

March 2023

KLA North Miami Beach – Regular Organic



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																									
	27 Chicken Penne Pasta with Tomato Broccolis Sauce Unsweetened Applesauce	28 Shredded Chicken Enriched Basmati Rice Vegetable Mix (Carrots, Broccolis, Cauliflower and Zucchini Organic Beans) Fresh Organic Fruits	1 Oven Baked Fish Fingers Fresh Mash Potato Puree and Vegetable Mix Fresh Organic Fruits	2 Ropa Vieja Shredded beef with potatoes and carrots Enriched Basmati White Rice and Plantains Fresh Organic Fruits	3 <u>Taco Party</u> Soft flour tortillas or Tortilla chips Gourned Meat, Diced tomatoes, Chopped lettuce, Black beans and Shredded cheese Fresh Organic Fruits	4																																																																																									
5	6 Perfect Beef Bolognese Pasta Pasta with Enriched Bolognese Beef Sauce with Carrots, Broccolis, Cauliflower and Zucchini Unsweetened Applesauce	7 Orange-Glazed Roasted Chicken Roasted Baby Carrot with Mashed Cassava Unsweetened Applesauce	8 Parmesan Crusted Tilapia Couscous Salad with Cherry Tomatoes and Baked Potatoes Fresh Organic Fruits	9 Cheese and Turkey Sandwich with organic tomato, Shered Lettuce and homemade Organic Spinach Mayonnaise; and Cherry Tomatoes Fresh Organic Fruits	10 Creamy Italian Polenta with Ground Beef Ragù with Organic baby carrots and Organic Roma Tomatoes Fresh Organic Fruits	11																																																																																									
12	13 Pasta Pomodoro with Fresh Organic Roman Tomatoes & Basil Sauce plus Enriched Beef and Veggies Homemade Meatball Unsweetened Applesauce	14 Ground Beef with Veggies Enriched Basmati White Rice and Organic Beans Fresh Organic Fruits	15 Homemade Popcorn Chicken Fresh Mash Potato Puree Roasted Brussels Sprouts Fresh Organic Fruits	16 <u>Burger Party</u> Premium Potato Buns, Meat Hamburger, Cheese, Cherry Tomatoes and Oven Baked Rustic Potatoes Fries Fresh Organic Fruits	17 <u>St. Patrick's Day</u> Green Mac and Cheese with spinach, broccoli and sweet peas plus Spinach Muffins Fresh Organic Fruits	18																																																																																									
19	20 Spring Break	21 Spring Break	22 Spring Break	23 Spring Break	24 Spring Break	25																																																																																									
26	27 Homemade Popcorn Chicken Fresh Mash Potatoes (not instant) and Organic Brussels Sprouts *EXTRA Toast for EM Unsweetened Applesauce	28 Chicken Stroganoff with cauliflower and Mushrooms Enriched Basmati White Rice and Thin Potato Sticks Fresh Organic Fruits	29 Creamy Mac & Cheese with Pumpking in the sauce plus Enriched Beef and Veggies Homemade Meatball Fresh Organic Fruits	30 Asiatic Inspired Fried Rice with chicken, veggie mix, organic baby corn and and Eggs Fresh Organic Fruits	31 Syrian Rice (with pasta) Organic Lentils Homade Oven Baked Kibbeh Bites Fresh Salad with Organic Tomatoes, Cucumber & Mint Fresh Organic Fruits																																																																																										
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5	6 The Perfect Pasta with Homemade Fresh Tomato Sauce with carrots, Broccolis Cauliflower, Zucchini and Vegan Ground Beef Unsweetened Applesauce	7 Orange-Glazed Meatless Chick'n Roasted Baby Carrot with Mashed Cassava Unsweetened Applesauce	8 Griled Moushrooms Couscous Salad with Cherry Tomatoes and Baked Potatoes Fresh Organic Fruits	9 Avocado Sandwich with organic tomato, cucumber and Shered Lettuce, plus Cherry Tomatoes on the side Fresh Organic Fruits	10 Creamy Italian Polenta with Vegan Ground Beef Ragu with Organic baby carrots and Organic Roma Tomatoes Fresh Organic Fruits	11																																																																																									
12	13 Pasta Pomodoro with Fresh Organic Roman Tomatoes & Basil Sauce plus Enriched Vegan Meatbals Unsweetened Applesauce	14 Vegan Ground Beef with Veggies Enriched Basmati White Rice and Organic Beans Fresh Organic Fruits	15 Plant-Based Fishless Filets Fresh Mash Potato Puree Roasted Brussels Sprouts Fresh Organic Fruits	16 <u>Burger Party</u> Premium Potato Buns, Vegan Meatless burger, Cherry Tomatoes and Oven Baked Crinkle Cut Potatoes Fries Fresh Organic Fruits	17 <u>St. Patrick's Day</u> Green Vegan Mac and Cheese with spinach, broccoli and sweet peas plus Spinach Muffins Fresh Organic Fruits	18																																																																																									
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