

FLIPANY Afterschool Menu

May 2017

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