



2 Taste Catering - Supper

FLIPANY Afterschool Menu

June 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-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	4-Bean Tacos (Last day of school in Broward) (black or pinto) with Cheddar Cheese Whole Grain Tortillas (x2) Spinach Salad (spinach, mixed greens, carrots, tomato, cucumber) Pear Milk	5 Teacher Planning Day (Broward) Salisbury Steak Whole Grain Roll Mashed Potato with <i>gravy</i> Kernel Corn Pineapple Milk	6 – Fricase de Pollo (Last day of school in Miami) (Chicken Stew with Peppers & Onions) Whole Brown Rice Baked Plantains Broccoli Clementine Milk	7 Teacher Planning Day (Miami)

Summer Programming

*must have a CN label

Daily milk requirement: lowfat (1%) or fat free