



Broward-Supper

FLIPANY Afterschool Menu

March 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Curry Bulgur Wheat Roasted Cauliflower and Broccoli Pear Milk	2 Macaroni and Cheese w/ Cauliflower Puree (2% cheddar cheese) Whole-Grain Pasta Green Beans Peach Fruit Cup, Milk	3 Chef Salad, Hard-boiled Egg Turkey and Cheddar Cubes Whole-Grain Roll, Romaine, Tomatoes and Cucumber (Honey mustard dressing), Apple, Milk
6 Roast Pork or Chicken with Moros (Brown Rice and Black Beans) Whole Grain Roll Bruschetta Salad Diced Pineapple, Milk	7 No-nut Pesto Pasta Chickpeas, Whole Wheat Pasta Biscuit (Margarine/butter) Mixed Green Salad (lowfat Ranch dressing), Grapes, Milk	8 Turkey Picadillo w/ Carrots and Peas Whole Brown Rice Cuban Bread Roll Plantains Peach or Pear, Milk	9 Baked Chicken and Winter Veggies Whole Grain Roll, Winter Squash (acorn or butternut) Sautéed Broccoli Florets (Lowfat Ranch Dip), Applesauce, Milk	10 Hamburger (ground beef patty) Whole Wheat Bun Carrots & Green Beans Lettuce and Tomato, Mixed Tropical Fruit, Milk
13 Roasted Turkey Whole Wheat Roll Whipped Potatoes Peas and Carrots Peach or Peach Fruit Cup, Milk	14 Chicken Quesadilla with shredded chicken, 2% cheese and Zucchini, Whole-Grain Tortilla Broccoli, Orange, Milk	15 Cheese Ravioli Whole Grain Garlic Bread Green Beans Tomato Sauce Mixed Berries, Milk	16 Cuban Stew with shredded Beef Moros (Beans and Brown Rice) Banana Milk	17 Chicken (Shredded) Lettuce Wraps Whole Brown Rice Asian Slaw Wonton Strips (Ginger dressing) Chopped Tomatoes, Applesauce, Milk
20 Mojo Sliced Turkey Sandwich Whole Wheat Roll Green Beans Sweet Potatoes Mixed Fruit Cup, Milk	21 Chicken & Veggie Lasagna Diced Chicken Whole Grain Lasagna Pasta Green beans Apple, Milk	22 Turkey Picadillo w/ pepper and onion Whole Brown Rice Broccoli Diced Pineapple, Milk	23 EARLY RELEASE Baked Fish in Lemon-Garlic Sauce Whole Grain Flour Tortillas Slaw (lemon, green onions, vinaigrette, shredded carrots and cabbage) Roasted Potatoes, Pear, Milk	24 TEACHER PLANNING DAY Arroz con Pollo Shredded Chicken Cuban Bread Roll Whole Brown Rice, Mixed Greens Salad, Orange, Milk
27 Vegetable "Fried" Rice Veggies (assorted: sugar snap peas, broccoli, cauliflower, carrots, etc.) Brown Rice w/ Ham Mixed Fruit Cup, Milk	28 Barley and Ground Turkey Beef Tacos, Cheddar cheese, Corn Taco Shells, Spinach Salad, Pear, Milk	29 *Salisbury Steak (Gravy) Whole Grain Roll Mashed Potatoes Kernel Corn Pineapple, Milk	30 Fricase de Pollo Chicken Broccoli Whole Brown Rice Boiled Plantains, Orange, Milk	31 Pulled Mojo Chicken Sandwich Whole-Wheat Hamburger Bun Sweet Potato Fries Tossed Salad Apple, Milk