



**Meal of the Day Calendar**  
Prepared for: Florida Christian School  
Grades 4th - 12th  
For the period of: October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			10/1/20	10/2/20
			Chicken Alfredo served with Pasta and Garlic Toast	Ropa Vieja (Shredded Beef) served with White Rice and Sweet Plantains
10/5/20	10/6/20	10/7/20	10/8/20	10/9/20
Arroz Imperial served with Sweet Plantains	Ground Beef served in Marinara Sauce with Pasta and Garlic Toast	Sweet and Sour Chicken served with White Rice and Egg Rolls	Ground Beef served with Mexican Rice and Broccoli	Chicken Bruschetta served with Pasta and Garlic Toast
10/12/20	10/13/20	10/14/20	10/15/10	10/16/20
Picadillo (Ground Beef) served with White Rice and Black Beans	Cheese Ravioli served in Marinara Sauce and Garlic Toast	Honey Garlic Chicken served with White Rice and Broccoli	Roasted Shredded Pork served with Moro and Sweet Plantains	Chicken Alfredo served with Pasta and Garlic Toast
10/19/20	10/20/20	10/21/20	10/22/20	10/23/20
Pan con Bistec served with French Fries	Chicken Nuggets served with Mac & Cheese and Garlic Toast	Picadillo (Ground Beef) served with White Rice and Black Beans	Breaded Chicken Breast served with Mashed Potatoe and Sweet Corn	Ground Beef served in Marinara Sauce with Pasta and Garlic Toast
10/26/20	10/27/20	10/28/22	10/29/20	10/30/20
Lomo Saltado served with White Rice and Black Beans	Chicken Breast Chop Chop served with Yellow Rice and Sweet Pea	Beef Lasagna served with Garlic Toast	Picadillo (Ground Beef) served with Moro and Sweet Plantains	Chicken Alfredo served with Pasta and Garlic Toast