

Cycle Menu XXXV – Autumn – April 2008



Monday, March 31, 2008	Tuesday, April 01, 2008 ¹	Wednesday, April 02, 2008 ²	Thursday, April 03, 2008 ³	Friday, April 04, 2008 ⁴
	Soup: Vegetables VII Fried Chicken Fingers Mashed Potatoes with Gravy Coleสลaw Optional Salad: Iceberg Lettuce, Tomato, Celery Leaves Dessert: Rainbow Jello with Anglais Sauce Beverage: Fresh Pineapple Juice White, Choco, Strawberry Milk	HALF DAY OF SCHOOL CIVIL COMMITTEE MARCH	Soup: Chick Peas and Vegetables Chicken "Fritanga" with Creole Sauce Parsleyed White Rice Optional Salad: Red Lettuce, Chard and Cilantro Dessert: Caramel Mousse Beverage: Fresh Lime Juice White, Choco, Strawberry Milk	PROFESSIONAL DEVELOPMENT DAY SPECIAL BREAKFAST AND LUNCH P&P
	LIGHT LUNCH Ham & Cheese Sandwich Fried Yuca Cubes Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat		LIGHT LUNCH Egg and "Chorrellana" Sandwich Sweet Potato Chips Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	
16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat		16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	
Monday, April 07, 2008 ⁵	Tuesday, April 08, 2008 ⁶	Wednesday, April 09, 2008 ⁷	Thursday, April 10, 2008 ⁸	Friday, April 11, 2008 ⁹
Soup: Light Cream of Squash Steak and Mushrooms Sauce Mashed Potatoes Green Beans and Tomato (Onions Optional) Optional Salad: Romaine Lettuce, Cucumber, Celery Leaves Dessert: Fresh Seasonal Fruit Beverage: Fresh Lemonade White, Choco, Strawberry Milk	Soup: Vegetables I Fried Chicken Pasta Salad Optional Salad: Greens Dessert: Orange Jello with Fruits Beverage: Fresh Pineapple Juice White, Choco, Strawberry Milk	Soup: Chopped Yuca "Majadito" Beef Rice Casserole with Fried Egg, & Plantain Optional Salad: Red Lettuce, Tomato & Oregano Dessert: Baked Custard with Caramel Beverage: White Maize White, Choco, Strawberry Milk	Soup: Vegetables II Cheese Ravioli with Alfredo Sauce Optional Salad: Iceberg Lettuce, Shredded Carrots and Croutons Dessert: Fruit Popsicle Beverage: Fresh Orange Juice White, Choco, Strawberry Milk	Soup: Cream of Chard "FUN FOOD DAY" "Sandwiches" Submarine, Reuben, Ham&Cheese, BLT Lettuce, Tomato (Pickles, Onion, Dressings Optional) Dessert: Special Beverage: Fresh Fruit Punch (Lemon) White, Choco, Strawberry Milk
LIGHT LUNCH Seared Chicken Sandwich French Fries Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Beef Milanezza Sandwich Sliced Fried Sweet Potatoes Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Tuna Salad Sandwich Cubed Fried Yuca Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Hot Dogs Shoestring Fried Potatoes Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	NO LIGHT LUNCH
16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat
Monday, April 14, 2008 ¹⁰	Tuesday, April 15, 2008 ¹¹	Wednesday, April 16, 2008 ¹²	Thursday, April 17, 2008 ¹³	Friday, April 18, 2008 ¹⁴
Soup: Quinoa and Vegetables "Pique Macho" (Beef strips, vienna links, fried potato strips, tomato), green peppers optional Optional Salad: "Soltero" (Lettuce, tomato, cheese) Dessert: Banana with Caramel Sauce Beverage: Fresh Achachairu Juice White, Choco, Strawberry Milk	Soup: Crepe Consomme Chicken in Creamy Mustard Sauce Rice Pilaf Zucchini Strips Optional Salad: Romaine Lettuce, Sliced Carrots Dessert: Fruit Compote Beverage: Fresh Lime Juice White, Choco, Strawberry Milk	Soup: Vegetables III "Bolognese" Spaghetti (Spaghetti with Meat Sauce) Cheese Optional Salad: Iceberg Lettuce- Tomato-Fresh Basil Dessert: Creme Brulee Beverage: Fresh Grapefruit Juice White, Choco, Strawberry Milk	Soup: Light Cream of Celery Chicken Milanezza Mashed Potatoes Carrots and Peas Optional Salad: Red Lettuce, Shredded Beets & Parsley Leaves Dessert: Cream Popsicle Beverage: Fresh Lime Juice White, Choco, Strawberry Milk	Soup: Alphabet & Vegetables "FUN FOOD DAY" "Wraps" Chicken or Beef Lettuce, "Pico de Gallo", Garlic Sauce (Macaroni and Cheese) Dessert: Special Beverage: Fresh Fruit Punch (Orange) White, Choco, Strawberry Milk
