

# True North Classical Academy Individual Hot-Lunch Program

presented by Greater Miami Caterers, Inc.

## November 2021

**For Grades K-12**

This menu is Dietician Approved to meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	1 ARROZ(BROWN) CON POLLO CASSEROLE TOMATO SLICES TOSSED LETTUCE SALAD W/ FAT FREE SALAD DRESSING PLANTAIN CHIPS-LOW SODIUM FRUIT MIX	2 BEEF EMPANADA STEWED RED BEANS PEAS & CARROTS FRESH PEAR	3 SPAGHETTI & SAUCE W/ TURKEY MEATBALLS FRESH SPINACH SALAD W/ FAT FREE SALAD DRESSING DICED PEACHES WHOLE WHEAT DINNER ROLL	4 TURKEY & CHEESE WHOLE GRAIN MIDNITE ROLL HERBED POTATO WEDGES ROMAINE SALAD W/ FAT FREE SALAD DRESSING APPLESAUCE MAYONNAISE & MUSTARD	5 <b>CHEESE PIZZA</b> KERNEL CORN MARINATED CUCUMBER SALAD FRESH APPLE
4	8 TURKEY BURGER W/ CHEESE ON A BUN DICED HERBED POTATOES CONFETTI COLE SLAW PINEAPPLE TIDBITS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD	9 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS STEWED BLACK BEANS DICED PEARS WHOLE WHEAT CUBAN CRACKERS	10 ORANGE POPCORN CHICKEN WHITE RICE DICED BUTTERNUT SQUASH W/ CINNAMON SUGAR & BUTTER KERNEL CORN FRESH APPLE	11 <b>SCHOOL CLOSED</b>  Holiday "Veterans Day"	12 <b>CHEESE PIZZA</b> CARROT STICKS W/ FAT FREE DIP CAESAR SALAD W/ FAT FREE CAESAR DRESSING & CROUTONS FRESH BANANA
1	15 WHOLE GRAIN CHICKEN NUGGETS MACARONI & CHEESE RAW CARROTS STICKS W/ FAT FREE DIP KERNEL CORN SLICED PEACHES KETCHUP	16 BOWTIE PASTA W/ MEATSAUCE ROMAINE SALAD W/ FAT FREE DRESSING FRUIT MIX WHOLE WHEAT DINNER ROLL	17 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE GREEN BEANS BAKED FRIED PLANTAINS FRESH MELON CUBES	18 WHOLE GRAIN BEEF & BEAN BURRITO TOMATO SALSAS REFRIED BEANS FRESH ORANGE WEDGES	19 <b>CHEESE PIZZA</b> FRESH SPINACH SALAD W/ SHREDDED CARROTS, SLICED CUCUMBERS & FAT FREE DRESSING APPLESAUCE
2	22 <b>SCHOOL CLOSED</b> Teacher Planning Day	23 <b>SCHOOL CLOSED</b> Teacher Planning Day	24 <b>SCHOOL CLOSED</b> Teacher Planning Day	25 <b>SCHOOL CLOSED</b> Holiday "Thanksgiving Day"	26 <b>SCHOOL CLOSED</b> "Recess Day"
3	29 ARROZ(BROWN) CON POLLO CASSEROLE TOMATO SLICES TOSSED LETTUCE SALAD W/ FAT FREE SALAD DRESSING PLANTAIN CHIPS-LOW SODIUM FRUIT MIX	30 BEEF EMPANADA STEWED RED BEANS PEAS & CARROTS FRESH PEAR			

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

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