

Name : January 2023 Preschool HOPE Community School PreK Hot & Cold Breakfast Menu					
Age Group : Childcare (Ages 3-5)		Meal : Breakfast		Meal Pattern : Preschool	
Week V	Monday, January 2, 2023	Tuesday, January 3, 2023	Wednesday, January 4, 2023	Thursday, January 5, 2023	Friday, January 6, 2023
Breakfast	Assorted Low Sugar Bowl Cereal (1 item)	Hot Breakfast Breakfast Cheesy Calzone (2 items)	Hot Breakfast French Toast Sticks & Syrup (1 item)	Hot Breakfast Breakfast Pizza (2 items)	Hot Breakfast Maple Waffle Chicken Sandwich (2 items)
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item) Milk (1 Item)	Applesauce Cup (1 item) Milk (1 Item)	100% 4.23 oz Fruit Juice (1 item) Milk (1 Item)	Applesauce Cup (1 item) Milk (1 Item)	100% 4.23 oz Fruit Juice (1 item) Milk (1 Item)
Chef's Choice may be offered					
Week VI	Monday, January 9, 2023	Tuesday, January 10, 2023	Wednesday, January 11, 2023	Thursday, January 12, 2023	Friday, January 13, 2023
Breakfast	WG Chocolate Crescent Roll (2 items)	Hot Breakfast Breakfast Cheesy French Bread (2 items)	Hot Breakfast Turkey Egg Cheese Burrito (2 items)	Hot Breakfast Breakfast Egg Fried Rice (1 item)	Hot Breakfast Whole Grain Pancake & Syrup (1 item)
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item) Milk (1 Item)	Applesauce Cup (1 item) Milk (1 Item)	100% 4.23 oz Fruit Juice (1 item) Milk (1 Item)	Applesauce Cup (1 item) Milk (1 Item)	100% 4.23 oz Fruit Juice (1 item) Milk (1 Item)
Chef's Choice may be offered					
Week I	Monday, January 16, 2023	Tuesday, January 17, 2023	Wednesday, January 18, 2023	Thursday, January 19, 2023	Friday, January 20, 2023
Breakfast	Assorted Low Sugar Bowl Cereal (1 item)	Hot Breakfast French Toast Sticks & Syrup (1 item)	Hot Breakfast Breakfast Pizza (2 items)	Hot Breakfast Maple Waffle Chicken Sandwich (2 items)	Hot Breakfast : Breakfast Sandwich Croissant, Egg Patty & Cheese Slice
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item) Milk (1 Item)	Applesauce Cup (1 item) Milk (1 Item)	100% 4.23 oz Fruit Juice (1 item) Milk (1 Item)	Applesauce Cup (1 item) Milk (1 Item)	100% 4.23 oz Fruit Juice (1 item) Milk (1 Item)
Chef's Choice may be offered					
Week II	Monday, January 23, 2023	Tuesday, January 24, 2023	Wednesday, January 25, 2023	Thursday, January 26, 2023	Friday, January 27, 2023
Breakfast	Assorted Low Sugar Bowl Cereal (1 item)	Hot Breakfast Waffle & Syrup (1 item)	Hot Breakfast Breakfast Rice Soup (1 item)	Hot Breakfast Turkey Egg Cheese Bites (2 items)	Hot Breakfast Warm Croissant & Fruit Jelly (1 item)
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item) Milk (1 Item)	Applesauce Cup (1 item) Milk (1 Item)	100% 4.23 oz Fruit Juice (1 item) Milk (1 Item)	Applesauce Cup (1 item) Milk (1 Item)	100% 4.23 oz Fruit Juice (1 item) Milk (1 Item)
Chef's Choice may be offered					
Week III	Monday, January 30, 2023	Tuesday, January 31, 2023	Chef Spotlight - Shawn Mueller, Procurement Manager		
Breakfast	Assorted Small Breakfast Bread (1 item)	Hot Breakfast WG Pancakes & Syrup (1 item)	Heart and Soul Warming Winter Food		
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item) Milk (1 Item)	Applesauce Cup (1 item) Milk (1 Item)	<p>Growing up, this meal was made religiously in our home. Tater Tot hotdish is a simple, yet delicious meal. It is great right out of the oven, or when reheated before or after you go out skating on the pond or for any other fun winter activity.</p> <p>Warm up this winter with some Hotdish.</p> <p style="text-align: right;">--Shawn Mueller</p>		
Chef's Choice may be offered		'Tater Tot Hotdish' recipe is on Page 2			

