

Menu Info		Name : March 2022 Hope Academy Pre-K-2 breakfast menu					
		Age Group : K-5		Meal : Breakfast			
				Meal Pattern : NSLP / SSO			
		Tuesday, March 1, 2022		Wednesday, March 2, 2022			
		Thursday, March 3, 2022		Friday, March 4, 2022			
Week III	Three items meet USDA Requirements (One item must be fruit)	Chef Spotlight Recipe, Theeka Aloo, presented by Teja Adapa, our Database Analyst, is in Page 2	Hot Breakfast	Mini Cinnamon Rolls (2 items)	Big Bowl Cereal (2 items)	Hot Breakfast	
Breakfast			Breakfast Pizza (2 items)			Twisty Breakfast Cheese Bread (2 items)	
			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)	
			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)	
			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	Three items meet USDA Requirements (One item must be fruit)	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)	
			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)	
			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)	
			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	Three items meet USDA Requirements (One item must be fruit)	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)	
			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)	
			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)	
			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	Three items meet USDA Requirements (One item must be fruit)	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)	
			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)	
			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)	
			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	Three items meet USDA Requirements (One item must be fruit)	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 spiced potato dish that goes well, with almost anything as a side. Aloo theeka is usually eaten with rice or Indian flatbread. But to experience its natural flavors, eat it as it is.	
Breakfast			Breakfast Pizza (2 items)		Egg Fried Breakfast Rice (2 items)		
			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)
			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)
			Chef's Choice May be Offered Daily				

Theeka Aloo (Chef Teja's Recipe)					
Ingredients:			Steps:		
<ul style="list-style-type: none">•Coriander seeds (Dried seeds from matured coriander herb) – 1 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•Dry red chili – 4 <p>All the above whole spices can be bought from Indian or Asian stores.</p>		<ul style="list-style-type: none">•Rock salt – to taste•Oil – 3 tbsp•Garlic, chopped to small pieces – 1 tsp•Onion, cut lengthwise – 1 cup•Cubed potatoes – 2 cups•Turmeric powder – ¼ tsp <p>Makes 4 servings</p>	<ol style="list-style-type: none">1.Take a pan and add coriander seeds, pepper, carom seeds, mustard seeds and dry roast them on medium heat.2.Add rock salt, dry red chili seeds, red chilies, and sauté them for ½ minute. Cool, transfer to blender and blend it coarsely into powder. This is the spice powder for our recipe.3.Wash the potatoes and cut them into cubes, unpeeled.4.In the pan, heat the oil and add garlic, onion, and sauté them till onions turn translucent.5.Add turmeric and potato cubes and cover with the lid. Cook for 5 to 8 mins, till potatoes are nicely cooked.6.Add the spice powder, mix well, and place the lid on. Cook for 2 mins on low heat.7.Can be served with hot rice or Indian flatbread.		
Menu Info					
April 2022 Menu (Subject to Change)					
Chef Spotlight - Teja Adapa (Database Analyst, CKC)					
Friday, April 1, 2022					
Week I	<p>Food is as much about the company, as it is about taste</p> <p>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.</p>				Hot Breakfast
Breakfast					Pancakes w/Syrup (2 items)
Three items meet USDA Requirements (One item must be fruit)					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 USDA Requirements (One item must be fruit)	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)
	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)
	Chef's Choice May be Offered Daily				
Monday, April 11, 2022					
Week III	Hot Breakfast				
Breakfast	Mini Breakfast Bagels (2 items)				
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)				
	Choice Milk & Second Fruit OVS (1 item each)				
	Chef's Choice May be Offered Daily				

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

Theeka Aloo (Chef Teja's Recipe)					
Ingredients:			Steps:		
<ul style="list-style-type: none"> •Coriander seeds (Dried seeds from matured coriander herb) – 1 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 •Dry red chili – 4 <p>All the above whole spices can be bought from Indian or Asian stores.</p>			<ul style="list-style-type: none"> •Rock salt – to taste •Oil – 3 tbsp •Garlic, chopped to small pieces – 1 tsp •Onion, cut lengthwise – 1 cup •Cubed potatoes – 2 cups •Turmeric powder – 1/4 tsp <p>Makes 4 servings</p>		
			<ol style="list-style-type: none"> 1. Take a pan and add coriander seeds, pepper, carom seeds, mustard seeds and dry roast them on medium heat. 2. Add rock salt, dry red chili seeds, red chilies, and sauté them for ½ minute. Cool, transfer to blender and blend it coarsely into powder. This is the spice powder for our recipe. 3. Wash the potatoes and cut them into cubes, unpeeled. 4. In the pan, heat the oil and add garlic, onion, and sauté them till onions turn translucent. 5. Add turmeric and potato cubes and cover with the lid. Cook for 5 to 8 mins, till potatoes are nicely cooked. 6. Add the spice powder, mix well, and place the lid on. Cook for 2 mins on low heat. 7. Can be served with hot rice or Indian flatbread. 		

