

Sunflowers Academy Breakfast Program

presented by Greater Miami Caterers, Inc.

November 2023

For Grades K-8
This menu is Dietician Approved to
meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3			1 FRESH MELON (DOUBLE PORTION) WHOLE GRAIN OAT BRAN MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL	2 FRESH BANANA FRUIT JUICE CINNAMON RAISIN BREAD(2 SLICES) MARGARINE	3 DICED PEARS FRUIT JUICE WHOLE WHEAT BUTTERMILK BISCUIT ENRICHED WHOLE GRAIN COLD CEREAL JELLY
4	6 APPLESAUCE FRUIT JUICE ENRICHED WHOLE GRAIN COLD CEREAL LOW-FAT YOGURT	7 DICED PEACHES FRUIT JUICE WHOLE WHEAT BREAD HARD BOILED EGG MARGARINE	8 MANDARIN ORANGES FRUIT JUICE WHOLE GRAIN BANANA MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL	9 DICED PEARS FRUIT JUICE WHOLE WHEAT ENGLISH MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL JELLY	10 SCHOOL CLOSED "Holiday- Veterans Day"
1	13 FRESH ORANGE FRUIT JUICE WHOLE GRAIN BLUEBERRY MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL	14 FRESH APPLE FRUIT JUICE WHITE BREAD ENRICHED WHOLE GRAIN COLD CEREAL MARGARINE	15 PINEAPPLE TIDBITS FRUIT JUICE WHOLE WHEAT ENGLISH MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL JELLY	16 FRESH BANANA FRUIT JUICE WHOLE WHEAT BREAD ENRICHED WHOLE GRAIN COLD CEREAL MARGARINE	17 FRESH MELON (DOUBLE PORTION) WHOLE WHEAT BAGEL CREAM CHEESE
2	20 SCHOOL CLOSED Recess Day	21 SCHOOL CLOSED Recess Day	22 SCHOOL CLOSED Recess Day	23 SCHOOL CLOSED "Holiday- Thanksgiving Day"	24 SCHOOL CLOSED Recess Day
3	27 FRESH APPLE FRUIT JUICE WHOLE WHEAT ENGLISH MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL MARGARINE	28 FRESH ORANGE FRUIT JUICE WHOLE WHEAT BAGEL CREAM CHEESE	29 FRESH MELON (DOUBLE PORTION) WHOLE GRAIN OAT BRAN MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL	30 FRESH BANANA FRUIT JUICE CINNAMON RAISIN BREAD(2 SLICES) MARGARINE	
ALL MEALS ARE SERVED WITH 1% OR 0% LOW FAT MILK (YOUR CHOICE)					

#1904

Sunflowers Academy Individual Lunch Program

presented by Greater Miami Caterers, Inc.