* Skim and 1% milk choices offered daily.
* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

Tater Tot Hotdish Recipe		
Ingredients : •1 bag Tater Tots- 32oz •1 pound Lean Ground Beef (or Chicken/Turkey) •1 Onion •2 cups mixed vegetables •10.5 ounces Cream of Mushroom Soup •0.5 cup sour cream •0.5 cup milk •0.5 teaspoon garlic •Salt and Pepper to taste •2.5 cups Cheddar cheese shredded	Serves 4-6	Steps: •Preheat oven to 400 degrees. •Grease your casserole dish. •Brown ground beef, onion over medium heat and drain the fat. •While your beef is cooking, mix together Soup, Sour cream, Milk, Garlic and 0.5 cup of the cheese. •Once your beef is browned, pour into the greased casserole and add the soup mixture on top. Layer the tater tots on top of the beef and soup mix. •Sprinkle the rest of the Cheddar Cheese. •Cook covered for 30 minutes, remove foil and cook an additional 15-20 minutes until bubbly.

February 2023 Menu (Subject to Change)

Week III	Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023
Breakfast Three items meet USDA Requirements (One item must be fruit)	Hot Breakfast Scrambled Eggs & Cheese (1 item) & Small Assorted Muffin (1 item) 100% 4.23 oz Fruit Juice (1 item) Milk (1 Item)	Hot Breakfast Breakfast Cheesy French Bread (2 items) Applesauce Cup (1 item) Milk (1 Item)	Hot Breakfast Breakfast Egg Fried Rice (1 item) 100% 4.23 oz Fruit Juice (1 item) Milk (1 Item)
Chef's Choice may be offered			

Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Breakfast Three items meet USDA Requirements (One item must be fruit)	Cream Cheese Stuffed Bagel (2 items) 100% 4.23 oz Fruit Juice (1 item) Milk (1 Item)	Hot Breakfast : Breakfast Sandwich Croissant, Egg Patty & Cheese Slice Applesauce Cup (1 item) Milk (1 Item)	Hot Breakfast Waffle Eggoji w/Syrup (2 items) 100% 4.23 oz Fruit Juice (1 item) Milk (1 Item)	Hot Breakfast Egg, Turkey Sausage Burrito (2 items) Applesauce Cup (1 item) Milk (1 Item)	Hot Breakfast WG Pancake w/Syrup (1 item) 100% 4.23 oz Fruit Juice (1 item) Milk (1 Item)
Chef's Choice may be offered					

* Skim and 1% milk choices offered daily.
 * All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
 * All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

Tater Tot Hotdish Recipe		
Ingredients : •1 bag Tater Tots- 32oz •1 pound Lean Ground Beef (or Chicken/Turkey) •1 Onion •2 cups mixed vegetables •10.5 ounces Cream of Mushroom Soup •0.5 cup sour cream •0.5 cup milk •0.5 teaspoon garlic •Salt and Pepper to taste •2.5 cups Cheddar cheese shredded	Serves 4-6	Steps: •Preheat oven to 400 degrees. •Grease your casserole dish. •Brown ground beef, onion over medium heat and drain the fat. •While your beef is cooking, mix together Soup, Sour cream, Milk, Garlic and 0.5 cup of the cheese. •Once your beef is browned, pour into the greased casserole and add the soup mixture on top. Layer the tater tots on top of the beef and soup mix. •Sprinkle the rest of the Cheddar Cheese. •Cook covered for 30 minutes, remove foil and cook an additional 15-20 minutes until bubbly.

