

Menu Info	Age Group: K-5	cademy Pre-K-2 breakfast me	Meal : Breakfast	Meal Pattern : NSLP / SS	SO
		Tuesday, March 1, 2022	Wednesday, March 2, 2022	Thursday, March 3, 2022	Friday, March 4, 2022
Week III		Hot Breakfast	Mini Cinnamon Rolls (2 items)	Big Bowl Cereal (2 items)	Hot Breakfast
reakfast	Chef Spotlight Recipe,	Breakfast Pizza (2 items)			Twisty Breakfast Cheese Bread (2 items
ree items meet	Theeka Aloo, presented by Teja Adapa, our Database	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
USDA Requirements One item must	Analyst, is in Page 2	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
be fruit)			Chef's Choice May	be Offered Daily	
	Monday, March 7, 2022	Tuesday, March 8, 2022	Wednesday, March 9, 2022	Thursday, March 10, 2022	Friday, March 11, 2022
Week IV	Hot Breakfast	Sliced Variety Bagel (2 Items)	Large Breakfast Bread (2 items)	Strawberry Oatmeal Bar (2 items)	Hot Breakfast
reakfast	French Toast Sticks w/Syrup (2 items)	W/ Non Dairy Spread (Shelf Stable) & Fruit Jelly Cup			Chicken & Rice Breakfast Soup (2 items)
ee items meet	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
USDA Requirements One item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
be fruit)			Chef's Choice May be Offered Daily		
	Monday, March 14, 2022	Tuesday, March 15, 2022	Wednesday, March 16, 2022	Thursday, March 17, 2022	Friday, March 18, 2022
Week V	Hot Breakfast	Hot Breakfast	Hot Breakfast	Chocolate Chip Muffin (2 Items)	Hot Breakfast
eakfast	Pancakes w/Syrup (2 items)	Breakfast Pizza (2 items)	Waffle w/Syrup (2 items)		Egg Fried Breakfast Rice (2 items
ree items meet	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
USDA equirements ne item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
be fruit)			Chef's Choice May be Offered Daily		
	Monday, March 21, 2022	Tuesday, March 22, 2022	Wednesday, March 23, 2022	Thursday, March 24, 2022	Friday, March 25, 2022
Veek VI	Hot Breakfast	Apple Filled Donut (2 items)	Hot Breakfast	Mini Cinnamon Rolls (2 items)	Hot Breakfast
eakfast	Twisty Breakfast Cheese Bread (2 items)		French Toast Sticks w/Syrup (2 items)		Chicken & Rice Breakfast Soup (2 items)
ee items meet	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
USDA equirements ne item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
be fruit)			Chef's Choice May be Offered Daily		
	Monday, March 28, 2022	Tuesday, March 29, 2022	Wednesday, March 30, 2022	Thursday, March 31, 2022	
Week I	Handmade Strawberry Boli (2 items)	Hot Breakfast	Apple Soft Filled Oatmeal Cereal Bar (2 items)	Hot Breakfast	Aloo is a Hindi term for potat And Aloo theeka is a flavorfu spiced potato dish that goes
reakfast		Breakfast Pizza (2 items)		Egg Fried Breakfast Rice (2 items)	well, with almost anything as side.
ree items meet	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	Aloo theeka is usually eaten with rice or Indian flatbread
USDA Requirements One item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	But to experience its natura flavors, eat it as it is.
be fruit)			Chef's Choice May be Offered Daily		

	Ingred	dients:	Steps:		
	•Goriander seeds (Dried seeds from matured coriander herb) – 1 tsp •Black Peppercorn – 1/2 tsp •Garom seeds (seeds from carom plant) – 1 tsp •Wlustard seeds (Black round seeds from mustard plant) – 1 tsp •Dry red chili seeds – 1/2 tsp •Dry red chili - 4 All the above whole spices can be bought from Indian or Asian stores.	•Rock salt – to taste •Dil – 3 thsp •Barlic, chopped to small pieces – 1 tsp •Dnion, cut lengthwise – 1 cup	1.Take a pan and add coriand roast them on medium heat 2.Add rock salt, dry red chili transfer to blender and blen our recipe. 3.Wash the potatoes and cut 4.In the pan, heat the oil and translucent. 5.Add turmeric and potato c potatoes are nicely cooked. 6.Add the spice powder, mix 7.Can be served with hot rice	them for ½ minute. Cool, is is the spice powder for them till onions turn Cook for 5 to 8 mins, till	
Menu Info			ril 2022 Menu (Subject to Char	nge)	
		Chef Spotlight - Teja Adapa (Databa	se Analyst, CKC)		Friday, April 1, 2022
Week I		Food is as much about the	company, as it is about taste		Hot Breakfast
Breakfast					Pancakes w/Syrup (2 items)
I am a traditional home chef, mostly learnt from my mom and spent a while follow experimenting much. Theeka Aloo is the first recipe I tried watching YouTube video experiment, and I am glad I tried. It is quite flavorful and unique because of the ble became a hit in my family and thus became a staple of all potlucks, family & friends hope it becomes a hit with you as well.				os as it felt as a risk free end of spices. It instantly	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each) Chel's Choice May be Offered
					Daily
	Monday, April 4, 2022	Tuesday, April 5, 2022	Wednesday, April 6, 2022	Thursday, April 7, 2022	Friday, April 8, 2022
Week II	Hot Breakfast	Hot Breakfast	Chocolate Donut (2 Items)	WG Glazed Honey Bun (2 items)	Hot Breakfast
Breakfast	Turkey Egg Chz Burrito (2 items)	Mini Breakfast Bagels (2 items)			Pancakes w/Syrup (2 items)
Three items meet	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
USDA Requirements (One item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
be fruit)			Chef's Choice May be Offered Daily	,	
*.	Monday, April 11, 2022				
Week III	Hot Breakfast				
Breakfast	Mini Breakfast Bagels (2 items)				
Three items meet	100% 4.23 oz Fruit Juice (1 item)				
USDA Requirements	Choice Milk & Second Fruit OVS				
(One item must be fruit)	(1 item each)				

