

Supper



FLIPANY Afterschool Menu October 2018rev



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Asian Veggies & Rice with Chicken Brown Rice Assorted Vegetables (sugar snap peas, broccoli, cauliflower, carrots) with <i>sesame oil and ginger</i> Tropical Fruit Cup, Milk	2 Bean Tacos (black or pinto) with Cheddar Cheese Whole Grain Tortillas (x2) Spinach Salad (spinach, mixed greens, carrots, tomato, cucumber) Pear, Milk	3 Salisbury Steak Whole Grain Roll Mashed Potato with <i>gravy</i> Kernel Corn Pineapple Pear, Milk	4 Fricase de Pollo (Chicken Stew with Peppers & Onions) Whole Brown Rice Baked Plantains Broccoli Clementine, Milk	5 Pulled Mojo Chicken Sandwich on Whole Wheat Hamburger Bun Tossed Salad Sweet Potato Fries Apple Milk
8 Turkey and Cheese Sandwich on Whole Wheat Bread Sliced Cucumber Tomato and Lettuce with <i>lowfat Ranch dressing</i> Banana or Strawberries, Milk	9 Hearty Beef Stew (shredded) Whole Grain Roll with <i>margarine</i> Carrots (cooked in stew) Pineapple Milk	10 Chicken Curry (cubed, non-fat yogurt) Brown Rice Collard Greens Pear Milk	11 Pasta Primavera with 2% Mozzarella and Vanilla Yogurt Whole Grain Pasta Squash & Tomatoes (in Pasta) Peach Fruit Cup Milk	12 Chef Salad with Hard Boiled Egg Turkey and Cheddar Cubes Whole Grain Roll Romaine, Tomatoes, and Cucumber with <i>honey mustard dressing</i> Apple, Milk
15 Chicken with Moros (Rice and Black Beans) Whole Grain Roll Seasoned Stewed Tomatoes Diced Pineapple Milk	16 Fish Nuggets (lightly breaded) with <i>ketchup</i> Whole Grain Roll Green Peas Mashed Potatoes Milk	17 Black Bean Burger Whole Grain Roll Sweet Potato Fries Peach or Pear Milk	18 Baked Chicken Drumsticks Brown Rice Pilaf Steamed Cauliflower and Broccoli Applesauce Milk	19-Teacher Planning (Broward) Cheese Calzone with Mozzarella Cheese with Whole Grain Crust Salad: mixed greens, cucumber, shredded carrots Mixed Tropical Fruit Milk
22 Roasted Turkey and Potatoes Brown Rice Pilaf Cabbage Peach or Peach Fruit Cup Milk	23 Chicken Quesadilla (shredded) on Whole Grain Tortilla Sautéed Peppers & Onions With <i>salsa</i> Clementine Milk	24 Cheese Ravioli* Whole Grain Garlic Bread Ravioli Pasta Green Beans Tomato Sauce Berries, Milk	25 Meatball Sub with Ground Turkey on Whole Wheat Hoagie Garden Salad (mixed greens, cucumber, shredded carrots) Melon Milk	26-Teacher Planning (Miami) Teriyaki Chicken (shredded) Whole Brown Rice Broccoli (cooked with chicken and rice) Asian Slaw (carrots, cabbage) with <i>ginger dressing</i> Applesauce, Milk
29 Mojo Sliced Turkey Sandwich on a Whole Wheat Roll Sweet Potatoes Green Beans Tropical Fruit Cup Milk	30 Chicken Lasagna with Diced Chicken Whole Grain Lasagna Pasta Green Beans (olive oil, lemon) Apple Milk	31 Turkey Picadillo w/ Pepper and Onion with Ground Turkey Beef Whole Brown Rice Steamed Broccoli Diced Pineapple Milk		Daily milk requirement: lowfat (1%) or fat free *must have a CN label