

# OCTOBER 2009

## MONDAY

## Breakfast & Lunch Menu

### TUESDAY

### WEDNESDAY

# MIAMI-DADE COUNTY PUBLIC SCHOOLS

## THURSDAY

## FRIDAY

Pre-pay your child's meals through [PayPams.com](http://PayPams.com)



∴ 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

<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>1</b></p> <p>B- Scrambled Eggs w/ Jennie O turkey sausage</p> <p>Oven-baked Crunchy Chicken fingers Oven Grilled Cheese Sandwich Rice &amp; Beans ( Vegan Option) Picadillo/rice (Sec. Schools)</p> <p><b>Asst. Fresh Fruit; Asst. Fruit Juices; Rice and Beans; Tomato/lettuce salad; Baked Maduros - plantains</b></p>	<p><b>2</b></p> <p>B- Hard Boiled Eggs</p> <p><b>Big Daddy's Cheese Pizza slice Oven Baked Fish Nuggets Hummus &amp; Veggie Platter( Vegan Option) Italian Meatball Sandwich ( Sec. Schools) Asst. Fresh Fruit; Asst. Fruit Juices; Steamed Broccoli; hash brow potato stix; garden salad</b></p>
<p><b>5</b></p> <p><b>B- Low Fat Fruit Yogurt</b> Mini WG Corn Dog Nuggets Deli Style Turkey/ turkey ham &amp; Cheese Hoagie Sandwich <b>PBJ Sandwich ( Vegan option) Oven Rst Chicken ( Sec. Schools) Asst. Fresh Fruit/Juices Steamed Fresh Corn Cobbett's Rice &amp; Beans</b></p>	<p><b>6</b></p> <p><b>B- Scrambled Eggs</b> <b>Celebrate Hispanic Heritage</b> Baked Chicken w/yellow rice Chicken Caesar salad Garden Burger @ Veggie Chik Tenders ( Vegan option) Roast Pork ( Sec. Schools) Asst. Fresh Fruit; Steamed Sl.Carrots Cubed Tomato/lettuce salad, WW dinner roll</p>	<p><b>7</b></p> <p><b>Celebrate Hispanic Heritage</b> Picadillo w/ rice Tuna- Macaroni Salad Gardenburger @ ( Vegan option) Baked Chicken Fingers <b>Asst. Fresh Fruit/Minute Maid Juice Bar Steamed Green Beans/WW Dinner roll</b></p>	<p><b>8</b></p> <p><b>B- Hard Boiled Eggs</b> <b>Celebrate Hispanic Heritage</b> Roast Pork – Cuban-style Yogurt Fruit Platter Rice &amp; Beans ( Vegan Option) Carne Guisada ( Beef Stew – Sec. Schools) Rice &amp; Beans; lett and tomato salad; steamed yucca – latin style</p>	<p><b>9</b></p> <p><b>B- Jennie-O Turkey Sausage w/ grits</b></p> <p><b>Individual Round Cheese Pizza Tuna Sandwich on WW Hummus &amp; Veggie Platter( Vegan Option) Hamburger on bun ( Sec. Schools) Asst. Fresh Fruit/Juices Steamed Broccoli Floret</b></p>
<p><b>12</b></p> <p><b>B- French Toast Sticks</b></p> <p><b>Mini Cheeseburger sliders PBJ Lunch Break 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</b></p>	<p><b>13</b></p> <p><b>B- Scrambled Eggs w/ Jennie O turkey Sausage</b></p> <p><i>Jamaican Beef Pattie Tuna-macaroni Salad</i> <b>Gardenburger @ ( Vegan option) Asian glazed chicken breast chunks ( Sec. Schools) Asst. Fresh Fruit; Chilled Peaches; Steamed Mixed Vegetables; Garden Salad; WW dinner Rolls</b></p>	<p><b>14</b></p> <p><b>B- Hard Boiled Eggs</b> <b>Celebrate Hispanic Heritage</b> Arroz con Pollo Yogurt &amp; Fruit Platter Veggie Chik Tenders @ ( Vegan option) Egg Roll w/ Oriental Rice (Sec. Schools) <b>Asst. Fresh Fruit Minute Maid Juice Bar Steamed Yucca Garlic pan rolls</b></p>	<p><b>15</b></p> <p><b>B- Scrambled Eggs w/ hash browns</b></p> <p><b>Oven Baked Crunchy Chicken Fingers Oven Grilled Cheese Sandwich Rice &amp; Beans ( Vegan Option) Picadillo/rice (Sec. Schools) Asst. Fresh Fruit/Juices Rice and Beans; Tomato/lettuce salad; Baked Maduros -plantains</b></p>	<p><b>16</b></p> <p><b>B- Breakfast Chicken Patty 'n' biscuit</b></p> <p><b>Big Daddy's Cheese Pizza slice Oven Baked Fish Nuggets Hummus &amp; Veggie Platter(Vegan Option) Italian Meatball Sandwich ( Sec. Schools) Asst. Fresh Fruit; Asst. Fruit Juices; Steamed Broccoli; hash brown potato stix; garden salad</b></p>
<p><b>19</b></p>	<p><b>20</b></p> <p><b>B – Kraft Bageler w/ Cr Cheese</b></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 &amp; Beans</p>	<p><b>21</b></p> <p><b>B – Scrambled Eggs w Hash Browns</b></p> <p>Italian Style Spaghetti &amp; 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><b>22</b></p> <p><b>B – Whole Grain Baked Ring</b></p> <p><b>Celebrate Hispanic Heritage Mexican-style turkey Taco Assorted Premium Salads Rice &amp; Beans ( Vegan Option) Carne Guisada w/ rice ( Sec Schools) Assorted Fresh Fruit/Chilled Pears Steamed Yucca, /Cubed Tomato/Lettuce salad</b></p>	<p><b>23</b></p> <p><b>B – Scrambled Eggs w/ Sausage</b></p> <p><b>Choose 1:</b> Big Daddy's Cheese Pizza slice Baked Potato w/ cheese sauce Hummus &amp; Veggie Platter( Vegan Option) Hamburger ( Sec. Schools) <b>Choose 2:</b> /Assorted Fruit Juices Assorted Fresh Fruit /Steamed Broccoli Florets Pasta alfredo/Caesar Salad</p>