

LUNCH MENU FOR PRIVATE SCHOOLS. 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
C Y C L E 1	(3 oz) Beef Stew (1/2 cup) Mashed Potatoes (1/2 cup) Mixed Veggies (3 oz) Fresh Fruit	(3 oz) Baked Chicken (1/2 cup) White Rice (1/2 cup) Ajiaco Soup (1/2 cup) Sweet Potato Fries (3 oz.) Applesauce	(3oz) Picadillo/Ground Beef (1/2 cup) White Rice (1/2 cup) Split Pea (Chicharo) Soup (1/2 cup) Mariquita Chips (3 oz.) Fresh Fruit	(3 oz) Lasagna (3 oz) Garlic Bread	(3 oz) Meatballs (1/2 cup) Brown Rice (1/2 cup) Green Beans (3 oz.) Fresh Fruit
C Y C L E 2	(3 oz.) Chicken Fricasse (4 oz.) Guiso Corn Soup (1/2 cup) Yellow Rice with Veggies (3 oz.) Fresh Fruit	(3 oz.) Beef Stew (1/2 cup) White Rice (1/2 cup) Red Beans (1/2 cup) Sweet Potato Fries (3 oz.) Apple Sauce	(3 oz) Chicken Nuggets (1/2 cup) White Rice (1/2 cup) Black Beans (3 oz) Fresh Fruits	(1/2 cup) Pasta (Spaghetti)w/ Beef (1/2 cup) Mixed Veggies Garlic bread (3 oz.) Fresh Fruit	(3 oz) Burger/Cheese/Bread Chips/ Ketchup (3 oz) Apple Sauce
C Y C L E 3	(3oz) Beef Stew (1/2 cup) Mashed Potatoes (1/2 cup) Mixed Veggies (3 oz) Fresh Fruit	(3oz) Turkey Sandwich (1/2 cup) Chips (3 oz) Fresh Fruit	(3 oz) Baked Chicken (1/2 cup) White Rice (1/2 cup) Lentil Soup with veggies (1/2 cup) Sweet Potato Fries (3 oz) Fruit Cocktail	(3 oz.) Picadillo/Ground Beef (4 oz) Split Pea (Chicharo) Soup (1/2 cup) White Rice (1/2 cup) Sliced Carrots (3 oz) Fresh Fruit	(3 oz.) Meatballs (1/2 cup) Yellow Rice with Vegetables (1/2 cup) Mariquita Chips (3 oz) Arroz con Leche w/ Cinnamon
C Y C L E 4	(3 oz) Burger/Cheese/Bread Chips/ Ketchup (3 oz) Apple Sauce	(1/2 cup) Picadillo/Ground Beef (1/2 cup) Arroz Moro (1/2 cup) Yucca (3 oz.) Fruit Salad	(3 oz.) Chicken Nuggets (1/2 cup) Mashed Potatoes (1/2 cup) Mixed Veggies (3 oz.) Vanilla Pudding	(3 oz.) Pepper Steak (Filetillo de Res) (4 oz.) Red Beans Soup (1/2 cup) white rice (1/2 cup) Green Beans (3 oz.) Fresh Fruit	(3 oz) Pollo Teriyaki Chicken in Butter/Soy sauce (1/2 cup) Yellow Rice with Vegetables (1/2 cup) Sweet Plantains (3 oz) Fresh Fruit
C Y C L E 5	(3 oz) Cuban Stew (Carne con Vegetales) (1/2 cup) White Rice (3 oz) Fresh Fruit	(3 oz) Turkey or Ham Sandwich (1/2 cup) Chips (3 oz) Fresh Fruit	(3 oz) Chicken Patty (1/2 cup) Yellow Rice with Veggies (3 oz) Fresh Fruit (3 oz) Bread and Butter	(3 oz) Ground Beef (1/2 cup) White Rice (4 oz) Black Beans (1/2 cup) Sweet Plantains (3 oz) Apple Sauce	(3 oz) Pollo Fricasse (1/2 cup) Arroz Moro (1/2 cup) Mixed Veggies (3 Oz) Fresh Fruit

Revised Date: 07/2023

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