



Broward-Supper

FLIPANY Afterschool Menu May 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Vegetable "Fried" Rice Veggies (assorted: sugar snap peas, broccoli, cauliflower, carrots, etc.) Brown Rice w/ Ham Mixed Fruit Cup, Milk	2 Barley and Ground Turkey Beef Tacos, Cheddar cheese, Corn Taco Shells, Spinach Salad, Pear, Milk	3 *Salisbury Steak (Gravy) Whole Grain Roll Mashed Potatoes Kernel Corn Pineapple, Milk	4 Fricase de Pollo Chicken Broccoli Whole Brown Rice Boiled Plantains, Orange, Milk	5 Pulled Mojo Chicken Sandwich Whole-Wheat Hamburger Bun Sweet Potato Fries Tossed Salad Apple, Milk
8 Turkey and Cheese Sandwich Whole Wheat Bread Tomatoes and Lettuce Raw Carrots (lowfat Ranch dressing) Banana or Strawberries, Milk	9 Ropa Vieja Shredded Beef Whole Brown Rice Black Beans, Corn Kernals Pineapple, Milk	10 Chicken Curry Bulgur Wheat Roasted Cauliflower and Broccoli Pear Milk	11 Macaroni and Cheese w/ Cauliflower Puree (2% cheddar cheese) Whole-Grain Pasta Green Beans Peach Fruit Cup, Milk	12 Chef Salad, Hard-boiled Egg Turkey and Cheddar Cubes Whole-Grain Roll, Romaine, Tomatoes and Cucumber (Honey mustard dressing), Apple, Milk
15 Roast Pork or Chicken with Moros (Brown Rice and Black Beans) Whole Grain Roll Bruschetta Salad Diced Pineapple, Milk	16 No-nut Pesto Pasta Chickpeas, Whole Wheat Pasta Biscuit (Margarine/butter) Mixed Green Salad (lowfat Ranch dressing), Grapes, Milk	17 Turkey Picadillo w/ Carrots and Peas Whole Brown Rice Cuban Bread Roll Plantains Peach or Pear, Milk	18 Baked Chicken and Winter Veggies Whole Grain Roll, Winter Squash (acorn or butternut) Sautéed Broccoli Florets (Lowfat Ranch Dip), Applesauce, Milk	19 Hamburger (ground beef patty) Whole Wheat Bun Carrots & Green Beans Lettuce and Tomato, Mixed Tropical Fruit, Milk
22 Roasted Turkey Whole Wheat Roll Whipped Potatoes Peas and Carrots Peach or Peach Fruit Cup, Milk	23 Chicken Quesadilla with shredded chicken, 2% cheese and Zucchini, Whole-Grain Tortilla Broccoli, Orange, Milk	24 Cheese Ravioli Whole Grain Garlic Bread Green Beans Tomato Sauce Mixed Berries, Milk	25 Cuban Stew with shredded Beef Moros (Beans and Brown Rice) Banana Milk	26 Chicken (Shredded) Lettuce Wraps Whole Brown Rice Asian Slaw Wonton Strips (Ginger dressing) Chopped Tomatoes, Applesauce, Milk
29 SCHOOL OFFICES CLOSED Mojo Sliced Turkey Sandwich Whole Wheat Roll Green Beans Sweet Potatoes Mixed Fruit Cup, Milk	30 Chicken & Veggie Lasagna Diced Chicken Whole Grain Lasagna Pasta Green beans Apple, Milk	31 Turkey Picadillo w/ pepper and onion Whole Brown Rice Broccoli Diced Pineapple, 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.	