

Name: February 2023 Preschool HOPE Community School PreK Hot & Cold Breakfast Menu					
Age Group: Childcare (Ages 3-5)		Meal: Breakfast		Meal Pattern: Preschool	
Week III	Wednesday, February 1, 2023				
Breakfast	<p>Chettinad Cuisine belongs to a region called 'Chettinad' in South India. It is a cuisine that is famous for its aroma, made with freshly ground spices.</p>	<p><b>Hot Breakfast</b></p> <p>Scrambled Eggs &amp; Cheese (1 item) &amp; Small Blueberry Breakfast Bread (1 item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Milk (1 Item)</p>		<p><b>Hot Breakfast</b></p> <p>Breakfast Cheesy French Bread (2 items)</p> <p>Applesauce Cup (1 item)</p> <p>Milk (1 Item)</p>	
		<p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Milk (1 Item)</p>		<p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Milk (1 Item)</p>	
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	<p><b>Cream Cheese Stuffed Bagel (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Milk (1 Item)</p>	<p><b>Hot Breakfast</b></p> <p>Maple Waffle Chicken Sandwich (2 items)</p> <p>Applesauce Cup (1 item)</p> <p>Milk (1 Item)</p>	<p><b>Hot Breakfast</b></p> <p>Waffle Eggoji w/Syrup (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Milk (1 Item)</p>	<p><b>Hot Breakfast</b></p> <p>Egg, Turkey Sausage Burrito (2 items)</p> <p>Applesauce Cup (1 item)</p> <p>Milk (1 Item)</p>	<p><b>Hot Breakfast</b></p> <p>WG Pancake w/Syrup (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Milk (1 Item)</p>
	Chef's Choice may be offered				
Week V	Monday, February 13, 2023	Tuesday, February 14, 2023	Wednesday, February 15, 2023	Thursday, February 16, 2023	Friday, February 17, 2023
Breakfast	<p><b>Assorted Low Sugar Bowl Cereal (1 item)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Milk (1 Item)</p>	<p><b>Hot Breakfast</b></p> <p>Breakfast Pizza (2 items)</p> <p>Applesauce Cup (1 item)</p> <p>Milk (1 Item)</p>	<p><b>Hot Breakfast</b></p> <p>Breakfast Cheesy French Bread (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Milk (1 Item)</p>	<p><b>Hot Breakfast</b></p> <p>"New" Biscuit Breakfast Sandwich (2 items)</p> <p>Applesauce Cup (1 item)</p> <p>Milk (1 Item)</p>	<p><b>Hot Breakfast</b></p> <p>Turkey, Egg Cheese Burrito (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Milk (1 Item)</p>
	Chef's Choice may be offered				
Week VI	Monday, February 20, 2023	Tuesday, February 21, 2023	Wednesday, February 22, 2023	Thursday, February 23, 2023	Friday, February 24, 2023
Breakfast	<p><b>Blueberry Snackbread (1 Items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Milk (1 Item)</p>	<p><b>Hot Breakfast</b></p> <p>"New" French Toast Stick Pack (2 items)</p> <p>Applesauce Cup (1 item)</p> <p>Milk (1 Item)</p>	<p><b>Hot Breakfast</b></p> <p>"New" English Muffin Breakfast Sandwich (2 Items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Milk (1 Item)</p>	<p><b>Hot Breakfast</b></p> <p>Breakfast Egg Fried Rice (1 item)</p> <p>Applesauce Cup (1 item)</p> <p>Milk (1 Item)</p>	<p><b>Hot Breakfast</b></p> <p>Whole Grain Pancake &amp; Syrup (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Milk (1 Item)</p>
	Chef's Choice may be offered				
Week I	Monday, February 27, 2023	Tuesday, February 28, 2023	Chef Spotlight - Annapoorna Meyyappan, Product and Data Analyst		
Breakfast	<p><b>Assorted Low Sugar Bowl Cereal (1 item)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Milk (1 Item)</p>	<p><b>Hot Breakfast</b></p> <p>Breakfast Pizza (2 items)</p> <p>Applesauce Cup (1 item)</p> <p>Milk (1 Item)</p>	<p><b>Simple and Luscious Cold Indian Dessert</b></p>		
	<p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Milk (1 Item)</p>		<p>The delicacy of "Chettinad Fruit Kheer" brings me the nostalgia of having grand lunch with a variety of dishes served on a banana leaf in all Chettinad marriages. It is a simple dessert but a rich drink made from delectable amalgamation of nuts and fruits. I will share the recipe picking a sleeve from my mom's cookbook and I am sure it will be your sumptuous dessert.</p> <p style="text-align: right;">-- Annapoorna Meyyappan</p>		
Chef's Choice may be offered		'Chettinad Fruit Kheer' 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.

