

Oxford Academy Lunch Program

presented by Greater Miami Caterers, Inc.

April 2010

This menu is Dietician Approved
to meet NSLP & CCFP.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 SCHOOL CLOSED	2 SCHOOL CLOSED
5 SCHOOL CLOSED T.P.D.	6 SPAGHETTI with MEATBALLS TOSSED SALAD W/ DRESSING MANGO CHUNKS GARLIC DINNER ROLL	7 ROPA VIEJA WHITE RICE FRIED PLANTAINS GREEN PEAS CHOCOLATE CAKE	8 ARROZ CON SALCHICHAS LENTIL SOUP POTATO CHIPS DICED PEARS	9 PEPPERONI PIZZA KERNEL CORN TOSSED SALAD W/ DRESSING FRESH ORANGE WEDGES
12 CARNE CON PAPAS WHITE RICE GREEN BEANS CHOCOLATE BROWNIES WHITE BREAD W/ MARGARINE	13 ARROZ CON POLLO CASSEROLE FRIED PLANTAINS MELON CUBES CUBAN CRACKERS W/ MARGARINE	14 RAVIOLI with MEATSAUCE MINESTRONE SOUP TOSSED SALAD W/ DRESSING BANANA CAKE GARLIC DINNER ROLL	15 SALISBURY STEAK W/ GRAVY MACARONI AND CHEESE MARINATED BEAN SALAD TROPICAL FRUIT SALAD WHITE BREAD W/ MARGARINE	16 BREADED CHICKEN STRIPS MASHED POTATOES MARINATED BROCCOLI SALAD APPLE SAUCE GARLIC DINNER ROLL S
19 ROAST TURKEY with STUFFING & GRAVY MASHED POTATOES CORN COBBLETT CHOCOLATE CAKE DINNER ROLL W/ MARGARINE	20 BREADED CHICKEN STRIPS YELLOW RICE BROCCOLI & CHEESE CASSEROLE WHOLE BABY CARROTS CHERRY JELLO	21 HAM CROQUETTES BAKED BEANS CAESAR SALAD RICE PUDDING CUBAN BREAD ROLL W/ MARGARINE	22 SOFT BEEF TACOS SPANISH RICE with KERNEL CORN REFRIED BEANS W/ CHEESE FRESH ORANGE WEDGES	23 CHEESEBURGER CREAMED SPINACH POTATO STICKS AMBROSIA FRUIT SALAD HAMBURGER BUN
26 BREADED CHICKEN SANDWICH MACARONI AND CHEESE KERNEL CORN DICED PEARS HAMBURGER BUN	27 PAN CON BISTEC POTATO STICKS MARINATED CUCUMBER SALAD FRESH APPLE	28 PICADILLO WHITE RICE BONIATO TOSSED SALAD W/ DRESSING FLAN	29 ARROZ CON POLLO CASSEROLE FRIED YUCA PAPAYA CHUNKS WHITE BREAD W/ MARGARINE	30 SALISBURY STEAK W/ GRAVY CANDIED SWEET POTATOES W/ MARSHMALLOW GREEN PEAS YELLOW CAKE W/ FROSTING WHOLE WHEAT BREAD W/ MARGARINE

ALL MEALS ARE SERVED WITH WHOLE OR 2% LOW FAT MILK (YOUR CHOICE)

MINIMUM PORTION GUIDELINES ARE CHILD MEAL PATTERN COMPONENTS

AS FOLLOWS:

(OUR SERVING PORTIONS ALWAYS
MEET OR EXCEED REQUIREMENTS)

MILK

MEAT OR MEAT ALTERNATES
VEGETABLE AND/OR FRUITS

GRAIN/BREAD OR BREAD ALTERNATE

3 TO 5 YEARS OLD

6 OZ.

1 1/2 OZ.

2 OR MORE - 1/2 CUP TOTAL

1/2 SLICE OR 1/4 CUP

6 TO 12 YEARS OLD

8 OZ.

2 OZ.

2 OR MORE - 3/4 CUP TOTAL

1 SLICE OR 1/2 CUP

13 TO 18 YEARS OLD

8 OZ.

3 OZ.

2 OR MORE - 1 CUP TOTAL

1 SLICE OR 1/2 CUP

11:22AM

SEE THE MENU FOR DETAILS

N. 2478 F. 2/2