LIGHT LUNCH Smoked Ham Sandwich Potato Chips Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Seared Beef Sandwich Yuca Fries Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Chicken Salad Sandwich Shoestring Potatoes Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Creole Sandwich Sweet Potato Chips Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	NO LIGHT LUNCH
16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat
Monday, April 21, 2008 ¹⁵	Tuesday, April 22, 2008 ¹⁶	Wednesday, April 23, 2008 ¹⁷	Thursday, April 24, 2008 ¹⁸	Friday, April 25, 2008 ¹⁹
Soup: Noodles and Parsley BBQ Chicken Baked Potatoes & (Cream & Chives- optional) Corn Optional Salad: Romaine Lettuce, Raw Beets, Shredded Carrots Dessert: Rainbow Jello with Anglais Sauce Beverage: Fresh Carambola Juice White, Choco, Strawberry Milk	Soup: Light Peanut "Silpancho" Breaded Beef, Fried Potato Slices, White Rice, Fried Egg, Creole Sauce Optional Salad: Red Lettuce & Shredded Spinach Dessert: Fresh Seasonal Fruit Beverage: Fresh Lemonade White, Choco, Strawberry Milk	Soup: Vegetable VI "Lasagna" Beef in Ragu Sauce & Cheese Optional Salad: Iceberg Lettuce, Tomato, Chard Dessert: Fresh Fruit Salad Beverage: Fresh Lime Juice White, Choco, Strawberry Milk	Soup: Light Cream of Spinach Baked Chicken Vegetable Cheese Fritters Cherry Tomatoes, Cauliflower and Green Pepper Vinaigrette Salad Optional Salad: Red Lettuce, Chard, and Chives Dessert: Chocolate Mousse Beverage: Fresh Papaya Juice White, Choco, Strawberry Milk	Soup: Green Beans "FUN FOOD DAY" "Pizza" Pepporoni, Ham, "Margarita" Tomato Sauce and Cheese Adicionals on Choice Optional Salad: Red Lettuce and Tomato Dessert: Special Beverage: Fresh Fruit Punch (Strawb) White, Choco, Strawberry Milk
LIGHT LUNCH Sausage Sandwich Sliced Fried Yuca Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Ham & Cheese Sandwich Shoestring Fried Potatoes Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Chicken Milanezza Sandwich Cubed Fried Sweet Potatoes Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Pizza Sandwich Potato Chips Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	NO LIGHT LUNCH
16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat
Monday, April 28, 2008 ²⁰	Tuesday, April 29, 2008 ²¹	Wednesday, April 30, 2008 ²²	Thursday, May 01, 2008	Friday, May 02, 2008 ¹
Soup: Cream of Lima Beans "Saice" with Peas and Carrots Toasted Pasta Optional Salad: Romaine Lettuce, Tomato, (Red Onion Rings- optional) Dessert: Fresh Seasonal Fruit Beverage: Fresh Tamarind Juice White, Choco, Strawberry Milk	Soup: Chinese Chinese Fried Chicken Chop Suey Rice Optional Salad: Iceberg Lettuce, Chinese Cabbage Salad Dessert: Fruit Compote Beverage: Fresh Carambola Juice White, Choco, Strawberry Milk	Soup: Light Minestrone Torteloni with Cheese Sauce and Tomato Sauce Optional Salad: Greens Dessert: Fruit Popsicle Beverage: Fresh Orange Juice White, Choco, Strawberry Milk	HOLIDAY LABOR DAY	Soup: Cream of Corn "FUN FOOD DAY" Hot Dogs Frankfurt or Viena, Shoestring Potatoes Corn, Tomato, Pickles, Sauerkraut, Onions Cheese Sauce, Dressings Dessert: Special Beverage: Fresh Fruit Punch (Lemon) White, Choco, Strawberry Milk
LIGHT LUNCH Chicken Salad Sandwich Sweet Potato Fries Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Seasoned Beef Sandwich Potato Chips Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Tuna Salad Sandwich Fried Yuca Thins Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat		NO LIGHT LUNCH
16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat		16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat

To contact the Cafeteria > (payments 351-0886 and special diet requests 353-0808 int. 133) or cafeteriasccs@hotmail.com

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