**Chettinad Fruit Kheer Recipe**

<b>Ingredients :</b>	<b>Serves 4 - 5</b>	<b>Steps:</b>
<ul style="list-style-type: none"> <li>•Raw whole Almonds - 1/2 cup</li> <li>•Raw whole Cashews - 1/2 cup</li> <li>•Shelled Pistachios - 1/2 cup</li> <li>•Sugar - 2 1/2 cups</li> <li>•Chilled condensed Milk - 2 cups</li> <li>•Water - 1 cup</li> <li>•Ice cubes - 20 pieces</li> <li>•Cardamom powder - 1/2 tsp</li> <li>•Apple, Banana, Orange, Grapes, Pineapple (peeled and chopped) - 1 cup</li> <li>•Fresh Pomegranate kernels - 1/4 cup</li> </ul>		<ul style="list-style-type: none"> <li>•Separately soak almonds, cashews and pistachios in water for about 4 hours, peel the skin and grind them to smooth paste.</li> <li>•Add half a cup of water and ice cubes to the paste and mix thoroughly.</li> <li>•In a pan, bring remaining half a cup of water to boil and add sugar. Stir it until the sugar gets dissolved and cool it to room temperature.</li> <li>•Now our sugar syrup is ready. Add this syrup to nuts paste.</li> <li>•Add chopped fruits to it and mix it well.</li> <li>•Add chilled condensed milk and cardamom powder to it.</li> <li>•Sprinkle few finely chopped pistachios on the top and serve chilled.</li> </ul>

**March 2023 Menu (Subject to Change)**

Week I		Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Breakfast  Three items meet USDA Requirements (One item must be fruit)		<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>
		<b>New Breakfast Biscuit Sandwich (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>Turkey, Egg, Cheese Bites (2 items)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>"New" English Muffin Breakfast Sandwich (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)
<b>Chef's Choice may be offered</b>				

Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Breakfast  Three items meet USDA Requirements (One item must be fruit)	<b>Assorted Low Sugar Bowl Cereal (1 item)</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>
	100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>Waffle &amp; Syrup (1 item)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>Breakfast Rice Soup (1 item)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>Maple Waffle Chicken Sandwich (2 items)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>Warm Croissant &amp; Fruit Jelly (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)
<b>Chef's Choice may be offered</b>					

Week III	Monday, March 13, 2023	Tuesday, March 14, 2023	
Hot Meal	<b>Assorted Small Blueberry Breakfast Bread (1 item)</b>	<b>Hot Breakfast</b>	
	100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>WG Pancakes &amp; Syrup (1 item)</b>  Applesauce Cup (1 item)  Milk (1 Item)	
<b>Chef's Choice may be offered</b>			

\* 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 : February 2023 HOPE Community School PreK Lunch Menu					
Age Group : PreK (Ages 3-5)		Meal : Lunch		Meal Pattern : NSLP	
Week III		Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023	
Hot Meal	Chettinad Cuisine belongs to a region called 'Chettinad' in South India. It is a cuisine that is famous for its aroma, made with freshly ground spices.	<b>Mongolian Meatballs</b>	<b>Mandarin Orange Chicken</b>	<b>Beef Meatballs &amp; Ketchup</b>	
		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	<b>Breaded Chicken Patty Sandwich</b>	<b>BBQ Meatballs</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Beef Taco</b>	<b>Mac &amp; Cheese</b>
	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
Week V	Monday, February 13, 2023	Tuesday, February 14, 2023	Wednesday, February 15, 2023	Thursday, February 16, 2023	Friday, February 17, 2023
Hot Meal	<b>Old Fashioned Hamburger</b>	<b>Hmong Sausage</b>	<b>Garlic Cheese French Bread</b>	<b>Sesame Chicken</b>	<b>Beef Meatballs &amp; Ketchup</b>
	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, February 20, 2023	Tuesday, February 21, 2023	Wednesday, February 22, 2023	Thursday, February 23, 2023	Friday, February 24, 2023
Hot Meal	<b>Chicken Nuggets w/ Ketchup</b>	<b>Sheet Pan Curry Chicken</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Chicken Fritters w/ Ketchup</b>	<b>Hmong Sausage</b>
	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, February 27, 2023	Tuesday, February 28, 2023	Chef Spotlight - Annapoorna Meyyappan, Product and Data Analyst		
Hot Meal	<b>Hamburger</b>	<b>Asian Chicken Strips</b>	<p align="center"><b>Simple and Luscious Cold Indian Dessert</b></p> <p>The delicacy of "Chettinad Fruit Kheer" brings me the nostalgia of having grand lunch with a variety of dishes served on a banana leaf in all Chettinad marriages. It is a simple dessert but a rich drink made from delectable amalgamation of nuts and fruits. I will share the recipe picking a sleeve from my mom's cookbook and I am sure it will be your sumptuous dessert.</p> <p align="right">-- