

International Studies Charter HS Hot-Lunch Program

presented by Greater Miami Caterers, Inc.

August 2021

For Grades 9-12

This menu is Dietician Approved to meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	2	3	4	5	6
3	9	10	11	12	13
4	16	17	18	19	20
1	23 Whole Grain Chicken Nuggets Macaroni & Cheese Raw Carrots Sticks w/ Fat Free Dip Kernel Corn Sliced Peaches Apple Juice Ketchup	24 Bowtie Pasta w/ Meatsauce Italian Mixed Vegetables Romaine Salad w/ Fat Free Dressing Fruit Mix Grape Juice Whole Wheat Dinner Roll	25 Boneless Chicken Fricassee Whole Grain Brown Rice Green Split Pea Soup Baked Fried Plantains Fresh Melon Cubes(Double Portion) Whole Wheat Crackers	26 Whole Grain Beef & Bean Burrito Tomato Salsa Marinated Tomato Salad Refried Beans Fresh Orange Wedges	27 Cheese Pizza Fresh Spinach Salad w/ Sliced Cucumbers, Shredded Carrots & Fat Free Dressing Applesauce Blended Juice
2	30 Cheeseburger On a Bun w/ Lettuce & Tomato Cheesy Potatoes Raw Carrot Sticks w/ Fat Free Rach Dip Diced Pears, Orange Juice Hamburger Bun Ketchup & Mustard	31 WHOLE GRAIN BREADED CHICKEN BREAST PATTY ON A WHOLE WHEAT HAMBURGER BUN WITH MUSTARD Sliced Carrots Tossed Lettuce Salad w/ Tomatoes & Fat Free Dressing Fresh Banana			
ALL MEALS ARE SERVED WITH 1% OR 0% LOW FAT MILK (YOUR CHOICE)					

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