



Supper

FLIPANY Afterschool Menu March 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily milk requirement: lowfat (1%) or fat free *Fresh Fruit must vary daily each week. At least 5 different fruits must be used within the meal cycle. Fresh fruit includes, but is not limited to: strawberries, oranges, kiwi, apples, peaches, plums, nectarines, pineapple, watermelon, melon, grapes, bananas, etc.		1 Cheese Ravioli Whole Grain Garlic Bread Green Beans Tomato Sauce Mixed Berries, Milk	2 Cuban Stew with shredded Beef Moros (Beans and Brown Rice) Banana Milk	3 Chicken (Shredded) Lettuce Wraps Whole Brown Rice Asian Slaw Wonton Strips (Ginger dressing) Chopped Tomatoes, Applesauce, Milk
6 Mojo Sliced Turkey Sandwich Whole Wheat Roll Green Beans Sweet Potatoes Mixed Fruit Cup, Milk	7 Chicken & Veggie Lasagna Diced Chicken Whole Grain Lasagna Pasta Green beans Apple, Milk	8 Turkey Picadillo w/ pepper and onion Whole Brown Rice Broccoli Diced Pineapple, Milk	9 Baked Fish in Lemon-Garlic Sauce Whole Grain Flour Tortillas Slaw (lemon, green onions, vinaigrette, shredded carrots and cabbage) Roasted Potatoes, Pear, Milk	10 Arroz con Pollo Shredded Chicken Cuban Bread Roll Whole Brown Rice, Mixed Greens Salad, Orange, Milk
13 Vegetable "Fried" Rice Veggies (assorted: sugar snap peas, broccoli, cauliflower, carrots, etc.) Brown Rice w/ Ham Mixed Fruit Cup, Milk	14 Barley and Ground Turkey Beef Tacos, Cheddar cheese, Corn Taco Shells, Spinach Salad, Pear, Milk	15 Salisbury Steak (Gravy) Whole Grain Roll Mashed Potatoes Kernel Corn Pineapple, Milk	16 EARLY RELEASE Fricase de Pollo Chicken Broccoli Whole Brown Rice Boiled Plantains, Orange, Milk	17 Pulled Mojo Chicken Sandwich Whole-Wheat Hamburger Bun Sweet Potato Fries Tossed Salad Apple, Milk
20 Turkey and Cheese Sandwich Whole Wheat Bread Tomatoes and Lettuce Raw Carrots (lowfat Ranch dressing) Banana or Strawberries Milk	21 Ropa Vieja Shredded Beef Whole Brown Rice Black Beans, Corn Kernals Pineapple, Milk	22 Chicken Curry Bulgur Wheat Roasted Cauliflower and Broccoli Pear Milk	23 Macaroni and Cheese w/ Cauliflower Puree (2% cheddar cheese) Whole-Grain Pasta Green Beans Peach Fruit Cup, Milk	24 TEACHER PLANNING DAY Chef Salad, Hard-boiled Egg Turkey and Cheddar Cubes Whole-Grain Roll, Romaine, Tomatoes and Cucumber (Honey mustard dressing), Apple, Milk
27 Roast Pork or Chicken with Moros (Brown Rice and Black Beans) Whole Grain Roll Bruschetta Salad Diced Pineapple, Milk	28 No-nut Pesto Pasta Chickpeas, Whole Wheat Pasta Biscuit (Margarine/butter) Mixed Green Salad (lowfat Ranch dressing), Grapes, Milk	29 Turkey Picadillo w/ Carrots and Peas Whole Brown Rice Cuban Bread Roll Plantains Peach or Pear, Milk	30 Baked Chicken and Winter Veggies Whole Grain Roll, Winter Squash (acorn or butternut) Sautéed Broccoli Florets (Lowfat Ranch Dip), Applesauce, Milk	31 Hamburger (ground beef patty) Whole Wheat Bun Carrots & Green Beans Lettuce and Tomato, Mixed Tropical Fruit, Milk