February 2023 Menu (Subject to Change)

Week III	Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023
Breakfast Three items meet USDA Requirements (One item must be fruit)	Hot Breakfast Scrambled Eggs & Cheese (1 item) & Small Assorted Muffin (1 item) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Hot Breakfast Breakfast Cheesy French Bread (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Hot Breakfast Breakfast Egg Fried Rice (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered			

Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Breakfast Three items meet USDA Requirements (One item must be fruit)	Cream Cheese Stuffed Bagel (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Hot Breakfast : Breakfast Sandwich Croissant, Egg Patty & Cheese Slice 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Hot Breakfast Waffle Eggoji w/Syrup (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Hot Breakfast Egg, Turkey Sausage Burrito (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Hot Breakfast Pancake Turkey Sausage Wrap w/Syrup (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					

* Skim and 1% milk choices offered daily.
 * All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
 * All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

Name : January 2023 HOPE Community School PreK Lunch Menu					
Age Group : PreK (Ages 3-5)		Meal : Lunch		Meal Pattern : NSLP	
Week V	Monday, January 2, 2023	Tuesday, January 3, 2023	Wednesday, January 4, 2023	Thursday, January 5, 2023	Friday, January 6, 2023
Hot Meal	Old Fashioned Hamburger	Hmong Sausage	Garlic Cheese French Bread	Sesame Chicken	Beef Meatballs & Ketchup
	WG Bakery Bun & Ketchup	Seasoned Rice	Marinara Sauce	Steamed Rice	Dinner Roll
	Baked Beans	Steamed Corn	Sliced Cucumbers	Mixed Greens Salad & Dressing	Steamed Carrots
	Applesauce & Choice Milk	Chilled Pears & Choice Milk	Banana & Choice Milk	Chilled Peaches & Choice Milk	Crisp Apple & Choice Milk
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Week VI	Monday, January 9, 2023	Tuesday, January 10, 2023	Wednesday, January 11, 2023	Thursday, January 12, 2023	Friday, January 13, 2023
Hot Meal	Chicken Nuggets w/ Ketchup	Sheet Pan Curry Chicken	Fresh Hot Delivered Pizza	Chicken Fritters w/ Ketchup	Hmong Sausage
	French Fries	Steamed Seasoned Rice	Steamed Carrots	Seasoned Black Beans	Steamed Rice
	Variety Applesauce	Steamed Broccoli	Banana	Chilled Peaches	Mixed Salad & Dressing
	Choice Milk	Chilled Pears & Choice Milk	Choice Milk	Choice Milk	Crisp Apple & Choice Milk
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Week I	Monday, January 16, 2023	Tuesday, January 17, 2023	Wednesday, January 18, 2023	Thursday, January 19, 2023	Friday, January 20, 2023
Hot Meal	Hamburger	Asian Chicken Strips	Brunch Lunch	Pizza Crunchers	Chicken Butter Parmesan Pasta
	WG Bun, Ketchup	Steamed Seasoned Rice	French Toast Sticks & Syrup	Marinara	Steamed Peas
	CKC Baked Beans	Steamed Carrots	Mixed Greens Salad & Dressing	Steamed Green Beans	Crisp Apple
	Variety Applesauce & Choice Milk	Chilled Pears & Choice Milk	Banana & Choice Milk	Chilled Peaches & Choice Milk	Choice Milk
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Week II	Monday, January 23, 2023	Tuesday, January 24, 2023	Wednesday, January 25, 2023	Thursday, January 26, 2023	Friday, January 27, 2023
Hot Meal	Meatball Sub w/Mozzarella	Hmong Sausage	Fresh Hot Delivered Pizza	Breaded Chicken Sandwich	Chicken Tinga Rice Boat
	Steamed Mixed Veg	Steamed Seasoned Rice	Celery Sticks & Dip	WG Bun, Ketchup	Seasoned Chicken, Crema & Fresh Chopped Cilantro
	Variety Applesauce	Mixed Salad & Dressing	Banana & Choice Milk	French Fries	Brown Rice & Seasoned Black Beans
	Choice Milk	Chilled Pears & Choice Milk		Chilled Peaches & Choice Milk	Crisp Apple & Choice Milk
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Week III	Monday, January 30, 2023	Tuesday, January 31, 2023	Chef Spotlight - Shawn Mueller, Procurement Manager		
Hot Meal	Premium Chicken Nuggets	Cheesy Lasagna Roll	Heart and Soul Warming Winter Food Growing up, this meal was made religiously in our home. Tater Tot hotdish is a simple, yet delicious meal. It is great right out of the oven, or when reheated before or after you go out skating on the pond or for any other fun winter activity. Warm up this winter with some Hotdish. --Shawn Mueller		
	Ketchup	Crisp Salad & Dressing			
	Seasoned Black Beans	Chilled Pears			
	Variety Applesauce & Choice Milk	Choice Milk			
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	'Tater Tot Hotdish' recipe is on Page 2		

