

True North Classical Academy Individual Hot-Lunch Program

presented by Greater Miami Caterers, Inc.

October 2022

For Grades K-12

This menu is Dietician Approved to meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	3 ARROZ(BROWN) CON POLLO CASSEROLE TOMATO SLICES TOSSED LETTUCE SALAD W/ SALAD DRESSING PLANTAIN CHIPS-LOW SODIUM FRUIT MIX	4 BEEF W/ CHEESE TOPPING IN SOFT TACOS STEWED RED BEANS KERNEL CORN FRESH PEAR WW SOFT TORTILLAS(2) FOR TACOS	5 SCHOOL CLOSED	6 TURKEY & CHEESE WHOLE GRAIN MIDNITE ROLL HERBED POTATO WEDGES ROMAINE SALAD W/ SALAD DRESSING APPLESAUCE MAYONNAISE & MUSTARD	7 WWW CHEESE PIZZA KERNEL CORN RAW WHOLE BABY CARROT W/ DIP FRESH APPLE
4	10 TURKEY BURGER W/ CHEESE ON A BUN BAKED BEANS DICED HERBED POTATOES PINEAPPLE TIDBITS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD	11 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS STEWED BLACK BEANS DICED PEARS WHOLE WHEAT CUBAN CRACKERS	12 ORANGE POPCORN CHICKEN WHITE RICE SLICED CARROTS KERNEL CORN FRESH APPLE	13 ARROZ (BROWN) CON POLLO CASSEROLE GREEN BEANS MARINATED CHICK PEA SALAD MANDARIN ORANGES	14 WWW CHEESE PIZZA RAW CARROT STICKS W/ DIP CAESAR SALAD W/ CAESAR DRESSING & CROUTONS FRESH BANANA
1	17 WHOLE GRAIN CHICKEN NUGGETS WW MACARONI & CHEESE RAW CARROTS STICKS W/ DIP KERNEL CORN DICED PEACHES KETCHUP	18 BOWTIE PASTA W/ MEATSAUCE BROCCOLI FLORETS W/ CHEESE SAUCE FRUIT MIX WHOLE WHEAT DINNER ROLL	19 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS FRESH MELON CUBES	20 WHOLE GRAIN BEEF & BEAN BURRITO TOMATO SALSA REFRIED BEANS MANDARIN ORANGES	21 WWW CHEESE PIZZA FRESH SPINACH SALAD W/ SHREDDED CARROTS, SLICED CUCUMBERS & SALAD DRESSING APPLESAUCE
2	24 CHEESEBURGER ON A BUN CHEESY POTATOES GREEN BEANS DICED PEARS HAMBURGER BUN KETCHUP & MUSTARD	25 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	26 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS STEWED RED BEANS FRUIT MIX WHOLE WHEAT CUBAN CRACKERS	27 Mini Chicken Whole Grain Corn Dogs MASHED POTATOES & GRAVY KERNEL CORN PINEAPPLE TIDBITS KETCHUP	28 WWW CHEESE PIZZA ROMAINE SALAD W/ CUCUMBER & SALAD DRESSING FRESH APPLE
3	31 ARROZ(BROWN) CON POLLO CASSEROLE TOMATO SLICES TOSSED LETTUCE SALAD W/ SALAD DRESSING PLANTAIN CHIPS-LOW SODIUM FRUIT MIX				

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

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