November 2023

This menu is Dietician Approved to meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3			1 SPAGHETTI & SAUCE W/ TURKEY MEATBALLS PEAS & CARROTS DICED PEACHES WHOLE WHEAT DINNER ROLL	2 TURKEY & CHEESE WHOLE GRAIN MIDNITE ROLL HERBED POTATO WEDGES ROMAINE SALAD W/ SALAD DRESSING APPLESAUCE MAYONNAISE & MUSTARD	3 WWW CHEESE PIZZA KERNEL CORN RAW WHOLE BABY CARROT W/ DIP FRESH APPLE
4	6 TURKEY BURGER W/ CHEESE ON A BUN BAKED BEANS DICED HERBED POTATOES PINEAPPLE TIDBITS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD	7 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS BLACK BEAN SOUP DICED PEARS WHOLE WHEAT CUBAN CRACKERS	8 ORANGE POPCORN CHICKEN WHITE RICE SLICED CARROTS KERNEL CORN FRESH APPLE	9 ARROZ (BROWN) CON POLLO CASSEROLE GREEN BEANS MARINATED CHICK PEA SALAD MANDARIN ORANGES	10 SCHOOL CLOSED "Holiday- Veterans Day"
1	13 WHOLE GRAIN CHICKEN NUGGETS WW MACARONI & CHEESE RAW CARROTS STICKS W/ DIP KERNEL CORN DICED PEACHES KETCHUP	14 BOWTIE PASTA W/ MEATSAUCE BROCCOLI W/ CHEESE SAUCE FRUIT MIX WHOLE WHEAT BREAD	15 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS FRESH MELON CUBES	16 HOLIDAY FEAST ROAST TURKEY W/ STUFFING, GRAVY & CRANBERRY SAUCE SWEET POTATO CASSEROLE KERNEL CORN PUMPKIN PIE CORN BREAD W/ MARGARINE	17 WWW CHEESE PIZZA FRESH SPINACH SALAD W/ SHREDDED CARROTS, SLICED CUCUMBERS & SALAD DRESSING APPLESAUCE
2	20 SCHOOL CLOSED Recess Day	21 SCHOOL CLOSED Recess Day	22 SCHOOL CLOSED Recess Day	23 SCHOOL CLOSED "Holiday- Thanksgiving Day"	24 SCHOOL CLOSED Recess Day
3	27 ARROZ(BROWN) CON POLLO CASSEROLE TOMATO SLICES TOSSED LETTUCE SALAD W/ SALAD DRESSING PLANTAIN CHIPS-LOW SODIUM FRUIT MIX	28 BEEF W/ CHEESE TOPPING IN SOFT TACOS STEWED RED BEANS KERNEL CORN FRESH PEAR WW SOFT TORTILLAS(2) FOR TACOS	29 SPAGHETTI & SAUCE W/ TURKEY MEATBALLS PEAS & CARROTS DICED PEACHES WHOLE WHEAT DINNER ROLL	30 TURKEY & CHEESE WHOLE GRAIN MIDNITE ROLL HERBED POTATO WEDGES ROMAINE SALAD W/ SALAD DRESSING APPLESAUCE MAYONNAISE & MUSTARD	

ALL MEALS ARE SERVED WITH 1% OR 0% LOW FAT MILK (YOUR CHOICE)

#1318

Sunflowers Academy **Snack** Program

presented by Greater Miami Caterers, Inc.

November 2023

For Grades K-5 & 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3			1 100% Apple Juice Whole Grain Cheez-it Crackers	2 100% Blended Juice Whole Grain Goldfish Crackers	3 Shelf Stable Grape Juice Whole Grain Vanilla Graham Crackers
4	6 Fresh Fruit - Apple Slices Whole Grain Chocolate Muffin	7 0% Low Fat Chocolate Milk 1% Low Fat Milk Whole Grain Animal Crackers	8 100% Blended Juice Banana Chips	9 100% Grape Juice Whole Grain Pretzels	10 SCHOOL CLOSED "Holiday- Veterans Day"
1	13 Fresh Fruit - Orange Sections Whole Grain Pretzels Chips	14 0% Low Fat Chocolate Milk 1% Low Fat Milk Whole Grain Graham Crackers	15 0% Low Fat Chocolate Milk 1% Low Fat Milk Whole Grain Animal Crackers	16 100% Blended Juice Whole Grain Cheese-It Crackers	17 100% Grape Juice Whole Grain Goldfish Crackers
2	20 SCHOOL CLOSED Recess Day	21 SCHOOL CLOSED Recess Day	22 SCHOOL CLOSED Recess Day	23 SCHOOL CLOSED "Holiday- Thanksgiving Day"	24 SCHOOL CLOSED Recess Day
3	27 0% Low Fat Chocolate Milk 1% Low Fat Milk WGrain Honey Scooter Cereal	28 100% Blended Juice Sun Chips	29 100% Apple Juice Whole Grain Cheez-it Crackers	30 100% Blended Juice Whole Grain Goldfish Crackers	

ALL MEALS ARE SERVED WITH 1% OR 0% LOW FAT MILK (YOUR CHOICE)

#1319