*** Cold meals are served with vegetables, fruit of the day & milk.

* Skim and 1% milk choices offered daily.
 * All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
 * All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

Tater Tot Hotdish Recipe

Ingredients :	Serves 4-6	Steps:
<ul style="list-style-type: none"> •1 bag Tater Tots- 32oz •1 pound Lean Ground Beef (or Chicken/Turkey) •1 Onion •2 cups mixed vegetables •10.5 ounces Cream of Mushroom Soup •0.5 cup sour cream •0.5 cup milk •0.5 teaspoon garlic •Salt and Pepper to taste •2.5 cups Cheddar cheese shredded 		<ul style="list-style-type: none"> •Preheat oven to 400 degrees. •Grease your casserole dish. •Brown ground beef, onion over medium heat and drain the fat. •While your beef is cooking, mix together Soup, Sour cream, Milk, Garlic and 0.5 cup of the cheese. •Once your beef is browned, pour into the greased casserole and add the soup mixture on top. Layer the tater tots on top of the beef and soup mix. •Sprinkle the rest of the Cheddar Cheese. •Cook covered for 30 minutes, remove foil and cook an additional 15-20 minutes until bubbly.

February 2023 Menu (Subject to Change)

Week III	Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023
Hot Meal	Mongolian Meatballs	Mandarin Orange Chicken	Beef Meatballs & Ketchup
	Garlic Dinner Roll	Steamed Brown Rice	Dinner Roll
	Steamed Corn	Steamed Broccoli	Steamed Peas
	Banana & Choice Milk	Chilled Peaches & Choice Milk	Crisp Apple & Choice Milk
Cold	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Hot Meal	Breaded Chicken Patty Sandwich	BBQ Meatballs	Fresh Hot Delivered Pizza	Beef Taco	Mac & Cheese
	Bakery Bun & Ketchup	Garlic Dinner Roll	Steamed Carrots	WG Tortilla, Seasoned Beef	Sliced Cucumbers
	CKC Baked Beans	Mixed Greens Salad & Dressing	Banana	Shredded Cheese & Youza Sauce / Steamed Corn	Crisp Apple
	Variety Applesauce & Choice Milk	Chilled Pears & Choice Milk	Choice Milk	Chilled Peaches & Choice Milk	Choice Milk
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

* Skim and 1% milk choices offered daily.
* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