Menu Info	Name: March 2022 Hope A Age Group: K-12		Meal : Breakfast	Meal Pattern ; NSLP / SS			
		Tuesday, March 1, 2022	Wednesday, March 2, 2022	Thursday, March 3, 2022	Friday, March 4, 2022		
Week III		Hot Breakfast	Mini Cinnamon Rolls (2 items)	Big Bowl Cereal (2 items)	Hot Breakfast		
Breakfast	Chef Spotlight Recipe,	Breakfast Pizza (2 items)			Twisty Breakfast Cheese Bread (2 items)		
hree items meet	Theeka Aloo, presented by Teja Adapa, our Database	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		
USDA Requirements (One item must	Analyst, is in Page 2	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)		
be fruit)			Chef's Choice Ma	y be Offered Daily			
	Monday, March 7, 2022	Tuesday, March 8, 2022	Wednesday, March 9, 2022	Thursday, March 10, 2022	Friday, March 11, 2022		
Week IV	Hot Breakfast	Sliced Variety Bagel (2 Items)	Large Breakfast Bread (2 items)	Strawberry Oatmeal Bar (2 items)	Hot Breakfast		
Breakfast	French Toast Sticks w/Syrup (2 items)	W/ Non Dairy Spread (Shelf Stable) & Fruit Jelly Cup			Chicken & Rice Breakfast Soup (2 items)		
hree items meet	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		
USDA Requirements (One item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)		
be fruit)	Chef's Choice May be Offered Daily						
	Monday, March 14, 2022	Tuesday, March 15, 2022	Wednesday, March 16, 2022	Thursday, March 17, 2022	Friday, March 18, 2022		
Week V	Hot Breakfast	Hot Breakfast	Hot Breakfast	Chocolate Chip Muffin (2 Items)	Hot Breakfast		
Breakfast	Pancakes w/Syrup (2 items)	Breakfast Pizza (2 items)	Waffle w/Syrup (2 items)		Egg Fried Breakfast Rice (2 items)		
hree items meet	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		
USDA Requirements (One item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)		
be fruit)			Chef's Choice May be Offered Daily	,			
	Monday, March 21, 2022	Tuesday, March 22, 2022	Wednesday, March 23, 2022	Thursday, March 24, 2022	Friday, March 25, 2022		
Week VI	Hot Breakfast	Apple Filled Donut (2 items)	Hot Breakfast	Mini Cinnamon Rolls (2 items)	Hot Breakfast		
Breakfast	Twisty Breakfast Cheese Bread (2 items)		French Toast Sticks w/Syrup (2 items)		Chicken & Rice Breakfast Soup (2 items)		
hree items meet	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		
USDA Requirements One item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)		
be fruit)		3	Chef's Choice May be Offered Daily	,			
	Monday, March 28, 2022	Tuesday, March 29, 2022	Wednesday, March 30, 2022	Thursday, March 31, 2022			
Week I	Handmade Strawberry Boli (2 items)	Hot Breakfast	Apple Soft Filled Oatmeal Cereal Bar (2 items)	Hot Breakfast	Aloo is a Hindi term for potato And Aloo theeka is a flavorful		
Breakfast		Breakfast Pizza (2 items)		Egg Fried Breakfast Rice (2 items)	spiced potato dish that goes well, with almost anything as a side.		
hree items meet	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	Aloo theeka is usually eaten with rice or Indian flatbread.		
USDA	Choice Milk & Second Fruit OVS	Choice Milk & Second Fruit OVS	Choice Milk & Second Fruit OVS	Choice Milk & Second Fruit OVS	But to experience its natural		



		Theeka Aloo (Chef Teja's Rec	ipe)		
	Ingred	dients:	Steps:		
	•Boriander seeds (Dried seeds from matured coriander herb) – 1 tsp •Black Peppercorn – 1/2 tsp •Mustard seeds (Black round seeds from mustard plant) – 1 tsp •Dry red chili seeds – 1/2 tsp •Dry red chili seeds – 1/2 tsp •Dry red chili – 4 All the above whole spices can be bought from Indian or Asian stores.	•Rock salt – to taste •Dil – 3 tbsp •Barlic, chopped to small pieces – 1 tsp •Dnion, cut lengthwise – 1 cup •Dubed potatoes – 2 cups •Burmeric powder – ½ tsp Makes 4 servings	roast them on medium heat 2.Add rock salt, dry red chili transfer to blender and blen our recipe. 3.Wash the potatoes and cut. In the pan, heat the oil antranslucent. 5.Add turmeric and potatoe potatoes are nicely cooked.	seeds, red chilies, and sauté dit coarsely into powder. This them into cubes, unpeeled. d add garlic, onion, and sauté ubes and cover with the lid. well, and place the lid on. Co	them for ½ minute. Cool, s is the spice powder for them till onions turn
Menu Info	张在的 是高度等位置		ril 2022 Menu (Subject to Char	nge)	
		Chef Spotlight - Teja Adapa (Databas	se Analyst, CKC)		Friday, April 1, 2022
Week I		Food is as much about the	company, as it is about taste		Hot Breakfast
Breakfast					Pancakes w/Syrup (2 items)
Three items meet USDA Requirements (One item must be fruit)	became a hit in my family and thus became a staple of all potlucks, family & friends' get-togethers, I attend. I			100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each) Chef's Choice May be Offered	
					Daily
	Monday, April 4, 2022	Tuesday, April 5, 2022	Wednesday, April 6, 2022	Thursday, April 7, 2022	Friday, April 8, 2022
Week II	Hot Breakfast	Hot Breakfast	Chocolate Donut (2 Items)	WG Glazed Honey Bun (2 items)	Hot Breakfast
Breakfast	Turkey Egg Chz Burrito (2 items)	Mini Breakfast Bagels (2 items)			Pancakes w/Syrup (2 items)
Three items meet	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
USDA Requirements (One item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
be fruit)		3	Chef's Choice May be Offered Daily	7	
	Monday, April 11, 2022				
Week III	Hot Breakfast				
Breakfast	Mini Breakfast Bagels (2 items)				
Three items meet	100% 4.23 oz Fruit Juice (1 item)				
Three items meet USDA Requirements (One item must be fruit)					

