



# Sunflowers Academy Individual Lunch Program

presented by Greater Miami Caterers, Inc.

## August 2023

This menu is Dietician Approved to meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2		1	2	3	4
3	7	8	9	10	11
4	14	15	16	17 ARROZ (BROWN) CON POLLO CASSEROLE GREEN BEANS MARINATED CHICK PEA SALAD MANDARIN ORANGES	18 <b>WWW CHEESE PIZZA</b> RAW CARROT STICKS W/ DIP CAESAR SALAD W/ CAESAR DRESSING & CROUTONS FRESH BANANA
1	21 WHOLE GRAIN CHICKEN NUGGETS WW MACARONI & CHEESE RAW CARROTS STICKS W/ DIP KERNEL CORN DICED PEACHES KETCHUP	22 BOWTIE PASTA W/ MEATSAUCE BROCCOLI W/ CHEESE SAUCE FRUIT MIX WHOLE WHEAT BREAD	23 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS FRESH MELON CUBES	24 BEEF & CHEESE W/ REFRIED BEAN ON WW TORTILLA BURRITO TOMATO SALSA REFRIED BEANS MANDARIN ORANGES	25 <b>WWW CHEESE PIZZA</b> FRESH SPINACH SALAD W/ SHREDDED CARROTS, SLICED CUCUMBERS & SALAD DRESSING APPLESAUCE
2	28 CHEESEBURGER ON A BUN CHEESY POTATOES GREEN BEANS DICED PEARS HAMBURGER BUN KETCHUP & MUSTARD	29 WHOLE GRAIN BREADED CHICKEN BREAST PATTY ON A WHOLE WHEAT HAMBURGER BUN WITH MUSTARD SLICED CARROTS TOSSED LETTUCE SALAD W/ TOMATOES & SALAD DRESSING FRESH BANANA	30 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS <b>RED BEAN SOUP</b> FRUIT MIX WHOLE WHEAT CUBAN CRACKERS	31 Mini Chicken Whole Grain Corn Dogs MASHED POTATOES & GRAVY KERNEL CORN PINEAPPLE TIDBITS KETCHUP	

ALL MEALS ARE SERVED WITH 1% OR 0% LOW FAT MILK (YOUR CHOICE)