

NOVEMBER 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>2 <i>B- Choice of Cereals</i></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 Mashed Potatoes; WW Dinner Rolls</p>	<p>3 <i>Scrambled Eggs w/ Jennie O turkey Sausage</i></p> <p><i>Jamaican Beef Pattie</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</p>	<p>4 <i>B- Baked WG Ring</i> 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 Steamed Yucca Garlic pan rolls</p>	<p>5 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>6 <i>B- Choice of Cereals</i></p> <p><i>Big Daddy's Cheese Pizza slice</i> <i>Oven Baked Fish Nuggetts</i> <i>Hummus & Veggie Platter(Vegan Option)</i> Italian Meatball Sandwich (Sec. Schools) Asst. Fresh Fruit; Asst. Fruit Juices; Steamed Broccoli; hash brow potato stix; garden salad</p>
<p>9 <i>B- Choice of Cereals</i> 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>10 <i>B- Scrambled Eggs</i> 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>11 Veterans Holiday No School</p>	<p>12 <i>B- Hard Boiled Eggs</i></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; Baked plantains maduro (ripe)</p>	<p>13 <i>B- Choice of Cereals</i></p> <p>Individual Pizza Baked Potato w/ Cheese and Broccoli Hummus (vegan) Hamburger on Bun (Secondary) Asst. Fresh Fruit Steamed Broccoli Garden Salad w/</p>
<p>16 <i>B- Choice of Cereals</i></p> <p><i>Mini Cheeseburger sliders</i> <i>PBJ Lunch Break</i> PBJ Sandwich (Vegan option) Philly-style Sandwich (Sec. Schools) Asst. Fresh Fruit/Juices Steamed Fresh Corn Cobetts Baked Fries; WW Dinner Rolls</p>	<p>17 <i>B- Scrambled Eggs w/ Jennie O turkey Sausage</i></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</p>	<p>18 <i>B- Baked WG Asst, Fruit Loaf</i></p> <p>Roast Turkey w/ Dressing & Gravy Gardenburger ® (Vegan option) <i>Low Fat All Beef Hot Dog on Bun</i> Minute Maid Juice Bar Mashed potatoes, Steamed fresh green beans Light WW Dinner pan rolls</p>	<p>19 <i>B- Scrambled Eggs</i></p> <p><i>Oven Baked Crunchy Chicken Fingers</i> <i>Oven Grilled Cheese Sandwich</i> Rice & Beans (Vegan Option) Picadillo/rice (Sec. Schools) Asst. Fresh Fruit/Juices Rice and Beans; Tomato/lettuce salad; Baked Maduros – ripe plantains</p>	<p>20 <i>B- Choice of Cereals</i></p> <p><i>Big Daddy's Cheese Pizza slice</i> <i>Oven Baked Fish Nuggetts</i> <i>Hummus & Veggie Platter(Vegan Option)</i> Italian Meatball Sandwich (Sec. Schools) Asst. Fresh Fruit; Asst. Fruit Juices; Steamed Broccoli; hash brown potato stix; garden salad</p>
<p>23 <i>B- Choice of Cereals</i></p> <p>Oven Baked Corn Dog Nuggets Deli-style Hoagie Sandwich on roll PBJ Sandwich (Vegan option) Oven Roasted Chicken (Sec. Schools) Asst. Fresh Fruit/ Assorted Fruit Juices Fresh Corn Cobbett's; Garden Salad Rice & Beans</p>	<p>24 <i>B – Scrambled Eggs w/ Sausage</i></p> <p>Batter Crisp Chicken Chef's Salad Garden Burger ® Veggie Chik Tenders (Vegan option) Asian Pork Guisada Asst. Fresh Fruit/Juices Baked Fries WW Dinner Pan Rolls</p>	<p>25 <i>B – Kraft Bageler w/ Cr Cheese</i></p> <p>Italian Style Spaghetti & meat sauce Tuna salad platter Gardenburger ® (Vegan option) Crunchy chicken Fingers (Sec.Schools) Asst. Fresh Fruit Minute Maid Juice Bar Garden Salad; Steamed Fresh Green Beans Dinner Pan rolls</p>	<p></p> <p>HAPPY THANKSGIVING</p>	<p>27</p> <p>RECESS</p> <p></p>