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Menu Info	Name : March 2022 Preschool Age Group : Childcare (Ages 3-5)	Main Menu - with Fresh & Steam	ned Veggies Meal : Lunch	Options Provided: Hot, Hot Vegetarian, Meal Pattern: Preschool	Cold & Cold Vegetarian Meals
4		Tuesday, March 1, 2022	Wednesday, March 2, 2022	Thursday, March 3, 2022	Friday, March 4, 2022
Week III		Hamburger w/ Ketchup	Juicy Chicken Parmesan Sandwich	Mongolian Meatballs	Lemony Garlic Chicken
		Beef Patty, WG Bun & Ketchup	Parmesan Chicken	WG Roll	Warm Cilantro Rice
	Chef Spotlight Recipe,	Crisp Salad & Dressing	WG Bun & Mozzarella Cheese	Steamed Carrots	Fresh Broccoli & Dip
Hot Meal	Theeka Aloo, presented by	Fruit of the Day	Steamed Green Beans	Fruit of the Day	Fruit of the Day
	Teja Adapa, our Database	3 8	Fruit of the Day	, ,	
LietVoe	Analyst, is in Page 2	Veggie Burger	Egg Fried Rice	Veggie Lasagna Roll	Teriyaki Veggie Nuggets & Cinnamon
Hot Veg		NA 2000 NO 100 N	Banh Mi Chicken on Sandwich	00 0	Goldfish
Cold		Lime Chicken Bun w/Boom Sauce	w/Sauce	Chicken & Cheddar Wrap	Teriyaki Chicken Bun
Mark D/	Monday, March 7, 2022	Tuesday, March 8, 2022	Wednesday, March 9, 2022	Thursday, March 10, 2022	Friday, March 11, 2022
Week IV	Ole Fashioned Sloppy Joe	Chicken Taco	Italian Dunkers	BBQ Chicken Filet	French Toast Sticks
	Whole Grain Bun	WG Tortilla, Chicken & Cheese	Dippin' Sauce	WG Roll	Syrup
Hot Meal	Steamed Mixed Veggies	Cheesy Refried Beans	Sliced Cucumbers	Steamed Green Beans	Fruity Yogurt Cup
1 lot ivical	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Garden Salad & Dressing
					Fruit of the Day
Hot Veg	Pizza Crunchers & Italian Dip	Swedish Veggie Patty & WG Roll	Cheese Bosco Sticks w/ Marinara	French Toast Sticks w/ Syrup & Yogurt	Grilled Cheese Sandwich
	Turkey Bun w/Mayo	CKC Crazy Good Chicken Bun	Sauce Chicken Mozzarella Wrap	Sesame Chicken Bun	Chicken & Cheese Torta Sandwich
Cold	Monday, March 14, 2022	Tuesday, March 15, 2022	Wednesday, March 16, 2022	Thursday, March 17, 2022	Friday, March 18, 2022
Week V	Golden Chicken Patty Sandwich	Brunch Lunch	Sweet & Sour Chicken	Creamy Swedish Meatballs	Chicken Fried Rice
VVCCR V	950				
	WG Bakery Bun & Ketchup	Waffle & Syrup	Wheat Dinner Roll	Dinner Roll	Steamed Peas
Hot Meal	Steamed Mixed Vegetable	Turkey Sausage Patty	Steamed Green Beans	Crisp Salad & Dressing	Fruit of the Day
	Fruit of the Day	Crisp Broccoli & Ranch Dip	Fruit of the Day	Fruit of the Day	
		Fruit of the Day			
Hot Veg	Mozzarella Veggie Burger	Twisted Cheese Breadsticks	Creamy Mac & Cheese	Waffles w/Syrup & Yogurt Cup & Chz Stick	Egg Fried Rice
Cold	Roast Turkey on Wheat Bread	Asian Chicken Sticky Bun	Chicken Ceasar Wrap	CKC Crazy Good Chicken Bun	Chicken & Cheese Torta Sandwich
4	Monday, March 21, 2022	Tuesday, March 22, 2022	Wednesday, March 23, 2022	Thursday, March 24, 2022	Friday, March 25, 2022
Week VI	Popcorn Chicken	Brunch Lunch	Mac & Cheese	All Beef Hamburger	Chicken Nuggets
	Ranch Dip	French Toast Sticks & Syrup	Fresh Bakery Roll	WG Bun & Ketchup	Ketchup
	Dinner Roll	Yogurt Cup	Garden Salad & Dressing	Cucumber Slices & Dip	Steamed Green Beans
Hot Meal	Steamed Mixed Veggies	Tater Tots w/Ketchup	Fruit of the Day	Fruit of the Day	Fruit of the Day
	Fruit of the Day	Fruit of the Day			
Hot Veg	Pizza Crunchers & Italian Dip	Veggie TexMex Wrap	Garden Cheeseburger	Cheese Bosco Sticks	Swedish Veggie Patty w/ Wg Roll
Cold	Turkey Bun w/Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap	Asian Chicken Sticky Bun	Teriyaki Chicken Bun
	Monday, March 28, 2022	Tuesday, March 29, 2022	Wednesday, March 30, 2022	Thursday, March 31, 2022	Markey was a service of the service
Week I	Cheesy Lasagna Roll	Meatball Sub	Orange Chicken	Brunch Lunch	
	Steamed Green Beans	Whole Grain Hot Dog Bun	Steamed Rice	Buttermilk Pancake & Syrup	Aloo is a Hindi term for Potato. And Theeka Aloo is a flavorful
	Fruit of the Day	Crisp Dinner Salad & Dressing	Steamed Sweet Peas	Sausage Patties	spiced potato dish that goes
Hot Meal	Truit of the buy	6 (5) 20 (400) (400)	90 Mr. (Marioti 1400)		well, with almost anything as a
		Fruit of the Day	Fruit of the Day	Cucumber Slices & Dip	side. It is usually eaten with rice or
				Fruit of the Day	Indian flatbread. But to
Hot Veg	Louisiana Veggie Burger	Grilled Cheese Sandwich	Twisted Cheese Breadsticks	Cheesy Calzone	experience its natural flavors, eat it as it is.
Cold	Turkey Bun w/Mayo	Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap	Chicken & Cheese Torta Sandwich	CAT II AS II IS.
		Hot Veg and Cold	d meals are served with vegetables a	and fruit of the day	
			eals (Served with Veggie & Fruit of t		
Cold Van	Monday	Tuesday	Wednesday	Thursday	Friday
Cold Veg Weeks I, III, V	Cheese Bun	Yogurt Cup, Cheese Stick & Muffin	WG Bagel & Wow Butter Cup Cheese Stick	Cheese Sandwich on Wheat Bread	Yogurt Cup, Cheese Stick & Cinnamon Goldfish
Cold Veg Weeks II, IV, VI	Stuffed Cream Chz Bagel, Yogurt & Cheese Cubes	WG Tortilla w/ Cheese Cup, String Cheese	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Egg Salad & Dinner Roll

	<u>Ingre</u>	dients:	Steps:		
	•Coriander seeds (Dried seeds from matured coriander herb) – 1 tsp •Black Peppercorn – 1/2 tsp •Black Peppercorn – 1/2 tsp •Carom seeds (seeds from carom plant) – 1 tsp •Mustard seeds (Black round seeds from mustard plant)– 1 tsp •Dry red chili seeds – 1/2 tsp	**Rock salt – to taste **Oil – 3 tbsp **Garlic, chopped to small pieces – 1 tsp (seeds from carom stard plant) – 1 tsp **Stard plant) – 1 tsp eeds – 1/2 tsp 4 **Illurmeric powder – ¼ tsp 4 **Illurmeric powder – ½ ts			
Menu Info			ril 2022 Menu (Subject to Char	nge)	
	ASSESSED FOR STREET	Chef Spotlight - Teja Adapa (Databas	se Analyst, CKC)		Friday, April 1, 2022
Week I Hot Meal	I am a traditional home experimenting much. The experiment, and I am gla became a hit in my family	Teriyaki Grilled Chicken WG Dinner Roll CKC Baked Beans Fruit of the Day			
Hot Veg		nope to becomes a f	hit with you as well.		Sweet & Sour Veggie Nuggets
Cold					Banh Mi Chicken Sandwich w/Sauce
4	Monday, April 4, 2022	Tuesday, April 5, 2022	Wednesday, April 6, 2022	Thursday, April 7, 2022	Friday, April 8, 2022
Week II	BBQ Meatballs	Chicken Tenders & Waffle	Soft Shell Beef Taco	Chicken & Potato Pilaf	Twisted Mozzarella Breadsticks
Hot Meal	Corn Muffin CKC Baked Beans Fruit of the Day	Cucumber Slices & Dip Fruit of the Day	WG Tortilla, Seasoned Beef & Cheese Garden Salad & Dressing Fruit of the Day	Steamed Carrots Fruit of the Day	Marinara Sauce Fresh Broccoli & Dip Fruit of the Day
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese	Veggie Lasagna Roll	Pancake & Syrup w/ Yogurt Cup & Cheese Stick	Cheesy Calzone
Cold	Wowbutter & Jelly Sandwich	Sesame Chicken Bun	Turkey & Cheese Wrap w/Mayo	CKC Crazy Good Chicken Bun	Asian Chicken Sticky Bun
4.	Monday, April 11, 2022				
Week III Hot Meal	Meatball Mac & Cheese Steamed Peas Fruit of the Day				
Hot Veg	Bean & Cheese Burrito				

