



November 2009 Cycle Menu

\$ 54.00

18 Meal Days

\$ 3.00 per meal each day

Student Name: _____

Grade: _____

MAKE THE CHECKS PAYABLE TO:

**** Doctors Charter School of Miami Shores ****

*** There is a \$20 bank fee for returned checks & lunch services will cease ***

*** NO CASH ACCEPTED ***

Please notify the school of any food allergies that your son/daughter may have.

**** Menu approved by the National School Lunch Program ****

November 2-6	Special Fried Rice Chicken Stir Fry Chinese Vegetables Dinner Roll Fruit Cocktail Milk	Ground Beef White Rice Sweet Fried Plantains Cuban Bread Fresh fruit Milk	Beef Stew w/ vegetables White rice Dinner Roll Peaches Milk	Chicken Nuggets Yellow rice w/corn Ceasar salad w/croutons Mandarin Segments Dinner Roll Milk	Cheese Pizza Tossed Salad W/ Dressing Fresh Fruit Milk
November 9-13	Chicken Patty Hamburger Bun Lettuce & Tomato Corn on the cob Orange Milk	Mexican Tacos w/ beef Lettuce & Tomatoes Shredded Cheese Yellow Rice w/ corn & red peppers Fresh Fruit Milk	<i>Veteran's Day (no school)</i>	Beefaroni Caesar Salad Garlic Bread Apple Milk	Cheese Pizza Tossed Salad W/ Dressing Fresh Fruit Milk
November 16-20	Ground Beef White Rice Sweet Fried Plantains Cuban Bread Fresh fruit Milk	Chicken Patty Hamburger Bun Lettuce & Tomato Corn on the cob Orange Milk	Meatloaf with tomato sauce Mashed Potato Corn Dinner Roll Fresh Fruit Milk	BBQ Chicken Brown Rice Tossed Salad Fruit Cocktail Dinner Roll Milk	Cheese Pizza Tossed Salad W/ Dressing Fresh Fruit Milk
November 23-27	Mexican Tacos w/ beef Lettuce & Tomatoes Shredded Cheese Yellow Rice w/ corn & red peppers Fresh Fruit Milk)	Chicken Mixed w/ yellow rice Tossed Salad Sweet Fried Plantain Dinner Roll Fruit Cocktail Milk	Cheese Burger On Hamburger Bun Tomato & Lettuce Oven Baked Fries Apple Milk	<i>Thanksgiving Day (no school)</i>	<i>Thanksgiving Break (no school)</i>
November 30	Special Fried Rice Chicken Stir Fry Chinese Vegetables Dinner Roll Fruit Cocktail Milk				

**** SUBMIT THIS FORM WITH FULL PAYMENT BY OCTOBER 29 2009 ****