Name : January 2023 HOPE Community School Grades K-5 Lunch menu					
Age Group : K-5		Meal : Lunch		Meal Pattern : NSLP	
Week V	Monday, January 2, 2023	Tuesday, January 3, 2023	Wednesday, January 4, 2023	Thursday, January 5, 2023	Friday, January 6, 2023
Hot Meal	Old Fashioned Hamburger	Hmong Sausage	Garlic Cheese French Bread	Sesame Chicken	Beef Pho
	WG Bakery Bun & Ketchup	Seasoned Rice	Marinara Sauce	Steamed Rice	Dinner Rolls
	Cool Ranch Doritos	Steamed Corn	Sliced Cucumbers	Mixed Greens Salad & Dressing	Baby Carrots
	Baked Beans, Applesauce & Choice Milk	Tropical Fruit Mix & Choice Milk	Banana & Choice Milk	Fresh Oranges & Choice Milk	Crisp Apple & Choice Milk
Cold	Turkey & Cheddar Chz Wrap w/ Mayo & Goldfish Pretzels	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Week VI	Monday, January 9, 2023	Tuesday, January 10, 2023	Wednesday, January 11, 2023	Thursday, January 12, 2023	Friday, January 13, 2023
Hot Meal	Golden Corn Dog w/ Ketchup	Roasted Curry Chicken Drumstick	Fresh Hot Delivered Pizza	Chicken Fritters w/ Ranch Dip	Hmong Sausage
	French Fries	Steamed Seasoned Rice	Baby Carrots & Ranch	Cool Ranch Doritos	Steamed Rice
	Variety Applesauce	Fresh Broccoli & Dip	Banana	Seasoned Black Beans	Mixed Salad & Dressing
	Choice Milk	Tropical Fruit Mix & Choice Milk	Choice Milk	Fresh Oranges & Choice Milk	Crisp Apple & Choice Milk
Cold	Turkey & Cheddar Chz Wrap w/ Mayo & Goldfish Pretzels	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	Grilled Chicken & Cheese Bun
Week I	Monday, January 16, 2023	Tuesday, January 17, 2023	Wednesday, January 18, 2023	Thursday, January 19, 2023	Friday, January 20, 2023
Hot Meal	All Beef Hot Dog	Asian Chicken Leg	Brunch Lunch	Pizza Crunchers	Kapoon
	WG Bun, Ketchup & Mustard	Steamed Seasoned Rice	French Toast Sticks w/Berries & Syrup	Marinara	Dinner Roll
	Cool Ranch Doritos / CKC Baked Beans	Baby Carrots	Mixed Greens Salad & Dressing	Steamed Corn	Sliced Cucumbers
	Variety Applesauce & Choice Milk	Tropical Fruit Mix & Choice Milk	Banana & Choice Milk	Fresh Oranges & Choice Milk	Crisp Apple & Choice Milk
Cold	Turkey & Cheddar Chz Wrap w/ Mayo & Goldfish Pretzels	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	Grilled Chicken & Cheese Bun
Week II	Monday, January 23, 2023	Tuesday, January 24, 2023	Wednesday, January 25, 2023	Thursday, January 26, 2023	Friday, January 27, 2023
Hot Meal	Meatball Sub w/Mozzarella	Hmong Sausage	Fresh Hot Delivered Pizza	Breaded Chicken Sandwich	Chicken Tinga Walking Taco
	Cheddar Cheese Crisps	Steamed Seasoned Rice	Celery Sticks & Dip	WG Bun, Ketchup	Frito Corn Chips, Seasoned Chicken, Fresh Chopped Cilantro
	Baby Carrots	Mixed Salad & Dressing	Banana & Choice Milk	French Fries	Crema & Seasoned Black Beans
	Variety Applesauce & Choice Milk	Tropical Fruit Mix & Choice Milk		Fresh Oranges & Choice Milk	Crisp Apple & Choice Milk
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	Grilled Chicken & Cheese Bun
Week III	Monday, January 30, 2023	Tuesday, January 31, 2023	Chef Spotlight - Shawn Mueller, Procurement Manager		
Hot Meal	Premium Chicken Nuggets	Cheesy Lasagna Roll	<p align="center">Heart and Soul Warming Winter Food</p> <p>Growing up, this meal was made religiously in our home. Tater Tot hotdish is a simple, yet delicious meal. It is great right out of the oven, or when reheated before or after you go out skating on the pond or for any other fun winter activity.</p> <p>Warm up this winter with some Hotdish.</p> <p align="center">--Shawn Mueller</p>		
	Ketchup	Soft Bakery Roll			
	Cool Ranch Doritos /Seasoned Black Beans	Crisp Salad & Dressing			
	Variety Applesauce & Choice Milk	Tropical Fruit Mix & Choice Milk			
Cold	Turkey & Cheddar Chz Wrap w/ Mayo & Goldfish Pretzels	Honey Mustard Chicken Bun	'Tater Tot Hotdish' recipe is on Page 2		
Deli Salads <small>(Vegetarian choices come with eggs in the place of chicken)</small>	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	Grilled Chicken Bistro Salad	Grilled Chicken Power Green Salad
	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	Powerful greens like Kale and Spinach raise the bar on this super green salad, with craisins bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.