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Menu Info	Name: March 2022 HOPE C Age Group: 9-12	Community School 7-9 Lunch		Options Provided : Hot & Cold Meals Meal : Lunch	
		Tuesday, March 1, 2022	Wednesday, March 2, 2022	Thursday, March 3, 2022	Friday, March 4, 2022
Week III		Asian Chicken Leg w/Pepper Sauce	Brunch Lunch	Pho	Italian Calzone
		Seasoned Brown Rice	French Toast Sticks w/Syrup	Sriracha & Dinner Rolls	Baby Carrots
Hot Meal	Chef Spotlight Recipe, Theeka Aloo, presented by	Cucumber Slices w/Dip	Baby Carrots, Crispy Cubes & Ketchup	Steamed Broccoli	Fruit of the Day
Mot wear	Teja Adapa, our Database Analyst, is in Page 2	Fruit of the Day	Fruit of the Day	Fruit of the Day	100% Juice Box & Choice Milk
		100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	
Cold		Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken Sandwich w/Sauce	Chicken & Cheddar Wrap & Elf Grahams	Teriyaki Chicken Bun
	Monday, March 7, 2022	Tuesday, March 8, 2022	Wednesday, March 9, 2022	Thursday, March 10, 2022	Friday, March 11, 2022
Week IV	Ole Fashioned Cheeseburger	Orange Chicken	Chicken Fried Rice	Asian Meatballs (Mongolian)	Twisted Mozzarella Breadsticks w/Marinara
	Ketchup	Steamed Seasoned Rice	Steamed Peas	Steamed Rice	Baby Carrots
Hot Meal	Cool Ranch Doritos	Asian Broccoli Slaw	Fruit of the Day	Crisp Salad & Dressing	Fruit of the Day
	Carrot Slims, Baked Beans & Fruit of the Day	Fruit of the Day	Lemon Blueberry Crisps	Fruit of the Day	100% Juice Box & Choice Milk
	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	
Cold	Turkey Bun	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap	Sesame Chicken Bun	Chicken & Cheese Torta Sandwich
	Monday, March 14, 2022	Tuesday, March 15, 2022	Wednesday, March 16, 2022	Thursday, March 17, 2022	Friday, March 18, 2022
Week V	Golden Chicken Nuggets w/ Ketchup	Meatball Sub	Louisiana Chicken Sandwich	Beef Pho	Italian Dunkers w/Marinara
	Nacho Cheese Doritos	Goldfish Pretzels	WG Bun, New Orleans Sauce & Pickles	Sriracha & Dinner Rolls	Baby Carrots
Hot Meal	Baked Beans & Grape Tomatoes	Sliced Cucumbers & Dip	Sun Chips & Steamed Sweet Peas	Mixed Salad & Dressing	Fruit of the Day
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	100% Juice Box & Choice Milk
+ 1	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	
Cold	Roast Turkey on Wheat Bread w/ Mayo	Asian Chicken Sticky Bun	Chicken Caesar Wrap w/ Mayo	CKC Crazy Good Chicken Bun	Chicken & Cheese Torta Sandwich
	Monday, March 21, 2022	Tuesday, March 22, 2022	Wednesday, March 23, 2022	Thursday, March 24, 2022	Friday, March 25, 2022
Week VI	Youza Chicken Bites Wrap WG Tortilla & Chicken Bites	Sweet & Sour Chicken	Golden Corndog w/Ketchup	Hmong Sausage w/Pepper Sauce	Teriyaki Chicken Filet
	w/ Shred Chz, Lettuce, Chopped Cilantro & CKC Youza Sauce	Steamed Rice	Cool Ranch Doritos	Seasoned Rice	WG Rolls
Hot Meal	Nacho Cheese Doritos & Cheesy Refried Beans	Sliced Cucumbers, Baby Carrots & Dip	Steamed Corn	Mixed Greens Salad & Dressing	Baby Carrots & Dip
	Fruit of the Day	Fortune Cookie	Fruit of the Day	Fruit of the Day	Fruit of the Day & Mixed Berry Crackers
	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk
Cold	Turkey Bun w/ Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap w/ Mayo	Asian Chicken Sticky Bun	Teriyaki Chicken Bun
	Monday, March 28, 2022	Tuesday, March 29, 2022	Wednesday, March 30, 2022	Thursday, March 31, 2022	
Week I	Juicy Hot Dog	Asian Sesame Chicken Wrap	Chicken Drummy	Golden Chicken Patty Sandwich	
	Hot Dog Bun & Ketchup	WG Tortilla, Chicken Bites, Asian Slaw Mix	Asian Pepper Sauce	Ketchup	Aloo is a Hindi term for potato. And Theeka Aloo is a flavorful spiced potato dish that goes
Hot Meal	Oven Fries & Ketchup	Baby Carrots & Honey Grahams	Brown Rice	Crunchy Cheetos	well, with almost anything as a side.
, lot wear	Cheddar Cheese Crisps & Fruit of the Day	Fruit of the Day	Broccoli w/Dip & Fruit of the Day	Baked Beans & Baby Carrots	It is usually eaten with rice or Indian flatbread. But to
	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	experience its natural flavors, eat it as it is.
WAR WAR		Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap & Cool Ranch	Chicken & Cheese Torta Sandwich	

/		Theeka Aloo (Chef Teja's Rec	ipe)		
	Ingred	dients:	Steps:		
	•Ooriander seeds (Dried seeds from matured coriander herb) – 1 tsp •Black Peppercorn – 1/2 tsp •Garom seeds (seeds from carom plant) – 1 tsp •Wustard seeds (Black round seeds from mustard plant) – 1 tsp •Dry red chili seeds – 1/2 tsp •Dry red chili – 4 All the above whole spices can be bought from Indian or Asian stores.	s, mustard seeds and dry them for ½ minute. Cool, s is the spice powder for them till onions turn Cook for 5 to 8 mins, till ok for 2 mins on low heat.			
Menu Info	阿拉斯尼亚岛西 拉	Apr	ril 2022 Menu (Subject to Chan	ge)	
		Chef Spotlight - Teja Adapa (Databas	e Analyst, CKC)		Friday, April 1, 2022
Week I		Food is as much about the	company, as it is about taste		Twisted Mozzarella Breadsticks w/ Marinara Sauce Baby Carrots & Dip
Hot Meal	I am a traditional home experimenting much. The experiment, and I am gla became a hit in my family	Fruit of the Day Lemon Blueberry Crisps			
		100% Juice Box & Choice Milk			
Cold					Banh Mi Chicken Sandwich w/Sauce
4	Monday, April 4, 2022	Tuesday, April 5, 2022	Wednesday, April 6, 2022	Thursday, April 7, 2022	Friday, April 8, 2022
Week II	Boneless Wings w/Spicy Wing Sauce	Old Fashoned Hamburger	Sesame Chicken Bowl	Hmong Sausage	Chicken Fried Rice
	WG Roll	Shred Lettuce & Ketchup	Seasoned Rice	Steamed Rice	Crisp Salad & Dressing
Hot Meal	Steamed Corn & Grape Tomatoes	Nacho Cheese Doritos	Chilled Marinated Asian Broccoli	Baby Carrots & Dip	Fruit of the Day
	Fruit of the Day & Cool Ranch Doritos	CKC Baked Beans & Fruit of the Day	Fruit of the Day	Fruit of the Day	Elf Grahams
	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk
Cold	Wowbutter & Jelly Sandwich	Sesame Chicken Bun	Turkey & Cheese Wrap w/Mayo & Elf Grahams	CKC Crazy Good Chicken Bun	Asian Chicken Sticky Bun
	Monday, April 11, 2022				
Week III	Soft Shell Beef Taco				
	Shredded Cheese & Lettuce				
Hot Meal	Cheesy Refried Beans				
	Fruit of the Day & Giant Goldfish				
	100% Juice Box & Choice Milk				
Cold	Chicken & Cheese Torta Sandwich				

