

True North Classical Academy Individual Hot-Lunch Program

presented by Greater Miami Caterers, Inc.

November 2022

For Grdades K-12

This menu is Dietician Approved to
meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3		1 BEEF W/ CHEESE TOPPING IN SOFT TACOS STEWED RED BEANS KERNEL CORN FRESH PEAR WW SOFT TORTILLAS(2) FOR TACOS	2 SPAGHETTI & SAUCE W/ TURKEY MEATBALLS PEAS & CARROTS DICED PEACHES WHOLE WHEAT DINNER ROLL	3 TURKEY & CHEESE WHOLE GRAIN MIDNITE ROLL HERBED POTATO WEDGES ROMAINE SALAD W/ SALAD DRESSING APPLESAUCE MAYONNAISE & MUSTARD	4 WWW CHEESE PIZZA KERNEL CORN RAW WHOLE BABY CARROT W/ DIP FRESH APPLE
4	7 TURKEY BURGER W/ CHEESE ON A BUN BAKED BEANS DICED HERBED POTATOES PINEAPPLE TIDBITS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD	8 SCHOOL CLOSED "Teacher Planning Day"	9 ORANGE POPCORN CHICKEN WHITE RICE SLICED CARROTS KERNEL CORN FRESH APPLE	10 ARROZ (BROWN) CON POLLO CASSEROLE GREEN BEANS MARINATED CHICK PEA SALAD MANDARIN ORANGES	11 SCHOOL CLOSED "Holiday- Veterans Day"
1	14 WHOLE GRAIN CHICKEN NUGGETS WW MACARONI & CHEESE RAW CARROTS STICKS W/ DIP KERNEL CORN DICED PEACHES KETCHUP	15 BOWTIE PASTA W/ MEATSAUCE BROCCOLI FLORETS W/ CHEESE SAUCE FRUIT MIX WHOLE WHEAT DINNER ROLL	16 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS FRESH MELON CUBES	17 HOLIDAY FEAST ROAST TURKEY W/ STUFFING, GRAVY & CRANBERRY SAUCE SWEET POTATO CASSEROLE KERNEL CORN PUMPKIN PIE CORN BREAD W/ MARGARINE	18 WWW CHEESE PIZZA FRESH SPINACH SALAD W/ SHREDDED CARROTS, SLICED CUCUMBERS & SALAD DRESSING APPLESAUCE
2	21 SCHOOL CLOSED Recess Day	22 SCHOOL CLOSED Recess Day	23 SCHOOL CLOSED Recess Day	24 SCHOOL CLOSED "Holiday- Thanksgiving Day"	25 SCHOOL CLOSED Recess Day
3	28 ARROZ(BROWN) CON POLLO CASSEROLE TOMATO SLICES TOSSED LETTUCE SALAD W/ SALAD DRESSING PLANTAIN CHIPS-LOW SODIUM FRUIT MIX	29 BEEF W/ CHEESE TOPPING IN SOFT TACOS STEWED RED BEANS KERNEL CORN FRESH PEAR WW SOFT TORTILLAS(2) FOR TACOS	30 SPAGHETTI & SAUCE W/ TURKEY MEATBALLS PEAS & CARROTS DICED PEACHES WHOLE WHEAT DINNER ROLL		

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

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