*** Cold meals are served with vegetables, fruit of the day & milk.

*** Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)

* Skim and 1% milk choices offered daily.
* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

Tater Tot Hotdish Recipe

Ingredients Needed: <ul style="list-style-type: none"> •1 bag Tater Tots- 32oz •1 pound Lean Ground Beef (or Chicken/Turkey) •1 Onion •2 cups mixed vegetables •10.5 ounces Cream of Mushroom Soup •0.5 cup sour cream •0.5 cup milk •0.5 teaspoon garlic •Salt and Pepper to taste •2.5 cups Cheddar cheese shredded 	Serves 4-6	Steps: <ul style="list-style-type: none"> •Preheat oven to 400 degrees. •Grease your casserole dish. •Brown ground beef, onion over medium heat and drain the fat. •While your beef is cooking, mix together Soup, Sour cream, Milk, Garlic and 0.5 cup of the cheese. •Once your beef is browned, pour into the greased casserole and add the soup mixture on top. Layer the tater tots on top of the beef and soup mix. •Sprinkle the rest of the Cheddar Cheese. •Cook covered for 30 minutes, remove foil and cook an additional 15-20 minutes until bubbly.
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February 2023 Menu (Subject to Change)

Week III		Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023		
Hot Meal		Mongolian Meatballs Garlic Dinner Roll Steamed Corn Banana & Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Steamed Broccoli Fresh Oranges & Choice Milk	Beef Pho Dinner Rolls Baby Carrots & Dip Crisp Apple & Choice Milk		
Cold		Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	Grilled Chicken & Cheese Bun		
Week IV		Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Hot Meal		Breaded Chicken Patty Sandwich Bakery Bun & Ketchup Sun Chips / CKC Baked Beans Variety Applesauce & Choice Milk	Sweet & Spicy Roasted Chicken Drumstick Garlic Dinner Roll Mixed Greens Salad & Dressing Tropical Fruit Mix & Choice Milk	Fresh Hot Delivered Pizza Baby Carrots & Ranch Banana Choice Milk	Walking Beef Taco Nacho Cheese Doritos, Seasoned Beef Shredded Cheese & Youza Sauce / Steamed Corn Fresh Oranges & Choice Milk	Kapoon WG Bakery Roll Sliced Cucumbers Crisp Apple & Choice Milk
Cold		Turkey & Cheddar Chz Wrap w/ Mayo & Goldfish Pretzels	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	Grilled Chicken & Cheese Bun

* Skim and 1% milk choices offered daily.
 * All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
 * All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

Name : January 2023 HOPE Community School Grades 6-12 Lunch Menu
Age Group : 9-12 **Meal : Lunch** **Meal Pattern : NSLP**

