

DECEMBER 2009

MONDAY

Breakfast & Lunch Menu

TUESDAY

MIAMI-DADE COUNTY PUBLIC SCHOOLS

WEDNESDAY THURSDAY FRIDAY







..Rolls & Breads when offered are included with Meals.
Crackers or Bread are included
with Entrées that do not contain Bread or Bread equivalent.

Vegetarian Meals are available upon request when not offered on menu.

Fresh Fruits & Vegetable Salads, 100% Fruit Juices,
and Homogenized Low Fat (1%) White or
Chocolate (0.5%) or Skim Milk are offered Daily.
Lunch offers a choice of one (1) of two (2) Entrée items & one or
two sides Assorted Premium/Chef Salads

Pre-pay your child's meals through PayPams.com



<p>30 B- Assorted mini breakfast loaf</p> <p><i>Mini Cheeseburger sliders</i> <i>PBJ Lunch Break</i> PBJ Sandwich (Vegan option) Jennie O Turkey Breast w/ Gravy (Sec. Schools) Asst. Fresh Fruit/Juices Steamed Fresh Corn Cobetts Oven Baked "Fries"; WW Dinner Rolls</p>	<p>1 Scrambled Eggs w/ grits</p> <p><i>RF All-Beef Hot Dog on bun</i> <i>Tuna-macaroni Salad</i> Gardenburger ® (Vegan option) Asian glazed chicken breast Nuggetts (Sec. Schools) Chilled Peaches; Steamed Mixed Vegetables; Garden Salad; WW dinner Rolls</p>	<p>2 B- Breakfast chicken patty & biscuit Arroz con Pollo Yogurt & Fruit Platter Veggie Chik Tenders ® (Vegan option) Egg Roll w/ Oriental Rice (Sec. Schools) Asst. Fresh Fruit Minute Maid Juice Bar Baked Plantains Garlic pan rolls</p>	<p>3 Scrambled Eggs w/ grits</p> <p>Oven-baked Crunchy Chicken fingers Oven Grilled Cheese Sandwich Rice & Beans (Vegan Option) Picadillo/rice (Sec. Schools) Asst. Fresh Fruit; Asst. Fruit Juices; Rice and Beans; Tomato/lettuce salad; Baked Maduros - plantains</p>	<p>4 B- Choice of Cereals</p> <p>Big Daddy's Cheese Pizza slice Oven Baked Fish Nuggetts Hummus & Veggie Platter(Vegan Option) Italian Meatball Sandwich (Sec. Schools) Asst. Fresh Fruit; Asst. Fruit Juices; Steamed Broccoli; hash brow potato stix; garden salad</p>
<p>7 B- Choice of Cereals Mini WG Corn Dog Nuggets Deli Style Turkey/ turkey ham & Cheese Hoagie Sandwich PBJ Sandwich (Vegan option) Oven Rst Chicken (Sec. Schools) Asst .Fresh Fruit/Juices Steamed Fresh Corn Cobbett's Rice & Beans</p>	<p>8 B- Scrambled Eggs Baked Chicken w/yellow rice Chef's salad supreme Garden Burger ® Veggie Chik Tenders (Vegan option) Roast Pork (Sec. Schools) Asst. Fresh Fruit; Bk. Swt Potato Fries Cubed Tomato/lettuce salad, WW dinner roll</p>	<p>9 B- Whole Grain Baked Ring</p> <p>Oven Roasted turkey w/ Dressing & Cranberry Sauce Asst. Chef Salads Hamburger on Bun (Secondary) Mashed Potatoes/swt. Potatoes, Fresh steamed green beans; Mixed Salad; WW dinner rolls</p>	<p>10 B- Scrambled Eggs</p> <p>Mexican-style Turkey Taco Yogurt Fruit Platter Rice & Beans (Vegan Option) Carne Guisada (Beef Stew – Sec. Schools) Rice & Beans; lett and tomato salad; Steamed Sliced Carrots</p>	<p>11 Happy Hanukkah B- Choice of Cereals Individual Pizza Egg Salad Sandwich Hummus (vegan) Hamburger on Bun (Secondary) Asst. Fresh Fruit/Steamed Broccoli Garden Salad w/ spinach</p> 
<p>14 B- Choice of Cereals</p> <p><i>Mini Cheeseburger sliders</i> <i>PBJ Lunch Break</i> PBJ Sandwich (Vegan option) Philly-style Steak Sandwich (Sec. Schools) Asst. Fresh Fruit/Juices Steamed Fresh Corn Cobetts Baked Fries; WW Dinner Rolls</p>	<p>15 B- Scrambled Eggs w/ Jennie O turkey Sausage</p> <p><i>Jamaican Beef pattie</i> <i>Chef's Salad</i> Garden Burger ® Veggie Chik Tenders (Vegan option) Asian glazed Popcorn chicken (Sec. Schools) Asst. Fresh Fruit; Chilled Peaches; Baked Fries ; Steamed Mixed Vegetables; Garden Salad; WW dinner Rolls</p>	<p>16 B- Baked WG Asst, Fruit Loaf</p> <p>Roast Pork Deli-sliced Turkey Sandwich on WW Gardenburger ® (Vegan option) <i>Black Beans & Rice</i> Minute Maid Juice Bar Mashed potatoes, Steamed fresh green beans Light WW Dinner pan rolls</p>	<p>17 B- Scrambled Eggs</p> <p><i>Oven Baked Crunchy Chicken Fingers</i> <i>Oven Grilled Cheese Sandwich</i> Rice & Beans (Vegan Option) Mac & Cheese w/ SI Ham (Sec. Schools) Asst. Fresh Fruit/Juices Rice and Beans; Tomato/lettuce salad; Baked Maduros – ripe plantains</p>	<p>18 B- Choice of Cereals</p> <p>Big Daddy's Cheese Pizza slice Oven Baked Fish Nuggetts Hummus & Veggie Platter(Vegan Option) Italian Meatball Sandwich (Sec. Schools) Asst. Fresh Fruit; Asst. Fruit Juices; Steamed Broccoli; hash brown potato stix; garden salad</p>
<p>21</p> <p>Feliz Navidad</p> 	<p>22</p> <p>WINTER RECESS</p> <p>December 18, 2009</p> <p>–</p> <p>January 1, 2010</p>	<p>23</p> <p>Happy Kwanza</p> 	<p>24 Happy Holidays School resumes Monday, January 4th, 2010</p> 	<p>25</p>  <p>Merry Christmas Happy New Year</p> 

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