

# Sunflowers/Arcadia Academy Individual Lunch Program

presented by Greater Miami Caterers, Inc.

## December 2018

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/ FAT FREE SALAD DRESSING PLANTAIN CHIPS-LOW SODIUM FRUIT MIX	4 CHILI CON CARNE W/ DARK RED KIDNEY BEANS & CHEESE BROWN RICE PEAS & CARROTS FRESH PEAR WHOLE GRAIN CORNBREAD MUFFIN	5 WHOLE WHEAT SPAGHETTI & SAUCE W/ TURKEY MEATBALLS FRESH SPINACH SALAD W/ FAT FREE SALAD DRESSING BLENDED JUICE WHOLE WHEAT DINNER ROLL	6 TURKEY & CHEESE WHOLE GRAIN HOAGIE ROLL HERBED POTATO WEDGES ROMAINE SALAD W/ FAT FREE SALAD DRESSING APPLESAUCE MAYONNAISE & MUSTARD	7 WHOLE WHEAT CRUST CHEESE PIZZA MIXED VEGETABLE SOUP MARINATED CUCUMBER SALAD FRESH APPLE
4	10 TURKEY BURGER ON A BUN BAKED BEANS CONFETTI COLE SLAW PINEAPPLE TIDBITS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD	11 BONELESS BBQ CHICKEN MASHED SWEET POTATOES KERNEL CORN DICED PEARS WHOLE GRAIN CORNBREAD MUFFIN	12 ARROZ (BROWN) CON POLLO CASSEROLE CARROT STICKS W/ FAT FREE DIP TOSSED LETTUCE SALAD W/ SLICED TOMATOES & FAT FREE SALAD DRES. FRESH APPLE	13 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS BLACK BEAN SOUP MANDARIN ORANGES WHOLE WHEAT CUBAN CRACKERS	14 WHOLE WHEAT CRUST CHEESE PIZZA GARBANZO(CHICK PEA) SOUP CAESAR SALAD W/ FAT FREE CAESAR DRESSING & CROUTONS FRESH BANANA
1	17 WHOLE GRAIN CHICKEN NUGGETS WHOLE WHEAT MACARONI & CHEESE RAW CARROTS STICKS W/ FAT FREE DIP KERNEL CORN SLICED PEACHES KETCHUP	18 WHOLE WHEAT BOWTIE PASTA W/ MEATSAUCE ROMAINE SALAD W/ FAT FREE DRESSING FRESH MELON CUBES WHOLE WHEAT DINNER ROLL	19 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE GREEN SPLIT PEA SOUP MARINATED CUCUMBER SALAD FRUIT MIX	20 SOFT BEEF TACOS W/ SHREDDED CHEDDAR CHEESE SHREDDED LETTUCE, DICED TOMATOES & TACO SAUCE REFRIED BEANS FRESH ORANGE WEDGES WHOLE GRAIN SOFT TORTILLAS	21 WHOLE WHEAT CRUST CHEESE PIZZA RAW CELERY STICKS W/ FAT FREE DIP FRESH SPINACH SALAD W/ SHREDDED CARROTS & FAT FREE DRESSING APPLESAUCE
2	24 <b>SCHOOL CLOSED</b>	25 <b>SCHOOL CLOSED</b>	26 <b>SCHOOL CLOSED</b>	27 <b>SCHOOL CLOSED</b>	28 <b>SCHOOL CLOSED</b>
3	31 <b>SCHOOL CLOSED</b>				

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