April 2022 Menu (Subject to Change)					
Menu Info					
Chef Spotlight - Teja Adapa (Database Analyst, CKC)					Friday, April 1, 2022
Week I	<p>Food is as much about the company, as it is about taste</p> <p>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.</p>				Hot Breakfast
Breakfast					Pancakes w/Syrup (2 items)
Three items meet USDA Requirements (One item must be fruit)					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 USDA Requirements (One item must be fruit)	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)
	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)
	Chef's Choice May be Offered Daily				
	Monday, April 11, 2022				
Week III	Hot Breakfast				
Breakfast	Mini Breakfast Bagels (2 items)				
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)				
	Choice Milk & Second Fruit OVS (1 item each)				
	Chef's Choice May be Offered Daily				



Menu Info		Name : March 2022 Preschool Main Menu - with Fresh & Steamed Veggies		Options Provided : Hot, Hot Vegetarian, Cold & Cold Vegetarian Meals		
		Age Group : Childcare (Ages 3-5)		Meal : Lunch		
		Meal Pattern : Preschool				
		Tuesday, March 1, 2022		Wednesday, March 2, 2022		
		Thursday, March 3, 2022		Friday, March 4, 2022		
Week III	<i>Chef Spotlight Recipe, Theeka Aloo, presented by Teja Adapa, our Database Analyst, is in Page 2</i>	Hamburger w/ Ketchup	Juicy Chicken Parmesan Sandwich	Mongolian Meatballs	Lemony Garlic Chicken	
Hot Meal		Beef Patty, WG Bun & Ketchup	Parmesan Chicken	WG Roll	Warm Cilantro Rice	
		Crisp Salad & Dressing	WG Bun & Mozzarella Cheese	Steamed Carrots	Fresh Broccoli & Dip	
		Fruit of the Day	Steamed Green Beans	Fruit of the Day	Fruit of the Day	
Hot Veg		Veggie Burger	Egg Fried Rice	Veggie Lasagna Roll	Teriyaki Veggie Nuggets & Cinnamon Goldfish	
Cold	Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken on 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 Sloppy Joe	Chicken Taco	Italian Dunkers	BBQ Chicken Filet	French Toast Sticks	
Hot Meal	Whole Grain Bun	WG Tortilla, Chicken & Cheese	Dippin' Sauce	WG Roll	Syrup	
	Steamed Mixed Veggies	Cheesy Refried Beans	Sliced Cucumbers	Steamed Green Beans	Fruity Yogurt Cup	
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Garden Salad & Dressing	
Hot Veg	Pizza Crunchers & Italian Dip	Swedish Veggie Patty & WG Roll	Cheese Bosco Sticks w/ Marinara Sauce	French Toast Sticks w/ Syrup & Yogurt	Grilled Cheese Sandwich	
Cold	Turkey Bun w/Mayo	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 Patty Sandwich	Brunch Lunch	Sweet & Sour Chicken	Creamy Swedish Meatballs	Chicken Fried Rice	
Hot Meal	WG Bakery Bun & Ketchup	Waffle & Syrup	Wheat Dinner Roll	Dinner Roll	Steamed Peas	
	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		
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	
		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	
Hot Meal	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	
	Steamed Mixed Veggies	Tater Tots w/Ketchup	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	
Week I	Cheesy Lasagna Roll	Meatball Sub	Orange Chicken	Brunch Lunch	<i>Aloo is a Hindi term for potato. And Theeka Aloo is a flavorful spiced potato dish that goes well, with almost anything as a side. It is usually eaten with rice or Indian flatbread. But to experience its natural flavors, eat it as it is.</i>	
Hot Meal	Steamed Green Beans	Whole Grain Hot Dog Bun	Steamed Rice	Buttermilk Pancake & Syrup		
	Fruit of the Day	Crisp Dinner Salad & Dressing	Steamed Sweet Peas	Sausage Patties		
		Fruit of the Day	Fruit of the Day	Cucumber Slices & Dip		
Hot Veg	Louisiana Veggie Burger	Grilled Cheese Sandwich	Twisted Cheese Breadsticks	Cheesy Calzone		
Cold	Turkey Bun w/Mayo	Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap	Chicken & Cheese Torta Sandwich		
Hot Veg and Cold meals are served with vegetables and fruit of the day						
Cold Vegetarian meals (Served with Veggie & Fruit of the Day)						
		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	

Theeka Aloo (Chef Teja's Recipe)

*Skim and 1% milk choices offered daily.