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Menu Info	Name: March 2022 HOPE Age Group: K-8	Community School K-6 Lunch		Options Provided: Hot & Cold Meals Meal: Lunch	
	7	Tuesday, March 1, 2022	Wednesday, March 2, 2022	Thursday, March 3, 2022	Friday, March 4, 2022
Week III		Asian Chicken Leg w/Pepper Sauce	Brunch Lunch	Pho	Italian Calzone
		Seasoned Brown Rice	French Toast Sticks w/Syrup	Sriracha & Dinner Roll	Baby Carrots
Hot Meal	Chef Spotlight Recipe, Theeka Aloo, presented by	Cucumber Slices	Crispy Cubes & Ketchup	Steamed Broccoli	Fruit of the Day
Hot Meal	Teja Adapa, our Database Analyst, is in Page 2	Fruit of the Day	Fruit of the Day	Fruit of the Day	
		=			
Cold		Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken Sandwich w/Sauce	Chicken & Cheddar Wrap	Teriyaki Chicken Bun
	Monday, March 7, 2022	Tuesday, March 8, 2022	Wednesday, March 9, 2022	Thursday, March 10, 2022	Friday, March 11, 2022
Week IV	Ole Fashioned Cheeseburger	Orange Chicken	Chicken Fried Rice	Asian Meatballs (Mongolian)	Twisted Mozzarella Breadsticks w/Marinara
	Ketchup	Steamed Seasoned Rice	Steamed Peas	Steamed Rice	Baby Carrots
Hot Meal	Cool Ranch Doritos	Asian Broccoli Slaw	Fruit of the Day	Crisp Salad & Dressing	Fruit of the Day
	Baked Beans	Fruit of the Day	Fortune Cookie	Fruit of the Day	
	Fruit of the Day		Lemon Blueberry Crisps		
Cold	Turkey Bun	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap	Sesame Chicken Bun	Chicken & Cheese Torta Sandwich
CALL TO SERVICE OF THE SERVICE OF TH	Monday, March 14, 2022	Tuesday, March 15, 2022	Wednesday, March 16, 2022	Thursday, March 17, 2022	Friday, March 18, 2022
Week V	Golden Chicken Nuggets w/ Ketchup	Meatball Sub	Louisiana Chicken Sandwich	Beef Pho	Italian Dunkers w/Marinara
	Nacho Cheese Doritos	Goldfish Pretzels	WG Bun, New Orleans Sauce & Pickles	Sriracha	Baby Carrots
Hot Meal	Baked Beans	Sliced Cucumbers & Dip	Steamed Sweet Peas	Dinner Roll	Fruit of the Day
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Spinach Salad & Dressing	
			Sun Chips	Fruit of the Day	
Cold	Roast Turkey on Wheat Bread	Asian Chicken Sticky Bun	Chicken Caesar Wrap	CKC Crazy Good Chicken Bun	Chicken & Cheese Torta Sandwich
	Monday, March 21, 2022	Tuesday, March 22, 2022	Wednesday, March 23, 2022	Thursday, March 24, 2022	Friday, March 25, 2022
Week VI	Youza Chicken Bites Wrap	Sweet & Sour Chicken	Golden Corndog	Hmong Sausage w/Pepper Sauce	Teriyaki Chicken Filet
	WG Tortilla & Chicken Bites w/ Shred Chz, Lettuce, Chopped	Steamed Rice	Ketchup	Seasoned Rice	WG Roll
Hot Meal	Cilantro & CKC Youza Sauce	Sliced Cucumbers & Dip	Steamed Corn	Spinach Salad & Dressing	Carrot Slims
for mean	Nacho Cheese Doritos & Cheesy Refried Beans	Fortune Cookie	Elf Grahams	Fruit of the Day	Fruit of the Day
	Fruit of the Day	Fruit of the Day	Fruit of the Day		Mixed Berry Animal Crackers
Cold	Turkey Bun w/ Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap w/ Mayo	Asian Chicken Sticky Bun	Teriyaki Chicken Bun
	Monday, March 28, 2022	Tuesday, March 29, 2022	Wednesday, March 30, 2022	Thursday, March 31, 2022	
Week I	Juicy Hot Dog	Asian Sesame Chicken Wrap	Chicken Drummy	Golden Chicken Patty Sandwich	Aloo is a Hindi term for potat
	Hot Dog Bun & Ketchup	WG Tortilla, Chicken Bites	Asian Pepper Sauce	Ketchup	And Theeka Aloo is a flavorfu spiced potato dish that goes
Hot Meal	Oven Fries & Ketchup	Asian Slaw Mix	Brown Rice	Crunchy Cheetos	well, with almost anything as side.
Tot Weat	Cheddar Cheese Crisps	Baby Carrots	Broccoli & Dip	Baked Beans & Baby Carrots	It is usually eaten with rice o Indian flatbread. But to
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	experience its natural flavors, eat it as it is.
Cold	Turkey Bun	Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap	Chicken & Cheese Torta Sandwich	



4.3		Theeka Aloo (Chef Teja's Rec	ipe)		
	Ingred	dients:	Steps:		
	•Ooriander seeds (Dried seeds from matured coriander herb) – 1 tsp •Black Peppercorn – 1/2 tsp •Bustard seeds (seeds from carom plant) – 1 tsp •Mustard seeds (Black round seeds from mustard plant) – 1 tsp •Dry red chili seeds – 1/2 tsp •Dry red chili seeds – 1/2 tsp •Dry red chili – 4 All the above whole spices can be bought from Indian or Asian stores.	s, mustard seeds and dry them for ½ minute. Cool, s is the spice powder for them till onions turn Cook for 5 to 8 mins, till ok for 2 mins on low heat.			
Menu Info			ril 2022 Menu (Subject to Chan	ige)	
A		Chef Spotlight - Teja Adapa (Databas	se Analyst, CKC)		Friday, April 1, 2022
Week I		Food is as much about the	company, as it is about taste		Twisted Mozzarella Breadsticks Marinara Sauce
Hot Meal	I am a traditional home experimenting much. The experiment, and I am gla became a hit in my family	Baby Carrots Fruit of the Day			
Cold				Banh Mi Chicken Sandwich w/Sauce	
4	Monday, April 4, 2022	Tuesday, April 5, 2022	Wednesday, April 6, 2022	Thursday, April 7, 2022	Friday, April 8, 2022
Week II	Boneless Wings w/Sriracha BBQ	Ole Fashoned Hamburger	Sesame Chicken Bowl	Hmong Sausage	Chicken Fried Rice
	Cool Ranch Doritos	Shred Lettuce & Ketchup	Seasoned Rice	Steamed Rice	Crisp Salad & Dressing
Hot Meal	Steamed Corn	Cheddar Cheese Crisps	Chilled Marinated Asian Broccoli	Baby Carrots	Fruit of the Day
	Fruit of the Day	CKC Baked Beans	Fruit of the Day	Fruit of the Day	Elf Grahams
	WG Roll	Fruit of the Day			
Cold	Wowbutter & Jelly Sandwich	Sesame Chicken Bun	Turkey & Cheese Wrap	CKC Crazy Good Chicken Bun	Asian Chicken Sticky Bun
	Monday, April 11, 2022				
Week III	Soft Shell Beef Taco				
	Shredded Cheese & Lettuce				
Hot Meal	Cheesy Refried Beans				
3, 1134	Fruit of the Day				
	Giant Goldfish				
Cold	Chicken & Cheese Torta Sandwich				