Week V	Monday, January 2, 2023	Tuesday, January 3, 2023	Wednesday, January 4, 2023	Thursday, January 5, 2023	Friday, January 6, 2023
Hot Meal	Old Fashioned Hamburger WG Bakery Bun & Ketchup Spicy Cheetos / Baked Beans Applesauce, 100% Fruit Juice & Choice Milk	Hmong Sausage Seasoned Rice Steamed Corn, Carrots / Tropical Fruit Mix 100% Fruit Juice & Choice Milk	Garlic Cheese French Bread Marinara Sauce Sliced Cucumbers Honey Grahams, Bananas & Choice Milk	Sesame Chicken Steamed Rice Mixed Greens Salad & Dressing Oranges, 100% Fruit Juice & Choice Milk	Beef Pho Dinner Roll Baby Carrots & Large Crisp Apple Elf Graham & Choice Milk
	Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap / Elf Grahams
					Grilled Chicken & Cheese Bun

Week VI	Monday, January 9, 2023	Tuesday, January 10, 2023	Wednesday, January 11, 2023	Thursday, January 12, 2023	Friday, January 13, 2023
Hot Meal	Golden Corn Dog w/ Ketchup French Fries Steamed Corn / Variety Applesauce 100% Fruit Juice & Choice Milk	Roasted Curry Chicken Drumstick WG Roll & Steamed Seasoned Rice Fresh Broccoli, Carrots & Dip Tropical Fruit Mix, 100% Fruit Juice & Choice Milk	Fresh Hot Delivered Pizza Baby Carrots & Ranch Bananas Cinnamon Goldfish & Choice Milk	Chicken Fritters w/ Ranch Dip Sweet Chili Doritos Seasoned Black Beans / Fresh Oranges 100% Fruit Juice & Choice Milk	Hmong Sausage WG Roll & Steamed Rice Mixed Salad & Dressing 3 Ct Grahams, Large Crisp Apple & Choice Milk
	Cold	Turkey & Cheddar Chz Wrap w/ Mayo & Goldfish Pretzels	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap
					Grilled Chicken & Cheese Bun

Week I	Monday, January 16, 2023	Tuesday, January 17, 2023	Wednesday, January 18, 2023	Thursday, January 19, 2023	Friday, January 20, 2023
Hot Meal	All Beef Hot Dog WG Bun, Ketchup & Mustard Cool Ranch Doritos / CKC Baked Beans Applesauce, 100% Fruit Juice & Choice Milk	Asian Chicken Leg Dinner Roll & Steamed Seasoned Rice Baby Carrots / Tropical Fruit Mix 100% Fruit Juice & Choice Milk	Brunch Lunch French Toast Sticks w/Berries & Syrup Mixed Greens Salad & Dressing Bananas & Choice Milk	Pizza Crunchers & Marinara Steamed Corn Fresh oranges / Elf Grahams 100% Fruit Juice & Choice Milk	Kapoon Dinner Rolls Sliced Cucumbers & Carrots Large Crisp Apple & Choice Milk
	Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap
					Grilled Chicken & Cheese Bun

Week II	Monday, January 23, 2023	Tuesday, January 24, 2023	Wednesday, January 25, 2023	Thursday, January 26, 2023	Friday, January 27, 2023
Hot Meal	Meatball Sub w/Mozzarella Flamas Baby Carrots / Variety Applesauce 100% Fruit Juice & Choice Milk	Hmong Sausage WG Roll & Steamed Seasoned Rice Mixed Salad & Dressing /Tropical Fruit Mix 100% Fruit Juice & Choice Milk	Fresh Hot Delivered Pizza Celery Sticks & Dip Bananas & Choice Milk	Spicy Breaded Chicken Sandwich WG Bun, Honey Sriracha Ketchup French Fries & Carrots / Fresh oranges Giant Goldfish Grahams, 100% Fruit Juice & Choice Milk	Chicken Tinga Walking Taco Frito Corn Chips, Seasoned Chicken, Fresh Chopped Cilantro Crema & Seasoned Black Beans 3 Ct Grahams, Large Crisp Apple & Choice Milk
	Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap
					Grilled Chicken & Cheese Bun