*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

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Menu is subject to infrequent changes



Ingredients:		Steps:
<ul style="list-style-type: none"> •Coriander seeds (Dried seeds from matured coriander herb) – 1 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 •Dry red chili – 4 <p>All the above whole spices can be bought from Indian or Asian stores.</p>	<ul style="list-style-type: none"> •Rock salt – to taste •Oil – 3 tbsp •Garlic, chopped to small pieces – 1 tsp •Onion, cut lengthwise – 1 cup •Cubed potatoes – 2 cups •Turmeric powder – ¼ tsp <p>Makes 4 servings</p>	<ol style="list-style-type: none"> 1.Take a pan and add coriander seeds, pepper, carom seeds, mustard seeds and dry roast them on medium heat. 2.Add rock salt, dry red chili seeds, red chilies, and sauté them for ½ minute. Cool, transfer to blender and blend it coarsely into powder. This is the spice powder for our recipe. 3.Wash the potatoes and cut them into cubes, unpeeled. 4.In the pan, heat the oil and add garlic, onion, and sauté them till onions turn translucent. 5.Add turmeric and potato cubes and cover with the lid. Cook for 5 to 8 mins, till potatoes are nicely cooked. 6.Add the spice powder, mix well, and place the lid on. Cook for 2 mins on low heat. 7.Can be served with hot rice or Indian flatbread.

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		Chef Spotlight - Teja Adapa (Database Analyst, CKC)				Friday, April 1, 2022
Week I	<p>Food is as much about the company, as it is about taste</p> <p>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.</p>					Teriyaki Grilled Chicken
Hot Meal						WG Dinner Roll
						CKC Baked Beans
						Fruit of the Day
Hot Veg						Sweet & Sour Veggie Nuggets
Cold	Banh Mi Chicken Sandwich w/Sauce					
		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	Cucumber Slices & Dip	WG Tortilla, Seasoned Beef & Cheese	Steamed Carrots	Marinara Sauce	
	CKC Baked Beans	Fruit of the Day	Garden Salad & Dressing	Fruit of the Day	Fresh Broccoli & Dip	
	Fruit of the Day		Fruit of the Day		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	
		Monday, April 11, 2022				
Week III	Meatball Mac & Cheese					
Hot Meal	Steamed Peas					
	Fruit of the Day					
	Hot Veg					Bean & Cheese Burrito
Cold	Chicken & Cheese Torta Sandwich					

Menu Info		Name : March 2022 HOPE Community School 7-9 Lunch Menu				Options Provided : Hot & Cold Meals	
Age Group : 9-12		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		
Hot Meal		Seasoned Brown Rice	French Toast Sticks w/Syrup	Sriracha & Dinner Rolls	Baby Carrots		
		Cucumber Slices w/Dip	Baby Carrots, Crispy Cubes & Ketchup	Steamed Broccoli	Fruit of the Day		
		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	
Hot Meal		Ketchup	Steamed Seasoned Rice	Steamed Peas	Steamed Rice	Baby Carrots	
		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 Dunks w/Marinara	
Hot Meal		Nacho Cheese Doritos	Goldfish Pretzels	WG Bun, New Orleans Sauce & Pickles	Sriracha & Dinner Rolls	Baby Carrots	
		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	
		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 w/ Shred Chz, Lettuce, Chopped Cilantro & CKC Youza Sauce	Sweet & Sour Chicken	Golden Corn dog w/Ketchup	Hmong Sausage w/Pepper Sauce	Teriyaki Chicken Filet	
Hot Meal		Nacho Cheese Doritos & Cheesy Refried Beans	Steamed Rice	Cool Ranch Doritos	Seasoned Rice	WG Rolls	
		Fruit of the Day	Sliced Cucumbers, Baby Carrots & Dip	Steamed Corn	Mixed Greens Salad & Dressing	Baby Carrots & Dip	
		100% Juice Box & Choice Milk	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	<i>Aloo is a Hindi term for potato. And Theeka Aloo is a flavorful spiced potato dish that goes well with almost anything as a side. It is usually eaten with rice or Indian flatbread. But to experience its natural flavors, eat it as it is.</i>	
Hot Meal		Hot Dog Bun & Ketchup	WG Tortilla, Chicken Bites, Asian Slaw Mix	Asian Pepper Sauce	Ketchup		
		Oven Fries & Ketchup	Baby Carrots & Honey Grahams	Brown Rice	Crunchy Cheetos		
		Cheddar Cheese Crisps & Fruit of the Day	Fruit of the Day	Broccoli w/Dip & Fruit of the Day	Baked Beans & Baby Carrots		
		100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk		
Cold		Turkey Bun	Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap & Cool Ranch Doritos	Chicken & Cheese Torta Sandwich		