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Week III		Tuesday, March 1, 2022	Wednesday, March 2, 2022	Thursday, March 3, 2022	Friday, March 4, 2022
Lunch		Chicken Corn Dog	Italian Calzone Pocket	Bean & Cheese Burrito	Chicken Jerky & Sun Seeds Baked Cheetos
Luileii		V		a	
g Lunch	Criti Sportingri Route,	Yogurt Cup, Cheese Stick Honey Bun	Wow Butter Cup, Cheese Stick WG Bagel	Cheese Sandwich on Wheat Bread	Veggie Garden Burger Kit Baked Cheetos
	Theeka Aloo, presented by	Fruit (1/2 cup eq)	Fruit (1/2 cup eq)	Fruit (1/2 cup eq)	Fruit (1/2 cup eq)
receive	Teja Adapa, our Database Analyst, is in Page 2	Milk & Salad Greens	Milk & Celery Sticks	Milk & Black Beans	Milk & Corn
reakfast	7 many 51, 13 m 1 age 2	Assorted Big Bowl Cereal (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice	Fruit Frudel (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice	Big Bowl Blueberry Rice Chex (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice	3.0 oz Breakfast Brekkie (2 items 1/2 C Applesauce/Fruit or 100% Fruit Jui
		Milk & Second Fruit Offering	Milk & Second Fruit Offering	Milk & Second Fruit Offering	Milk & Second Fruit Offering
	Monday, March 7, 2022	Tuesday, March 8, 2022	Wednesday, March 9, 2022	Thursday, March 10, 2022	Friday, March 11, 2022
Veek IV	No. Control No. 10. Control (Section 1988)			That day, march 10, 2022	Chicken Drumstick
Lunch	BBQ Jerky & Cool Ranch Doritos Sun Seeds & Raisins Pack	Make your Own Nachos Chz Cup, Corn Chips & String Cheese	Sliced Variety Bagel Wowbutter Cup	4.6 oz Wowbutter & Jelly Sandwich	Asian Sweet Chili Doritos
Larion	Personal Cheese Pan Pizza		Cheese Bun		Grilled Cheese Sandwich
g Lunch	Personal Cheese Pan Pizza	Cheese Cup, Corn Chips String Cheese	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Griffed Cheese Sandwich
	Fruit (1/2 cup eq)	Fruit (1/2 cup eq)	Fruit (1/2 cup eq)	Fruit (1/2 cup eq)	Fruit (1/2 cup eq)
receive	Milk & Baby Carrots	Milk & Black Beans	Milk & Celery Sticks	Milk & Salad Greens	Milk & Corn
	Big Bowl Cinnamon Toast Crunch (2 items)	Handmade Strawberry Boli (2 items)	Large Breakfast Bread (2 items)	Strawberry Oatmeal Bar (2 items)	Big Bowl Blueberry Rice Chex (2
reakfast	1/2 C Applesauce/Fruit or 100% Fruit Juice	1/2 C Applesauce/Fruit or 100% Fruit Juice	1/2 C Applesauce/Fruit or 100% Fruit Juice	1/2 C Applesauce/Fruit or 100% Fruit Juice	1/2 C Applesauce/Fruit or 100% Fruit Ju
and the second	Milk & Second Fruit Offering	Milk & Second Fruit Offering	Milk & Second Fruit Offering	Milk & Second Fruit Offering	Milk & Second Fruit Offering
•	Monday, March 14, 2022	Tuesday, March 15, 2022	Wednesday, March 16, 2022	Thursday, March 17, 2022	Friday, March 18, 2022
Week V	Personal Pan Pizza	Chicken Jerky & Sun Seeds Mini Muffin	Hamburger Kit Nacho Cheese Doritos	Fiestada Pocket Sandwich	Wowbutter & Jelly Sandwich
Lunch					
g Lunch	Personal Cheese Pan Pizza	Yogurt Cup, Cheese Stick Honey Bun	Wow Butter Cup, Cheese Stick WG Bagel	Cheese Sandwich on Wheat Bread	Yogurt Cup, Cheese Stick WG Mini French Toast
	Fruit (1/2 cup eq)	Fruit (1/2 cup eq)	Fruit (1/2 cup eq)	Fruit (1/2 cup eq)	Fruit (1/2 cup eq)
receive	Milk & Baby Carrots	Milk & Corn	Milk & Black Beans	Milk & Celery Sticks	Milk & Salad Greens
	Chocolate Chip Muffin (2 items)	Honey Bun (2 items)	Assorted Big Bowl Cereal (2 items)	3 oz Breakfast Brekkie (2 items)	Assorted Bowl Cereal (1 item) & F Tart (1 item)
reakfast	1/2 C Applesauce/Fruit or 100% Fruit Juice	1/2 C Applesauce/Fruit or 100% Fruit Juice	1/2 C Applesauce/Fruit or 100% Fruit Juice	1/2 C Applesauce/Fruit or 100% Fruit Juice	1/2 C Applesauce/Fruit or 100% Fruit Ju
	Milk & Second Fruit Offering	Milk & Second Fruit Offering	Milk & Second Fruit Offering	Milk & Second Fruit Offering	Milk & Second Fruit Offering
70 m	Monday, March 21, 2022	Tuesday, March 22, 2022	Wednesday, March 23, 2022	Thursday, March 24, 2022	Friday, March 25, 2022
Veek VI	Chicken Sandwich Kit	Chicken Corn Dog	Italian Calzone Pocket	Bean & Cheese Burrito	Chicken Jerky & Sun Seeds
Lunch					Baked Cheetos
g Lunch	Personal Cheese Pan Pizza	Cheese Cup, Corn Chips String Cheese	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Veggie Garden Burger Kit Baked Cheetos
	Fruit (1/2 cup eq)	Fruit (1/2 cup eq)	Fruit (1/2 cup eq)	Fruit (1/2 cup eq) & Corn Chips	Fruit (1/2 cup eq)
receive	Milk & Baby Carrots	Milk & Salad Greens	Milk & Celery Sticks	Milk & Black Beans	Milk & Corn
	Big Bowl Cinnamon Toast Crunch	Chocolate Donut (2 items)	Large Breakfast Bread (2 items)	Assorted Big Bowl Cereal (2 items)	Strawberry Soft Filled Oatmea
eakfast	(2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice	1/2 C Applesauce/Fruit or 100% Fruit Juice	1/2 C Applesauce/Fruit or 100% Fruit Juice	1/2 C Applesauce/Fruit or 100% Fruit Juice	Cereal Bar (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Ju
	Milk & Second Fruit Offering	Milk & Second Fruit Offering	Milk & Second Fruit Offering	Milk & Second Fruit Offering	Milk & Second Fruit Offering
	Monday, March 28, 2022	Tuesday, March 29, 2022	Wednesday, March 30, 2022	Thursday, March 31, 2022	
Week I	Personal Pan Pizza	Make your Own Nachos	Wow Butter Cup & Bagel	Grilled Cheese Sandwich	
unch		Cheese Cup, Corn Chips & String Chz	Honey Roasted Sun Seeds		Aloo is a Hindi term for pota
g Lunch	Personal Cheese Pan Pizza	Yogurt Cup, Cheese Stick 2 oz Muffin	Wow Butter Cup, Cheese Stick WG Bagel	Cheese Sandwich on Wheat Bread	And Theeka Aloo is a flavort spiced potato dish that god
1000 5000	Fruit (1/2 cup eq)	Fruit (1/2 cup eq)	Fruit (1/2 cup eq)	Fruit (1/2 cup eq)	well, with almost anything as
I receive	Milk & Baby Carrots	Milk & Black Beans	Milk & Celery Sticks	Milk & Salad Greens	side. It is usually eaten with rice
	Handmade Strawberry Boli (2 items)	Big Bowl Blueberry Rice Chex (2 items)	Fruit Frudel (2 items)	Apple Soft Filled Oatmeal Cereal Bar (2 items)	Indian flatbread. But to
					experience its natural flav
reakfast	1/2 C Applesauce/Fruit or 100% Fruit Juice	1/2 C Applesauce/Fruit or 100% Fruit Juice	1/2 C Applesauce/Fruit or 100% Fruit Juice	1/2 C Applesauce/Fruit or 100% Fruit Juice	eat it as it is.

