Broward-Supper

FLIPANY Afterschool Menu
April 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Turkey and Cheese Sandwich Whole Wheat Bread Tomatoes and Lettuce Raw Carrots (lowfat Ranch dressing) Banana or Strawberries Milk	**4** Ropa Vieja Shredded Beef Whole Brown Rice Black Beans, Corn Kernals Pineapple, Milk	**5** Chicken Curry Bulgur Wheat Roasted Cauliflower and Broccoli Pear Milk	**6** Macaroni and Cheese w/ Cauliflower Puree (2% cheddar cheese) Whole-Grain Pasta Green Beans Peach Fruit Cup, Milk	**7** Chef Salad, Hard-boiled Egg Turkey and Cheddar Cubes Whole-Grain Roll, Romaine, Tomatoes and Cucumber (Honey mustard dressing), Apple, Milk
10 - SPRING BREAK Roast Pork or Chicken with Moros (Brown Rice and Black Beans) Whole Grain Roll Bruschetta Salad Diced Pineapple, Milk	**11 - SPRING BREAK** No-nut Pesto Pasta Chickpeas, Whole Wheat Pasta Biscuit (Margarine/butter) Mixed Green Salad (lowfat Ranch dressing), Grapes, Milk	**12 - SPRING BREAK** Turkey Picadillo w/ Carrots and Peas Whole Brown Rice Cuban Bread Roll Plantains Peach or Pear, Milk	**13 - SPRING BREAK** Baked Chicken and Winter Veggies Whole Grain Roll, Winter Squash (acorn or butternut) Sautéed Broccoli Florets (Lowfat Ranch Dip), Applesauce, Milk	**14 - SPRING BREAK** Hamburger (ground beef patty) Whole Wheat Bun Carrots & Green Beans Lettuce and Tomato, Mixed Tropical Fruit, Milk
17 Roasted Turkey Whole Wheat Roll Whipped Potatoes Peas and Carrots Peach or Peach Fruit Cup, Milk	**18** Chicken Quesadilla with shredded chicken, 2% cheese and Zucchini, Whole-Grain Tortilla Broccoli, Orange, Milk	**19** Cheese Ravioli Whole Grain Garlic Bread Green Beans Tomato Sauce Mixed Berries, Milk	**20** Cuban Stew with shredded Beef Moros (Beans and Brown Rice) Banana Milk	**21** Chicken (Shredded) Lettuce Wraps Whole Brown Rice Asian Slaw Wonton Strips (Ginger dressing) Chopped Tomatoes, Applesauce, Milk
24 Mojo Sliced Turkey Sandwich Whole Wheat Roll Green Beans Sweet Potatoes Mixed Fruit Cup, Milk	**25** Chicken & Veggie Lasagna Diced Chicken Whole Grain Lasagna Pasta Green beans Apple, Milk	**26** Turkey Picadillo w/ pepper and onion Whole Brown Rice Broccoli Diced Pineapple, Milk	**27** Baked Fish in Lemon-Garlic Sauce Whole Grain Flour Tortillas Slaw (lemon, green onions, vinaigrette, shredded carrots and cabbage) Roasted Potatoes, Pear, Milk	**28** Arroz con Pollo Shredded Chicken Cuban Bread Roll Whole Brown Rice, Mixed Greens Salad, Orange, Milk

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.