Cold meals are served with vegetables and fruit of the day

Theeka Aloo (Chef Teja's Recipe)		
Ingredients:		Steps:
<ul style="list-style-type: none"> •Coriander seeds (Dried seeds from matured coriander herb) – 1 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 •Dry red chili – 4 <p>All the above whole spices can be bought from Indian or Asian stores.</p>	<ul style="list-style-type: none"> •Rock salt – to taste •Oil – 3 tbsp •Garlic, chopped to small pieces – 1 tsp •Onion, cut lengthwise – 1 cup •Cubed potatoes – 2 cups •Turmeric powder – ¼ tsp <p>Makes 4 servings</p>	<ol style="list-style-type: none"> 1.Take a pan and add coriander seeds, pepper, carom seeds, mustard seeds and dry roast them on medium heat. 2.Add rock salt, dry red chili seeds, red chilies, and sauté them for ½ minute. Cool, transfer to blender and blend it coarsely into powder. This is the spice powder for our recipe. 3.Wash the potatoes and cut them into cubes, unpeeled. 4.In the pan, heat the oil and add garlic, onion, and sauté them till onions turn translucent. 5.Add turmeric and potato cubes and cover with the lid. Cook for 5 to 8 mins, till potatoes are nicely cooked. 6.Add the spice powder, mix well, and place the lid on. Cook for 2 mins on low heat. 7.Can be served with hot rice or Indian flatbread.

Menu Info					
April 2022 Menu (Subject to Change)					
Chef Spotlight - Teja Adapa (Database Analyst, CKC)					
Friday, April 1, 2022					
Week I	<p>Food is as much about the company, as it is about taste</p> <p>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.</p>				Twisted Mozzarella Breadsticks w/ Marinara Sauce
Hot Meal					Baby Carrots & Dip
Cold					<p>Fruit of the Day</p> <p>Lemon Blueberry Crisps</p> <p>100% Juice Box & Choice Milk</p> <p>Banh Mi Chicken Sandwich w/Sauce</p>
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 Fashioned Hamburger	Sesame Chicken Bowl	Hmong Sausage	Chicken Fried Rice
Hot Meal	<p>WG Roll</p> <p>Steamed Corn & Grape Tomatoes</p> <p>Fruit of the Day & Cool Ranch Doritos</p> <p>100% Juice Box & Choice Milk</p>	<p>Shred Lettuce & Ketchup</p> <p>Nacho Cheese Doritos</p> <p>CKC Baked Beans & Fruit of the Day</p> <p>100% Juice Box & Choice Milk</p>	<p>Seasoned Rice</p> <p>Chilled Marinated Asian Broccoli</p> <p>Fruit of the Day</p> <p>100% Juice Box & Choice Milk</p>	<p>Steamed Rice</p> <p>Baby Carrots & Dip</p> <p>Fruit of the Day</p> <p>100% Juice Box & Choice Milk</p>	<p>Crisp Salad & Dressing</p> <p>Fruit of the Day</p> <p>Elf Grahams</p> <p>100% Juice Box & Choice Milk</p>
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				
Hot Meal	<p>Shredded Cheese & Lettuce</p> <p>Cheesy Refried Beans</p> <p>Fruit of the Day & Giant Goldfish</p> <p>100% Juice Box & Choice Milk</p>				
Cold	Chicken & Cheese Torta Sandwich				