Instructions for packing the bundled Meals

****Please Pack Red Print Items for BREAKFAST / LUNCH / SNACK / DINNER in one bag for Refrigeration. Attach Refrigeration Label to Bag.

****Please Pack All Black Ink Items in one bag (These are all Shelf Stable)



#Bock Salt – lo tasie #Bock Pappercorn – 1/2 Isp #Bock Pappersorn – 1/2 Isp		la ma	dionta:		Stensi	
from matured coriander herb) – 1 tp - Block Repercorn – 172 tsp - Block Repercorn – 17		Ingre	dients:		Steps:	
Week I Lunch I am a traditional home chef, mostly learnt from my mom and spent a while following her recipes without experimenting much. Theeka Aloo is the first recipe I tried watching YouTube videos as it felt as a risk free experiment, and I am glad I tried. It is quite flavorful and unique because of the blend of spices. It instantly became a hit in my family and thus became a shit with you as well. Week II All Beef Hot Dog Kit Chicken Jerky & Snackbread String Cheese Woodbadded String Cheese Cup, Corn Chips String Cheese Cup, Corn Ch		from matured coriander herb) – 1 tsp •Black Peppercorn – 1/2 tsp •Black Peppercorn – 1/2 tsp •Black Reppercorn – 1/2 tsp •Bustard seeds (seeds from carom plant) – 1 tsp •Mustard seeds (Black round seeds from mustard plant) – 1 tsp •Dry red chili seeds – 1/2 tsp •Dry red chili seeds – 1/2 tsp •Dry red chili – 4 All the above whole spices can be bought from Indian or Asian	Oil – 3 tbsp Garlic, chopped to small pieces – 1 tsp Onion, cut lengthwise – 1 cup Gubed potatoes – 2 cups Turmeric powder – ¼ tsp	roast them on medium heat 2.Add rock salt, dry red chili transfer to blender and blen our recipe. 3.Wash the potatoes and cut 4.In the pan, heat the oil and translucent. 5.Add turmeric and potato c potatoes are nicely cooked. 6.Add the spice powder, mix	seeds, red chilies, and sauté d it coarsely into powder. The them into cubes, unpeeled, d add garlic, onion, and sauté ubes and cover with the lid. well, and place the lid on. Co	them for ½ minute. Cool, is is the spice powder for them till onions turn
Week I Lunch //eg Lunch I am a traditional home chef, mostly learnt from my mom and spent a while following her recipes without experimenting much. Theeka Aloo is the first recipe I tried watching YouTube videos as it felt as a risk free experiment, and I am glad I tried. It is quite flavorful and unique because of the blend of spices. It instantly became a hit in my family and thus became a shit with you as well. Monday, April 4, 2022 Tuesday, April 5, 2022 Wednesday, April 6, 2022 Thursday, April 7, 2022 Fridat	Menu Info		Apr	ril 2022 Menu (Subject to Char	nae)	
Week I Lunch I am a traditional home chef, mostly learnt from my mom and spent a while following her recipes without experimenting much. Theeka Aloo is the first recipe I tried watching YouTube videos as it felt as a risk free experiment, and I am glad I tried. It is quite flavorful and unique because of the blend of spices. It instantly became a hit in my family and thus became a staple of all potlucks, family & friends' get-togethers, I attend. I hope it becomes a hit with you as well. Week II Lunch All Beef Hot Dog Kit String Cheese Personal Cheese Pan Pizza Cheese Cup, Corn Chips String Cheese Fruit (1/2 cup eq) Milk & Beby Carrots Assorted Big Bowl Cereal (2 items) 1/2 C Applesauce/Fruit or look Fruit Julice Milk & Second Fruit Offering Milk & Second Fruit Offering Monday, April 1, 2022 Fruit (1/2 cup eq) Milk & Second Fruit Offering Monday, April 1, 2022 Week III Lunch Personal Cheese Pan Pizza Assorted Big Bowl Cereal (2 items) Milk & Second Fruit Offering Monday, April 1, 2022 Week III Lunch Personal Cheese Pan Pizza Apple Soft Filled Outmed Octave Pan Pizza Apple Soft Filled Outmed Cereal Bar Fruit (1/2 cup eq), Nacho Che Doritos Milk & Boby Carrots Apple Soft Filled Outmed Cereal Bar		ACTUAL STREET,				Friday, April 1, 2022
Mixed Berg Lunch I am a traditional home chef, mostly learnt from my mom and spent a while following her recipes without experimenting much. Theeka Aloo is the first recipe I tried watching YouTube videos as it felt as a risk free experiment, and I am glad I tried. It is quite flavorful and unique because of the blend of spices. It instantly became a hit in my family and thus became a staple of all potlucks, family & friends' get-togethers, I attend. I hope it becomes a hit with you as well. Meek II All Beef Hot Dog Kit Chicken Jerky & Snackbread String Cheese String	Week I					Beef Fiestada Hot Pocket
I am a traditional home chef, mostly learnt from my mom and spent a while following her recipes without experimenting much. Theeka Aloo is the first recipe I tried watching YouTube videos as it felt as a risk free experiment, and I am glad I tried. It is quite flavorful and unique because of the blend of spices. It instantly became a hit in my family and thus became a staple of all potlucks, family & friends' get-togethers, I attend. I hope it becomes a hit with you as well. Massorted Centers (1/2 CApplesauce) Week II Lunch Personal Cheese Pan Pizza Assorted Big Bowl Cereal (2 items) 1/2 C Applesauce Fruit or 100% Fruit Julice Milk & Second Fruit Offering Fruit (1/2 cup eq), Nacho Chz Doritos Milk & Baby Carrots Apple Soft Filled Oatmeal Cereal Bar II receive Fruit (1/2 cup eq), Nacho Chz Doritos Milk & Baby Carrots Apple Soft Filled Oatmeal Cereal Bar	Lunch		Food is as much about the	company, as it is about taste		Mixed Berry Animal Crackers
experimenting much. Theeka Aloo is the first recipe I tried watching YouTube videos as it felt as a risk free experiment, and I am glad I tried. It is quite flavorful and unique because of the blend of spices. It instantly became a hit in my family and thus became a staple of all potlucks, family & friends' get-togethers, I attend. I hope it becomes a hit with you as well. Monday, April 4, 2022 Tuesday, April 5, 2022 Wednesday, April 6, 2022 Thursday, April 7, 2022 Friday Milk & Second Fruit Offering Milk & Baby Carrots Apple Soft Filled Oatmed Cereal Bar	eg Lunch		shot mostly lagrat from my	mam and spant a while follo	wind has racinal without	4.6 oz Wowbutter & Jelly Sandwich
