCE & TOMATO CHEESY POTATOES DICED PEARS HAMBURGER BUN KETCHUP & MUSTARD	15 WHOLE GRAIN BREADED CHICKEN BREAST PATTY ON A WHOLE WHEAT HAMBURGER BUN WITH MUSTARD SLICED CARROTS TOSSED LETTUCE SALAD W/ TOMATOES & FAT FREE DRESSING FRESH BANANA	16 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS STEWED RED BEANS FRESH MELON CUBES	17 Mini Chicken Whole Grain Corn Dogs MASHED POTATOES & GRAVY RAW CELERY STICKS W/ FAT FREE DIP PINEAPPLE TIDBITS KETCHUP	18 CHEESE PIZZA ROMAINE SALAD W/ CUCUMBER GRAPE TOMATOES, CHICK PEAS, PARMESAN & FAT FREE DRESSING FRESH APPLE
3	21 SCHOOL CLOSED Holiday "President's Day"	22 BEEF EMPANADA STEWED RED BEANS PEAS & CARROTS FRESH PEAR	23 SPAGHETTI & SAUCE W/ TURKEY MEATBALLS FRESH SPINACH SALAD W/ FAT FREE SALAD DRESSING DICED PEACHES WHOLE WHEAT DINNER ROLL	24 TURKEY & CHEESE WHOLE GRAIN MIDNITE ROLL HERBED POTATO WEDGES ROMAINE SALAD W/ FAT FREE SALAD DRESSING APPLESAUCE MAYONNAISE & MUSTARD	25 CHEESE PIZZA KERNEL CORN MARINATED CUCUMBER SALAD FRESH APPLE
4	28 TURKEY BURGER W/ CHEESE ON A BUN DICED HERBED POTATOES CONFETTI COLE SLAW PINEAPPLE TIDBITS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD				

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

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