Menu Info		Name : March 2022 HOPE Community School K-6 Lunch Menu				Options Provided : Hot & Cold Meals	
		Age Group : K-8				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		
Hot Meal		Seasoned Brown Rice	French Toast Sticks w/Syrup	Sriracha & Dinner Roll	Baby Carrots		
		Cucumber Slices	Crispy Cubes & Ketchup	Steamed Broccoli	Fruit of the Day		
		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	
Hot Meal		Ketchup	Steamed Seasoned Rice	Steamed Peas	Steamed Rice	Baby Carrots	
		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	
		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	
Hot Meal		Nacho Cheese Doritos	Goldfish Pretzels	WG Bun, New Orleans Sauce & Pickles	Sriracha	Baby Carrots	
		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	
Hot Meal		WG Tortilla & Chicken Bites w/ Shred Chz, Lettuce, Chopped Cilantro & CKC Youza Sauce	Steamed Rice	Ketchup	Seasoned Rice	WG Roll	
		Nacho Cheese Doritos & Cheesy Refried Beans	Sliced Cucumbers & Dip	Steamed Corn	Spinach Salad & Dressing	Carrot Slims	
		Fruit of the Day	Fortune Cookie	Elf Grahams	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	<p>Aloo is a Hindi term for potato. And Theeka Aloo is a flavorful spiced potato dish that goes well, with almost anything as a side. It is usually eaten with rice or Indian flatbread. But to experience its natural flavors, eat it as it is.</p>	
Hot Meal		Hot Dog Bun & Ketchup	WG Tortilla, Chicken Bites	Asian Pepper Sauce	Ketchup		
		Oven Fries & Ketchup	Asian Slaw Mix	Brown Rice	Crunchy Cheetos		
		Cheddar Cheese Crisps	Baby Carrots	Broccoli & Dip	Baked Beans & Baby Carrots		
		Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day		
Cold		Turkey Bun	Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap	Chicken & Cheese Torta Sandwich		

Cold meals are served with vegetables and fruit of the day

Theeka Aloo (Chef Teja's Recipe)					
Ingredients:		Steps:			
<ul style="list-style-type: none">•Coriander seeds (Dried seeds from matured coriander herb) – 1 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•Dry red chili – 4 <p>All the above whole spices can be bought from Indian or Asian stores.</p>		<ul style="list-style-type: none">•Rock salt – to taste•Oil – 3 tbsp•Garlic, chopped to small pieces – 1 tsp•Onion, cut lengthwise – 1 cup•Cubed potatoes – 2 cups•Turmeric powder – ¼ tsp <p>Makes 4 servings</p>		<ol style="list-style-type: none">1.Take a pan and add coriander seeds, pepper, carom seeds, mustard seeds and dry roast them on medium heat.2.Add rock salt, dry red chili seeds, red chilies, and sauté them for ½ minute. Cool, transfer to blender and blend it coarsely into powder. This is the spice powder for our recipe.3.Wash the potatoes and cut them into cubes, unpeeled.4.In the pan, heat the oil and add garlic, onion, and sauté them till onions turn translucent.5.Add turmeric and potato cubes and cover with the lid. Cook for 5 to 8 mins, till potatoes are nicely cooked.6.Add the spice powder, mix well, and place the lid on. Cook for 2 mins on low heat.7.Can be served with hot rice or Indian flatbread.	
Menu Info					
April 2022 Menu (Subject to Change)					
Chef Spotlight - Teja Adapa (Database Analyst, CKC)					
Friday, April 1, 2022					
Week I	Food is as much about the company, as it is about taste				Twisted Mozzarella Breadsticks
Hot Meal	<p>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.</p>				Marinara Sauce
					Baby Carrots
					Fruit of the Day
Cold					Banh Mi Chicken Sandwich w/Sauce
Monday, April 4, 2022					
Week II	Boneless Wings w/Sriracha BBQ	Ole Fashioned Hamburger	Sesame Chicken Bowl	Hmong Sausage	Chicken Fried Rice
Hot Meal	Cool Ranch Doritos	Shred Lettuce & Ketchup	Seasoned Rice	Steamed Rice	Crisp Salad & Dressing
	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				
Hot Meal	Shredded Cheese & Lettuce				
	Cheesy Refried Beans				
	Fruit of the Day				
	Giant Goldfish				
Cold	Chicken & Cheese Torta Sandwich				