Week III	Monday, January 30, 2023	Tuesday, January 31, 2023	Chef Spotlight - Shawn Mueller, Procurement Manager			
Hot Meal	Premium Chicken Nuggets w/ Ketchup Cool Ranch Doritos Seasoned Black Beans Applesauce, 100% Fruit Juice & Choice Milk	Cheesy Lasagna Roll Soft Bakery Rolls Crisp Salad & Dressing /Tropical Fruit Mix 100% Fruit Juice & Choice Milk	<p align="center">Heart and Soul Warming Winter Food</p> <p>Growing up, this meal was made religiously in our home. Tater Tot hotdish is a simple, yet delicious meal. It is great right out of the oven, or when reheated before or after you go out skating on the pond or for any other fun winter activity. Warm up this winter with some Hotdish. --Shawn Mueller</p>			
	Cold	Turkey & Cheddar Chz Wrap w/ Mayo				Honey Mustard Chicken Bun

Deli Salads (Vegetarian choices come with eggs in the place of chicken)	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	Grilled Chicken Bistro Salad	Grilled Chicken Power Green Salad
	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	Powerful greens like Kale and Spinach raise the bar on this super green salad, with craisins bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.

*** Cold meals are served with vegetables, fruit of the day & milk.
*** Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)

* Skim and 1% milk choices offered daily.
* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

Tater Tot Hotdish Recipe

Ingredients Needed:	Serves 4-6	Steps:
<ul style="list-style-type: none"> •1 bag Tater Tots- 32oz •1 pound Lean Ground Beef (or Chicken/Turkey) •1 Onion •2 cups mixed vegetables •10.5 ounces Cream of Mushroom Soup •0.5 cup sour cream •0.5 cup milk •0.5 teaspoon garlic •Salt and Pepper to taste •2.5 cups Cheddar cheese shredded 		<ul style="list-style-type: none"> •Preheat oven to 400 degrees. •Grease your casserole dish. •Brown ground beef, onion over medium heat and drain the fat. •While your beef is cooking, mix together Soup, Sour cream, Milk, Garlic and 0.5 cup of the cheese. •Once your beef is browned, pour into the greased casserole and add the soup mixture on top. Layer the tater tots on top of the beef and soup mix. •Sprinkle the rest of the Cheddar Cheese. •Cook covered for 30 minutes, remove foil and cook an additional 15-20 minutes until bubbly.

February 2023 Menu (Subject to Change)

Week III		Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023		
Hot Meal		Mongolian Meatballs	General Tso's Chicken	Beef Pho		
		Garlic Dinner Rolls	Steamed Brown Rice	Dinner Roll		
Cold		Steamed Corn	Steamed Broccoli , Carrots Fresh Oranges	Baby Carrots & Dip		
		Bananas & Choice Milk	100% Fruit Juice & Choice Milk	Elf Grahams, Large Crisp Apple & Choice Milk		
		Turkey Bun w/Mayo & Giant Goldfish	Chicken Caesar Wrap & Animal Crackers	Grilled Chicken & Cheese Bun		
Week IV		Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Hot Meal		Spicy Chicken Patty Sandwich	Sweet & Spicy Roasted Chicken Drumstick	Fresh Hot Delivered Pizza	Walking Taco	Kapoon
		Bakery Bun & Ketchup	Garlic Dinner Rolls	Baby Carrots & Ranch	Nacho Cheese Chips, Seasoned Beef, Chz, Youza Sauce	WG Bakery Rolls
Cold		Sweet Chili Doritos / CKC Baked Beans	Mix Green Salad & Dressing Tropical Fruit	Bananas	Steamed Corn & Carrot Slims / Oranges	Sliced Cucumbers
		Applesauce, 100% Fruit Juice & Choice Milk	100% Fruit Juice & Choice Milk	Choice Milk	Elf Grahams 100% Fruit Juice & Choice Milk	3 Ct Honey Grahams, Large Crisp Apple & Choice Milk
		Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

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