Monday, April 4, 2022 Tuesday, April 5, 2022 Wednesday, April 6, 2022 Thursday, April 7, 2022 Frida Week II All Beef Hot Dog Kit Chicken Jerky & Snackbread String Cheese Bun Personal Cheese Pan Pizza Cheese Cup, Corn Chips String Cheese Fruit (1/2 cup eq) Fruit (1/2 cup eq) Milk & Baby Carrots Assorted Big Bowl Cereal (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering Monday, April 11, 2022 Week III Personal Cheese Pan Pizza Week III Personal Cheese Pan Pizza Fruit (1/2 cup eq) Milk & Second Fruit Offering Milk & Second Fruit Offering Monday, April 11, 2022 Week III Personal Cheese Pan Pizza Apple Filled Donut (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering Monday, April 11, 2022 Week III Personal Cheese Pan Pizza Fruit (1/2 cup eq), Nacho Chz Doritos Milk & Baby Carrots Apple Filled Oatmeal Cereal Bar Fruit (1/2 cup eq), Nacho Chz Doritos Milk & Baby Carrots Apple Filled Oatmeal Cereal Bar		experimenting much. The experiment, and I am gla	eeka Aloo is the first recipe I ad I tried. It is quite flavorful and thus became a staple o	tried watching YouTube video and unique because of the bl f all potlucks, family & friend	os as it felt as a risk free end of spices. It instantly	Fruit (1/2 cup eq) Milk & Corn Assorted Cereal Bowl (1 item) & Cheese Stick (1 item) 1/2 C Applesauce/Fruit or 100% Fruit Juice
Week II Lunch All Beef Hot Dog Kit Chicken Jerky & Snackbread String Cheese Cheese Cup, Corn Chips String Cheese Fruit (1/2 cup eq) Milk & Baby Carrots Assorted Big Bowl Cereal (2 items) Milk & Second Fruit Offering Monday, April 11, 2022 Week III Lunch Personal Cheese Pan Pizza Assorted Big Bowl Cereal (2 items) Milk & Second Fruit Offering Monday, April 11, 2022 Week III Lunch Personal Cheese Pan Pizza Apple Soft Filled Oatmeal Cereal Bar Apple Soft Filled Oatmeal Cereal Bar Apple Soft Filled Oatmeal Cereal Bar All receive Monday, April 4, 2022 Thursday, April 7, 2022 Thursday, April 6, 2022 Thursday, April 6, 2022 Thursday, April 6, 2022 Thursday, April 6, 2022 Thursday, April 7, 2022 Frida Chicken Drumstick Sweet Chili Doritos Apple Soft Filled Doritos Milk & Baby Carrots Apple Soft Filled Oatmeal Cereal Bar	Brountaot					Milk & Second Fruit Offering
Week II Lunch All Beef Hot Dog Kit Lunch Personal Cheese Pan Pizza Cheese Cup, Corn Chips String Cheese Cheese Bun All receive Fruit (1/2 cup eq) Milk & Baby Carrots Assorted Big Bowl Cereal (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering Monday, April 11, 2022 Week III Personal Cheese Pan Pizza Chicken Jerky & Snackbread Nacho Cheese Bun Active Cheese Bun Fruit (1/2 cup eq) Milk & Goz Wowbutter & Jelly Sandwich Fruit (1/2 cup eq) Milk & Goz Wowbutter & Jelly Sandwich Fruit (1/2 cup eq) Milk & Goz Wowbutter & Jelly Sandwich Fruit (1/2 cup eq) Milk & Goz Wowbutter & Jelly Sandwich Fruit (1/2 cup eq) Milk & Goz Wowbutter & Jelly Sandwich Fruit (1/2 cup eq) Milk & Goz Wowbutter & Jelly Sandwich Fruit (1/2 cup eq) Milk & Goz Wowbutter & Jelly Sandwich Fruit (1/2 cup eq) Milk & Goz Wowbutter & Jelly Sandwich Fruit (1/2 cup eq) Fruit (1/2 cup eq) Milk & Goz Wowbutter & Jelly Sandwich Milk & Goz Wowbutter & Jelly Sandwich Fruit (1/2 cup eq) Fruit (1/2 cup eq) Fruit (1/2 cup eq) Milk & Second Fruit Offering	ATTENDED	Monday April 4 2022	Tuesday April 5 2022	Wednesday April 6 2022	Thursday April 7 2022	Friday, April 8, 2022
Personal Cheese Pan Pizza Cheese Cup, Corn Chips String Cheese Fruit (1/2 cup eq) Milk & Baby Carrots Assorted Big Bowl Cereal (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Offering Milk & Second Fruit Offering Monday, April 11, 2022 Week III Personal Cheese Pan Pizza Cheese Cup, Corn Chips String Cheese Fruit (1/2 cup eq) Fruit (1/2 cup eq) Milk & Black Beans Milk & Celery Sticks Milk & Milk & Black Beans Milk & Celery Sticks Milk & Big Bowl Cin Milk & Second Fruit Offering Monday, April 11, 2022 Week III Personal Cheese Pan Pizza Fruit (1/2 cup eq) Fruit (1/2 cup eq) Fruit (1/2 cup eq) Fruit (1/2 cup eq) Milk & Baby Carrots Apple Soft Filled Oatmeal Cereal Bar Apple Soft Filled Oatmeal Cereal Bar			Chicken Jerky & Snackbread	Hamburger Kit	Chicken Drumstick	Wowbutter & Jelly Sandwich
Milk & Baby Carrots Milk & Corn Milk & Black Beans Milk & Celery Sticks Milk & Second Fruit Offering Milk & Second Fruit Juice Milk & Second Fruit Offering Milk & Second Fruit		Personal Cheese Pan Pizza	Cheese Cup, Corn Chips	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Grilled Cheese Sandwich
Assorted Big Bow Cereal (2 items) Assorted Big Bow Cereal (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering Monday, April 11, 2022 Week III Personal Pan Pizza Unch Personal Cheese Pan Pizza Fruit (1/2 cup eq), Nacho Chz Doritos Milk & Baby Carrots Apple Soft Filled Oatmeal Cereal Bar Apple Soft Filled Oatmeal Cereal Bar	All receive					Fruit (1/2 cup eq) Milk & Salad Greens
Breakfast 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering		Assorted Big Bowl Cereal (2 items)	Apple Filled Donut (2 items)	Chocolate Chip Muffin (2 items)	WG Glazed Honey Bun (2 items)	Big Bowl Cinnamon Toast Crunch
Week III Personal Pan Pizza Lunch /eg Lunch Personal Cheese Pan Pizza All receive Milk & Baby Carrots Apple Soft Filled Oatmeal Cereal Bar	Breakfast	1/2 C Applesauce/Fruit or 100% Fruit Juice	1/2 C Applesauce/Fruit or 100% Fruit Juice	1/2 C Applesauce/Fruit or 100% Fruit Juice	1/2 C Applesauce/Fruit or 100% Fruit Juice	1/2 C Applesauce/Fruit or 100% Fruit Juice
Week III Personal Pan Pizza Lunch /eg Lunch Personal Cheese Pan Pizza All receive Milk & Baby Carrots Apple Soft Filled Oatmeal Cereal Bar		Milk & Second Fruit Offering	Milk & Second Fruit Offering	Milk & Second Fruit Offering	Milk & Second Fruit Offering	Milk & Second Fruit Offering
Lunch Personal Cheese Pan Pizza Veg Lunch Fruit (1/2 cup eq), Nacho Chz Doritos Milk & Baby Carrots Apple Soft Filled Oatmeal Cereal Bar		Monday, April 11, 2022				
All receive Fruit (1/2 cup eq), Nacho Chz Doritos Milk & Baby Carrots Apple Soft Filled Oatmeal Cereal Bar	Week III	Personal Pan Pizza				
Fruit (1/2 cup eq), Nacho Chz Doritos Milk & Baby Carrots Apple Soft Filled Oatmeal Cereal Bar	Lunch					
Milk & Baby Carrots Apple Soft Filled Oatmeal Cereal Bar	eg Lunch	Personal Cheese Pan Pizza				
	All receive	Milk & Baby Carrots				
Breakfast 1/2 C Applesauce/Fruit O 100% Fruit Juice Milk & Second Fruit Offering		(2 items)				