Menu Info		Name : March 2022 K-8 Distant Learning - Lunch & Breakfast - 5 Day Bundle Meals		Options Provided : Regular & Vegetarian lunches	
		Age Group : K-8		Meal : Lunch & Breakfast	
				Meal Pattern : NSLP/SSO	
		Tuesday, March 1, 2022		Wednesday, March 2, 2022	
		Thursday, March 3, 2022		Friday, March 4, 2022	
Week III	Chef Spotlight Recipe, Theeka Aloo, presented by Teja Adapa, our Database Analyst, is in Page 2	Chicken Corn Dog		Italian Calzone Pocket	
Lunch				Bean & Cheese Burrito	
Veg Lunch		Yogurt Cup, Cheese Stick Honey Bun		Wow Butter Cup, Cheese Stick WG Bagel	
All receive		Fruit (1/2 cup eq) Milk & Salad Greens		Fruit (1/2 cup eq) Milk & Celery Sticks	
Breakfast		Assorted Big Bowl Cereal (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering		Big Bowl Blueberry Rice Chex (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	
		Monday, March 7, 2022		Tuesday, March 8, 2022	
		Wednesday, March 9, 2022		Thursday, March 10, 2022	
		Friday, March 11, 2022			
Week IV	BBQ Jerky & Cool Ranch Doritos	Make your Own Nachos		Sliced Variety Bagel	
Lunch	Sun Seeds & Raisins Pack	Chz Cup, Corn Chips & String Cheese		Wowbutter Cup	
Veg Lunch	Personal Cheese Pan Pizza	Cheese Cup, Corn Chips String Cheese		4.6 oz Wowbutter & Jelly Sandwich	
All receive	Fruit (1/2 cup eq) Milk & Baby Carrots	Fruit (1/2 cup eq) Milk & Black Beans		Fruit (1/2 cup eq) Milk & Celery Sticks	
Breakfast	Big Bowl Cinnamon Toast Crunch (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	Handmade Strawberry Boli (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering		Large Breakfast Bread (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice 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		Hamburger Kit	
Lunch		Mini Muffin		Nacho Cheese Doritos	
Veg Lunch	Personal Cheese Pan Pizza	Yogurt Cup, Cheese Stick Honey Bun		Wow Butter Cup, Cheese Stick WG Bagel	
All receive	Fruit (1/2 cup eq) Milk & Baby Carrots	Fruit (1/2 cup eq) Milk & Corn		Fruit (1/2 cup eq) Milk & Black Beans	
Breakfast	Chocolate Chip Muffin (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	Honey Bun (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering		Assorted Big Bowl Cereal (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	
		Monday, March 21, 2022		Tuesday, March 22, 2022	
		Wednesday, March 23, 2022		Thursday, March 24, 2022	
		Friday, March 25, 2022			
Week VI	Chicken Sandwich Kit	Chicken Corn Dog		Italian Calzone Pocket	
Lunch				Bean & Cheese Burrito	
Veg Lunch	Personal Cheese Pan Pizza	Cheese Cup, Corn Chips String Cheese		4.6 oz Wowbutter & Jelly Sandwich	
All receive	Fruit (1/2 cup eq) Milk & Baby Carrots	Fruit (1/2 cup eq) Milk & Salad Greens		Fruit (1/2 cup eq) & Corn Chips Milk & Black Beans	
Breakfast	Big Bowl Cinnamon Toast Crunch (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	Chocolate Donut (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering		Assorted Big Bowl Cereal (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice 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	
Lunch		Cheese Cup, Corn Chips & String Chz		Honey Roasted Sun Seeds	
Veg Lunch	Personal Cheese Pan Pizza	Yogurt Cup, Cheese Stick 2 oz Muffin		Wow Butter Cup, Cheese Stick WG Bagel	
All receive	Fruit (1/2 cup eq) Milk & Baby Carrots	Fruit (1/2 cup eq) Milk & Black Beans		Fruit (1/2 cup eq) Milk & Celery Sticks	
Breakfast	Handmade Strawberry Boli (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	Big Bowl Blueberry Rice Chex (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering		Fruit Frudel (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	
		Monday, March 28, 2022		Tuesday, March 29, 2022	
		Wednesday, March 30, 2022		Thursday, March 31, 2022	
		Friday, March 31, 2022			
Week I	Personal Pan Pizza	Make your Own Nachos		Wow Butter Cup & Bagel	
Lunch		Cheese Cup, Corn Chips & String Chz		Honey Roasted Sun Seeds	
Veg Lunch	Personal Cheese Pan Pizza	Yogurt Cup, Cheese Stick 2 oz Muffin		Wow Butter Cup, Cheese Stick WG Bagel	
All receive	Fruit (1/2 cup eq) Milk & Baby Carrots	Fruit (1/2 cup eq) Milk & Black Beans		Fruit (1/2 cup eq) Milk & Celery Sticks	
Breakfast	Handmade Strawberry Boli (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	Big Bowl Blueberry Rice Chex (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering		Fruit Frudel (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	
		Monday, March 28, 2022		Tuesday, March 29, 2022	
		Wednesday, March 30, 2022		Thursday, March 31, 2022	
		Friday, March 31, 2022			
Week I	Personal Pan Pizza	Make your Own Nachos		Wow Butter Cup & Bagel	
Lunch		Cheese Cup, Corn Chips & String Chz		Honey Roasted Sun Seeds	
Veg Lunch	Personal Cheese Pan Pizza	Yogurt Cup, Cheese Stick 2 oz Muffin		Wow Butter Cup, Cheese Stick WG Bagel	
