



True North Classical Academy  
DADELAND Lunch Menu –AUGUST 15 – SEPT 27 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			15 Hamburger on WG Roll “Baked Curly Fries” <b>26 G CHO</b> Grape Tomatoes <b>7 G CHO</b>  Fresh Fruit or 100% Fruit Juice <b>(15 G CHO)</b>	16 WG Cheese Pizza <b>43 G CHO</b> Tossed Romaine/Spinach Salad Fresh Fruit or 100% Fruit Juice <b>(15 G CHO)</b>  <b>*Jamaican Patty Lunch Special**</b> <b>53 G CHO</b>
19 *Breaded Baked Chicken Tenders <b>16 G CHO</b> Baked Sweet Waffle “fries” <b>23 G CHO</b>  Cole Slaw <b>7 G CHO</b>  Fresh Fruit or 100% Fruit Juice <b>(15 G CHO)</b>	20 Hot Ham & Cheese Sandwich <sup>^^</sup> On WG Bread <b>30 G CHO</b> Grape Tomatoes <b>7 G CHO</b>  Black Beans/Corn Salad  Fresh Fruit or 100% Fruit Juice <b>(15 G CHO)</b> <b>*Jamaican Patty Lunch Special**</b> <b>53 G CHO</b>	21 * <sup>se</sup> Tangerine Chicken Fried Rice <b>30 G CHO</b> Steamed Broccoli <b>7 G CHO</b>  Sliced cucumber salad  Fresh Fruit or 100% Fruit Juice <b>(15 G CHO)</b>	22 * <sup>^^</sup> Macaroni-Beef Casserole <b>30 G CHO</b> *Garlic Breadstick <b>15 G CHO</b> Sauté Green Beans <b>7 G CHO</b>  Fresh Fruit or 100% Fruit Juice <b>(15 G CHO)</b>  <b>*Jamaican Patty Lunch Special**</b> <b>53 G CHO</b>	23 * <sup>^^s</sup> WG Cheese Pizza <b>43 G CHO</b>  Tossed Romaine/Spinach Salad  Fresh Fruit or 100% Fruit Juice <b>(15 G CHO)</b>

Students must choose an entrée with – a selection of a bread/roll/grain and must select a vegetable and /or a fruit or a 100% fruit juice to complement their meal. (Fruit is canned in juice or water). All meals offer choice of Low-Fat Milk, Fat Free Chocolate or Strawberry Milk.

WG – whole-grain rich

WW – Whole Wheat

RF – Reduced Fat

LF – Low-fat


FF – Fat-Free LS – low sodium

\*Included with the entrée.

**Allergens:** products contain the following allergens with the designated symbols: <sup>^^</sup> - Dairy includes milk/lactose; k – kosher; \* - wheat; <sup>s</sup> - soy; <sup>e</sup> - eggs; x-sesame seeds

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26	Hamburger/^^ <b>Cheeseburger</b> on WG Bun* <b>(32 G CHO)</b> Baked Fries <sup>k</sup> <b>(23 G CHO)</b>  Tossed Green Salad  Fresh Fruit or 100% Fruit Juice <b>(15 G CHO)</b>	27	“Walking” Turkey Taco ^^Nacho Tortilla chips RF Tacos <b>22 G CHO</b>  Rice & Beans <b>30 G CHO</b> Fresh Fruit or 100% Fruit Juice <b>(15 G CHO)</b>  *Jamaican Patty Lunch Special** <b>53 G CHO</b>	28	*seChicken <b>Tenders16 G</b> <b>CHO/Mashed Potato Bowl 25 G</b> <b>CHO</b> Kernel Corn <b>(7 g CHO)</b>  Tossed Green Salad  Fresh Fruit or 100% <b>Fruit Juice</b> <b>15 g CHO</b>	29	*Picadillo <b>39 g CHO</b> <b>WG Rice</b> Baked Sweet Plantains <b>27 G</b> <b>CHO</b> Sauté Green Beans <b>(7 G CHO)</b>  Fresh Fruit or 100% <b>Fruit Juice</b> <b>15 g CHO</b>  *Jamaican Patty Lunch Special** <b>53 G CHO</b>	30	^^s*Cheese Pizza <b>43 G CHO</b> Celery Sticks  Fresh Fruit or 100% Fruit Juice <b>15 g CHO</b>
September 2	<b>NO SCHOOL</b> 	3	Chicken and ^^s*Cheese Quesadillas <b>38 G CHO</b> Moros – Rice w/ Black Beans <b>30 g CHO</b> Fresh Fruit or 100% Fruit Juice <b>15 g CHO</b>  *Jamaican Patty Lunch Special** <b>53 G CHO</b>	4	sBBQ Pork Sandwich on a *WG Bun <b>32 g CHO</b> Sweet Potato Fries <b>23 g CHO</b>  Fresh Fruit or 100% Fruit Juice <b>15 g CHO</b>	5	Grilled Chicken Alfredo Steamed Broccoli <b>15 G CHO</b> *Garlic Breadstick <b>15 G CHO</b> Grape Tomatoes <b>7 g CHO</b> Fresh Fruit or 100% Fruit Juice  *Jamaican Patty Lunch Special** <b>53 G CHO</b>	6	^^^Cheese Pizza <b>43 g CHO</b> Celery/Carrot Sticks <b>7g CHO</b>  Romaine Lettuce Salad Fresh Fruit or 100% Fruit Juice <b>15 g CHO</b>
9	*seBreaded Chicken Tenders <b>16</b> <b>G CHO</b> Sweet Potato Wedges <b>23 G CHO</b> Kernel Corn <b>7 G CHO</b> Tossed Green Salad  Fresh/Canned Fruit or 100% Fruit Juice <b>15 G CHO</b>	10	^^*Grilled Ham/Cheese Sandwich on WG Bread <b>30g</b> <b>CHO</b> Grape Tomatoes <b>15 g CHO</b> Fresh Fruit or 100% Fruit Juice <b>15 G CHO</b>  *Jamaican Patty Lunch Special** <b>53 G CHO</b>	11	Arroz con Pollo <b>35 g CHO</b> Baked Sweet Plantains (Maduros) 4 oz – <b>27 g CHO</b>  Refried Beans <b>15 G CHO</b>  Fresh Fruit or 100% Fruit Juice <b>15 G CHO</b>	12	Bosco Mozzarella Cheese Stick w Marinara Sauce Seasoned Broccoli Florets <b>7 G</b> <b>CHO</b>  Tossed Green Salad  Fresh Fruit or 100% Fruit Juice <b>15 G CHO</b>  *Jamaican Patty Lunch Special** <b>53 G CHO</b>	13	^^^Cheese Pizza <b>43 g CHO</b> Celery Sticks <b>7g CHO</b> Sauté Green Beans <b>7 g CHO</b>  Fresh Fruit or 100% Fruit Juice <b>15 g CHO</b>

