

True North Classical Academy Individual Hot-Lunch Program

presented by Greater Miami Caterers, Inc.

October 2021

For Grades K-11

This menu is Dietician Approved to meet NSLP & CCFP.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CHEESE PIZZA ROMAINE SALAD W/ CUCUMBER GRAPE TOMATOES, CHICK PEAS, PARMESAN & FAT FREE DRESSING FRESH APPLE
4 ARROZ(BROWN) CON POLLO CASSEROLE TOMATO SLICES TOSSED LETTUCE SALAD W/ FAT FREE SALAD DRESSING PLANTAIN CHIPS-LOW SODIUM FRUIT MIX	5 BEEF EMPANADA STEWED RED BEANS PEAS & CARROTS FRESH PEAR	6 SPAGHETTI & SAUCE W/ TURKEY MEATBALLS FRESH SPINACH SALAD W/ FAT FREE SALAD DRESSING DICED PEACHES WHOLE WHEAT DINNER ROLL	7 TURKEY & CHEESE WHOLE GRAIN MIDNITE ROLL HERBED POTATO WEDGES ROMAINE SALAD W/ FAT FREE SALAD DRESSING APPLESAUCE MAYONNAISE & MUSTARD	8 CHEESE PIZZA KERNEL CORN MARINATED CUCUMBER SALAD FRESH APPLE
11 TURKEY BURGER W/ CHEESE ON A BUN DICED HERBED POTATOES CONFETTI COLE SLAW PINEAPPLE TIDBITS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD	12 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS STEWED BLACK BEANS DICED PEARS WHOLE WHEAT CUBAN CRACKERS	13 ORANGE POPCORN CHICKEN WHITE RICE DICED BUTTERNUT SQUASH W/ CINNAMON SUGAR & BUTTER KERNEL CORN FRESH APPLE	14 ARROZ (BROWN) CON POLLO CASSEROLE MARINATED CHICK PEA SALAD TOSSED LETTUCE SALAD W/ FAT FREE SALAD DRES. MANDARIN ORANGES	15 CHEESE PIZZA CARROT STICKS W/ FAT FREE DIP CAESAR SALAD W/ FAT FREE CAESAR DRESSING & CROUTONS FRESH BANANA
18 WHOLE GRAIN CHICKEN NUGGETS MACARONI & CHEESE RAW CARROTS STICKS W/ FAT FREE DIP KERNEL CORN SLICED PEACHES KETCHUP	19 BOWTIE PASTA W/ MEATSAUCE ROMAINE SALAD W/ FAT FREE DRESSING FRUIT MIX WHOLE WHEAT DINNER ROLL	20 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE GREEN BEANS BAKED FRIED PLANTAINS FRESH MELON CUBES	21 WHOLE GRAIN BEEF & BEAN BURRITO TOMATO SALSA REFRIED BEANS FRESH ORANGE WEDGES	22 CHEESE PIZZA FRESH SPINACH SALAD W/ SHREDDED CARROTS, SLICED CUCUMBERS & FAT FREE DRESSING APPLESAUCE
25 CHEESEBURGER ON A BUN W/ LETTUCE & TOMATO CHEESY POTATOES DICED PEARS HAMBURGER BUN KETCHUP & MUSTARD	26 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	27 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS STEWED RED BEANS FRESH MELON CUBES	28 Mini Chicken Whole Grain Corn Dogs MASHED POTATOES & GRAVY RAW CELERY STICKS W/ FAT FREE DIP PINEAPPLE TIDBITS KETCHUP	29 CHEESE PIZZA ROMAINE SALAD W/ CUCUMBER GRAPE TOMATOES, CHICK PEAS, PARMESAN & FAT FREE DRESSING FRESH APPLE

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