All receive	Fruit (1/2 cup eq) Milk & Baby Carrots	Fruit (1/2 cup eq) Milk & Black Beans		Fruit (1/2 cup eq) Milk & Celery Sticks	
Breakfast	Handmade Strawberry Boli (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	Big Bowl Blueberry Rice Chex (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering		Fruit Frudel (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	
		Monday, March 28, 2022		Tuesday, March 29, 2022	
		Wednesday, March 30, 2022		Thursday, March 31, 2022	
		Friday, March 31, 2022			
Week I	Personal Pan Pizza	Make your Own Nachos		Wow Butter Cup & Bagel	
Lunch		Cheese Cup, Corn Chips & String Chz		Honey Roasted Sun Seeds	
Veg Lunch	Personal Cheese Pan Pizza	Yogurt Cup, Cheese Stick 2 oz Muffin		Wow Butter Cup, Cheese Stick WG Bagel	
All receive	Fruit (1/2 cup eq) Milk & Baby Carrots	Fruit (1/2 cup eq) Milk & Black Beans		Fruit (1/2 cup eq) Milk & Celery Sticks	
Breakfast	Handmade Strawberry Boli (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	Big Bowl Blueberry Rice Chex (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering		Fruit Frudel (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	
		Monday, March 28, 2022		Tuesday, March 29, 2022	
		Wednesday, March 30, 2022		Thursday, March 31, 2022	
		Friday, March 31, 2022			
Week I	Personal Pan Pizza	Make your Own Nachos		Wow Butter Cup & Bagel	
Lunch		Cheese Cup, Corn Chips & String Chz		Honey Roasted Sun Seeds	
Veg Lunch	Personal Cheese Pan Pizza	Yogurt Cup, Cheese Stick 2 oz Muffin		Wow Butter Cup, Cheese Stick WG Bagel	
All receive	Fruit (1/2 cup eq) Milk & Baby Carrots	Fruit (1/2 cup eq) Milk & Black Beans		Fruit (1/2 cup eq) Milk & Celery Sticks	
Breakfast	Handmade Strawberry Boli (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	Big Bowl Blueberry Rice Chex (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering		Fruit Frudel (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	
		Monday, March 28, 2022		Tuesday, March 29, 2022	
		Wednesday, March 30, 2022		Thursday, March 31, 2022	
		Friday, March 31, 2022			
Week I	Personal Pan Pizza	Make your Own Nachos		Wow Butter Cup & Bagel	
Lunch		Cheese Cup, Corn Chips & String Chz		Honey Roasted Sun Seeds	
Veg Lunch	Personal Cheese Pan Pizza	Yogurt Cup, Cheese Stick 2 oz Muffin		Wow Butter Cup, Cheese Stick WG Bagel	
All receive	Fruit (1/2 cup eq) Milk & Baby Carrots	Fruit (1/2 cup eq) Milk & Black Beans		Fruit (1/2 cup eq) Milk & Celery Sticks	
Breakfast	Handmade Strawberry Boli (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	Big Bowl Blueberry Rice Chex (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering		Fruit Frudel (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	
		Monday, March 28, 2022		Tuesday, March 29, 2022	
		Wednesday, March 30, 2022		Thursday, March 31, 2022	
		Friday, March 31, 2022			
Week I	Personal Pan Pizza	Make your Own Nachos		Wow Butter Cup & Bagel	
Lunch		Cheese Cup, Corn Chips & String Chz		Honey Roasted Sun Seeds	
Veg Lunch	Personal Cheese Pan Pizza	Yogurt Cup, Cheese Stick 2 oz Muffin		Wow Butter Cup, Cheese Stick WG Bagel	
All receive	Fruit (1/2 cup eq) Milk & Baby Carrots	Fruit (1/2 cup eq) Milk & Black Beans		Fruit (1/2 cup eq) Milk & Celery Sticks	
Breakfast	Handmade Strawberry Boli (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	Big Bowl Blueberry Rice Chex (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering		Fruit Frudel (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	
		Monday, March 28, 2022		Tuesday, March 29, 2022	
		Wednesday, March 30, 2022		Thursday, March 31, 2022	
		Friday, March 31, 2022			
Week I	Personal Pan Pizza	Make your Own Nachos		Wow Butter Cup & Bagel	
Lunch		Cheese Cup, Corn Chips & String Chz		Honey Roasted Sun Seeds	
Veg Lunch	Personal Cheese Pan Pizza	Yogurt Cup, Cheese Stick 2 oz Muffin		Wow Butter Cup, Cheese Stick WG Bagel	
All receive	Fruit (1/2 cup eq) Milk & Baby Carrots	Fruit (1/2 cup eq) Milk & Black Beans		Fruit (1/2 cup eq) Milk & Celery Sticks	
Breakfast	Handmade Strawberry Boli (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	Big Bowl Blueberry Rice Chex (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering		Fruit Frudel (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	
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		Wednesday, March 30, 2022		Thursday, March 31, 2022	
		Friday, March 31, 2022			
Week I	Personal Pan Pizza	Make your Own Nachos		Wow Butter Cup & Bagel	
Lunch		Cheese Cup, Corn Chips & String Chz		Honey Roasted Sun Seeds	
Veg Lunch	Personal Cheese Pan Pizza	Yogurt Cup, Cheese Stick 2 oz Muffin		Wow Butter Cup, Cheese Stick WG Bagel	
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Week I	Personal Pan Pizza	Make your Own Nachos		Wow Butter Cup & Bagel	
Lunch		Cheese Cup, Corn Chips			