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WG – whole-grain rich      WW – Whole Wheat      RF – Reduced Fat      LF – Low-fat      FF – Fat-Free      LS – low sodium

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<b>9/16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Hamburger/^^ <b>Cheeseburger</b> on WG <b>Bun**</b> (32 G CHO)  Baked Fries* (23 G CHO)  Tossed Green Salad  Fresh/Canned Fruit or 100% Fruit Juice ( <b>15 G CHO</b> )	“Walking” Turkey Tacos <b>22 G CHO</b> ^^Nacho Tortilla chips RF  LS Black beans w WG Rice <b>30 G CHO</b> Fresh/Canned Fruit or 100% Fruit Juice ( <b>15 G CHO</b> )  <b>*Jamaican Patty Lunch Special** 53 G CHO</b>	Tangerine Chicken <sup>s^^</sup> <b>26 G CHO</b> Fried Rice <b>20 G CHO</b> Green Beans Sauté <b>7 G CHO</b>  Fresh/Canned Fruit or 100% Fruit Juice <b>15 g CHO</b>	^^ <sup>s</sup> Macaroni & Cheese <b>28 G CHO</b> Tossed Green Salad Broccoli Florets <b>7 G CHO</b>  Fresh/Canned Fruit or 100% Fruit Juice <b>15 g CHO</b>  <b>*Jamaican Patty Lunch Special** 53 G CHO</b>	<b>^^^Cheese Pizza 43 g CHO</b>  Carrot Sticks <b>7g CHO</b>  Fresh/Canned Fruit or 100% Fruit Juice <b>15 g CHO</b>
<b>9/23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
*Meatballs w/ Elbows Pasta Marinara ( <b>30 G CHO</b> ) Sauté Green Beans <b>7 G CHO</b>  Tossed Green Salad  Fresh/Canned Fruit or 100% Fruit Juice ( <b>15 G CHO</b> )	Chicken and ^^ <sup>s</sup> *Cheese Quesadillas <b>38 G CHO</b> Moros – Rice w/ LS Black Beans <b>30 g CHO</b> Fresh/Canned Fruit or 100% Fruit Juice <b>15 g CHO</b>  <b>*Jamaican Patty Lunch Special** 53 G CHO</b>	<sup>s</sup> BBQ Pork Sandwich on a *WG Bun <b>32 g CHO</b> Sweet Potato Fries <b>23 g CHO</b> Cole Slaw <b>7g CHO</b> <b>Kernel Corn 7 G CHO</b>  Fresh/Canned Fruit or 100% Fruit Juice <b>15 g CHO</b>	Grilled Chicken Alfredo^^ <b>39 G CHO</b> Steamed Broccoli <b>15 G CHO</b> ^^*Garlic Breadstick <b>15 G CHO</b>  Grape Tomatoes <b>7 g CHO</b> Fresh/Canned Fruit or 100% Fruit Juice <b>15 G CHO</b>  <b>*Jamaican Patty Lunch Special** 53 G CHO</b>	<b>^^^Cheese Pizza 43 g CHO</b> Tossed Green Salad Cucumber salad <b>7g CHO</b>  Fresh/Canned Fruit or 100% Fruit Juice <b>15 g CHO</b>

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