

SEPTEMBER 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>31</p>	<p>1</p> <p>B - Scrambled Eggs</p> <p>Jamaican-style Beef Pattie Tuna Salad platter PBJ Sandwich (Vegan option) Asian chicken –(Sec. Schools) Asst. Fresh Fruit Chilled Peaches/Steamed Mixed Vegetables; Garden Salad; Pan rolls</p>	<p>2</p> <p>B- Whole Grain Baked Ring</p> <p>Macaroni-beef Casserole Yogurt & Fruit Platter Gardenburger ® (Vegan option) Asian Chicken Breast Chunks/rice (Sec. Schools) Asst. Fresh Fruit; Chilled Peach slices; steamed mixed vegetables; garden salad; WW dinner roll</p>	<p>3</p> <p>Scrambled Eggs w/ Jennie O turkey sausage</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</p> <p>B- Hard Boiled Eggs</p> <p>Big Daddy's Cheese Pizza slice Oven Baked Fish Nuggets 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</p> <p>Labor Day Holiday</p> <p>No School</p>	<p>8</p> <p>B- Low Fat Fruit Yogurt 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>9</p> <p>B- Scrambled Eggs</p> <p>Italian-style Spaghetti/meat sauce Tuna- Macaroni Salad Gardenburger ® (Vegan option) Baked Chicken Fingers Asst. Fresh Fruit/Minute Maid Juice Bar Steamed Green Beans/WW Dinner roll</p>	<p>10</p> <p>B- Hard Boiled 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 yucca – latin style</p>	<p>11</p> <p>B- Jennie-O Turkey Sausage w/ grits</p> <p>Individual Round Cheese Pizza Tuna Sandwich on WW Hummus & Veggie Platter(Vegan Option) Hamburger on bun (Sec. Schools) Asst. Fresh Fruit/Juices Steamed Broccoli Floret</p>
<p>14</p> <p>B- French Toast Sticks</p> <p>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</p>	<p>15</p> <p>B- Scrambled Eggs w/ Jennie O turkey Sausage</p> <p>Asian Glazed Chicken Br Chunks w/ Rice Tuna-macaroni Salad Gardenburger ® (Vegan option) Jamaican-style Beef Pattie (Sec. Schools) Asst. Fresh Fruit; Chilled Peaches; Steamed Mixed Vegetables; Garden Salad; WW dinner Rolls</p>	<p>16</p> <p>B- hard Boiled Eggs</p> <p>Macaroni-Beef Casserole Yogurt & Fruit Platter Veggie Chik Tenders ® (Vegan option) Egg Roll w/ Oriental Rice (Sec. Schools) Asst. Fresh Fruit Minute Maid Juice Bar Steamed Fresh Green Beans Garlic pan rolls</p>	<p>17</p> <p>B- Scrambled Eggs w/ Toast</p> <p>Oven Baked Crunchy Chicken Fingers Oven Grilled Cheese Sandwich Rice & Beans (Vegan Option) Picadillo/rice (Sec. Schools) Asst. Fresh Fruit/Juices Rice and Beans; Tomato/lettuce salad; Baked Maduros -plantains</p>	<p>18</p> <p>B- Breakfast Chicken Patty 'n' biscuit</p> <p>Big Daddy's Cheese Pizza slice Oven Baked Fish Nuggets 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>B – Kraft Bageler w/ Cr Cheese</p> <p>Oven Baked Crunchy Chicken Fingers Deli-style Turkey Sandwich on WW PBJ Sandwich (Vegan option) Philly-style Streak Sandwich (Sec. Schools) Asst. Fresh Fruit/ Assorted Fruit Juices Fresh Corn Cobbett's; Garden Salad Pasta Alfredo</p>	<p>22</p> <p>B – Scrambled Eggs w/ Toast</p> <p>Choose 1: Hamburger on Bun Yogurt Fruit Platter Gardenburger ® (Vegan option) Roast Pork w/ rice (Sec. Schools) Choose 2: /Assorted Fresh Fruit Assorted Fruit Juices Hash Brown Stix Steamed Mixed Vegetables; Plantains – maduros; Green Salad</p>	<p>23</p> <p>B – Whole Grain Baked Ring</p> <p>Choose 1Baked macaroni & Cheese Smuckers PBJ Sandwich Hoagie Sandwich Choose 2: /Minute Maid Juice Bar Assorted Fresh Fruit Steamed Fresh Green Beans Caesar Salad</p>	<p>24</p> <p>B – Scrambled Eggs w/ Jennie O turkey Sausage</p> <p>Italian-style Meatball Sandwich Assorted Premium Salads Rice & Beans (Vegan Option) Texas-style chili w/ rice (Sec Schools) Assorted Fresh Fruit/Chilled Pears Pasta marinara, steamed Broccoli Normandy /Garden Salad w/spinach & Dressing</p>	<p>25</p> <p>B – Hard boiled Eggs</p> <p>Choose 1: Big Daddy's Cheese Pizza slice Baked Potato w/ cheese sauce Hummus & Veggie Platter(Vegan Option) Baked Ravioli w/Meat sauce 9 Sec. Schools) Choose 2: /Assorted Fruit Juices Assorted Fresh Fruit /Steamed Broccoli Florets Pasta alfredo/Caesar Salad</p>