




Aventura City of Excellence School Lunch Menu January 2018



| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|---|--|--|---|---|
| January 8 Chili Beef Or whole wheat Salami sub White Rice Lima beans or Side salad Pineapple Chunks Low Fat & Fat Free Milk | January 9 Chicken Breast Strips or Whole Wheat Turkey Sub White Rice Brocolini or Side Salad Sliced Pears Low Fat & Fat Free Milk | January 10 Mac & Cheese OR Whole Wheat Tuna Sub Baked Tater Tots Peas & Carrots or Side Salad Sliced Peaches Low Fat & Fat Free Milk | January 11 Penne Pasta & Meat Sauce OR Whole Wheat Salami Sub Mixed Veggies or Side Salad Cantaloupe Low Fat & Fat Free Milk | January 12 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots <i>OR</i> Side Salad Fruit Cocktail Low Fat & Fat Free Milk |
| January 15 <i>NO SCHOOL</i> | January 16 Meatballs Marinara OR Whole Wheat BMT Combo Sub White Rice Mixed Veggies or Side Salad Sliced Peaches Low Fat & Fat Free Milk | January 17 WGR Spiral Pasta with Alfredo Cheese Sauce OR Whole Wheat Tuna Salad Sandwich Green beans or Side Salad Fresh Apple Slices Low Fat & Fat Free Milk | January 18 Beef & roni or whole wheat turkey sub Garlic bread Brocolini or side salad Slices orange Low fat & fat free milk | January 19 No school |
| January 22 Sloppy Joes OR Turkey Sub WGR Chips Corn Niblets or Side salad Pineapple Chunks Low Fat & Fat Free Milk | January 23 Baked Chicken Nuggets OR BMT Combo Sub Mashed Potatoes Peas ½ Banana Low Fat & Fat Free Milk | January 24 <i>**Early Release**</i> Kosher  Turkey sub Multigrain Chips Fresh Apple Water | January 25 Chicken Peppers Strips or Whole Wheat CC Combo Sub Rice Black Beans or Side Salad Sliced Pears Low Fat & Fat Free Milk | January 26 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots <i>OR</i> Side Salad Fruit Cocktail Low Fat & Fat Free Milk |
| January 29 Pizza Cheese Bagel or Whole Wheat BMT Sub Tater tots Steamed Green beans or side salad Slices Peaches Low Fat & Fat Free Milk | January 30 Chicken Fried Rice Mini Egg Rolls <i>OR</i> Tuna Salad Sandwich Baked Veggie Chips Steamed Edamame <i>OR</i> Side Salad Sliced Pears/Fortune Cookie Low Fat & Fat Free Milk | January 31 Mac & Cheese OR Whole Wheat Tuna Sub Baked Tater Tots Peas & Carrots or Side Salad Sliced Peaches Low Fat & Fat Free Milk | February 1 Oven-Baked Breaded Fish Nuggets OR Whole Wheat Turkey Sub Bronw Rice Peas and Carrots or Side Salad Fruit Cocktail Low Fat & Fat Free Milk | February 2 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots <i>OR</i> Side Salad Fruit Cocktail Low Fat & Fat Free Milk |
| February 5 Hamburgers on Whole Wheat Bun OR Turkey Sub Cole Slaw or Side salad Tropical Fruit Low Fat & Fat Free Milk Lettuce, Pickles, Onion Garnish | February 6 Spaghetti & Meatballs marinara <i>OR</i> Turkey Salad Sandwich Mixed veggie <i>OR</i> Side Salad Sliced Pears Cookie Low Fat & Fat Free Milk | February 7 WGR Spiral Pasta with Alfredo Cheese Sauce OR Whole Wheat roll or Tuna Salad Sandwich Peas or Side Salad Fresh Apple Slices Low Fat & Fat Free Milk | February 8 Meatballs marinara OR Whole Wheat BMT Combo Sub White rice String Beans or Side Salad Sliced Peaches Low Fat & Fat Free Milk | February 9 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots <i>OR</i> Side Salad Fruit Cocktail Low Fat & Fat Free Milk |
| | | | | |

LUNCH PRICE \$3.90 DAILY

Side Salad consist of lettuce, Tomatoes & Cucumbers A-la-Cart: Hard Boiled Egg \$0.50; Portion cup of Tuna Salad \$0.50; An Alternative Protein Choice Will Be Offered Every Day Except on Early Release Days; The Salad Bar is an alternative meal to the daily lunch being offered. Salad Bar consists of the following items: Lettuce, Tomato, Cucumbers, Carrot Sticks, Celery Sticks, Hard Boiled Eggs, Tuna Salad and a slice of Whole Wheat Bread.