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)

Theeka Aloo (Chef Teja's Recipe)

Ingredients:		Steps:
<ul style="list-style-type: none"> •Coriander seeds (Dried seeds from matured coriander herb) – 1 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 •Dry red chili – 4 <p>All the above whole spices can be bought from Indian or Asian stores.</p>	<ul style="list-style-type: none"> •Rock salt – to taste •Oil – 3 tbsp •Garlic, chopped to small pieces – 1 tsp •Onion, cut lengthwise – 1 cup •Cubed potatoes – 2 cups •Turmeric powder – ¼ tsp <p>Makes 4 servings</p>	<ol style="list-style-type: none"> 1. Take a pan and add coriander seeds, pepper, carom seeds, mustard seeds and dry roast them on medium heat. 2. Add rock salt, dry red chili seeds, red chilies, and sauté them for ½ minute. Cool, transfer to blender and blend it coarsely into powder. This is the spice powder for our recipe. 3. Wash the potatoes and cut them into cubes, unpeeled. 4. In the pan, heat the oil and add garlic, onion, and sauté them till onions turn translucent. 5. Add turmeric and potato cubes and cover with the lid. Cook for 5 to 8 mins, till potatoes are nicely cooked. 6. Add the spice powder, mix well, and place the lid on. Cook for 2 mins on low heat. 7. Can be served with hot rice or Indian flatbread.

Menu Info	April 2022 Menu (Subject to Change)				
	Chef Spotlight - Teja Adapa (Database Analyst, CKC)				Friday, April 1, 2022
Week I	<p>Food is as much about the company, as it is about taste</p> <p>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.</p>				Beef Fiesta Hot Pocket
Lunch					Mixed Berry Animal Crackers
Veg Lunch					4.6 oz Wowbutter & Jelly Sandwich
All receive					Fruit (1/2 cup eq) Milk & Corn
Breakfast					Assorted Cereal Bowl (1 item) & Cheese Stick (1 item) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering
Monday, April 4, 2022					
Week II	All Beef Hot Dog Kit	Chicken Jerky & Snackbread	Hamburger Kit	Chicken Drumstick	Wowbutter & Jelly Sandwich
Lunch		String Cheese	Nacho Cheese Doritos	Sweet Chili Doritos	
Veg Lunch	Personal Cheese Pan Pizza	Cheese Cup, Corn Chips String Cheese	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Grilled Cheese Sandwich
All receive	Fruit (1/2 cup eq) Milk & Baby Carrots	Fruit (1/2 cup eq) Milk & Corn	Fruit (1/2 cup eq) Milk & Black Beans	Fruit (1/2 cup eq) Milk & Celery Sticks	Fruit (1/2 cup eq) Milk & Salad Greens
Breakfast	Assorted Big Bowl Cereal (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	Apple Filled Donut (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	Chocolate Chip Muffin (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	WG Glazed Honey Bun (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering	Big Bowl Cinnamon Toast Crunch (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering
Monday, April 11, 2022					
Week III	Personal Pan Pizza				
Lunch					
Veg Lunch	Personal Cheese Pan Pizza				
All receive	Fruit (1/2 cup eq), Nacho Chz Doritos Milk & Baby Carrots				
Breakfast	Apple Soft Filled Oatmeal Cereal Bar (2 items) 1/2 C Applesauce/Fruit or 100% Fruit Juice Milk & Second Fruit Offering				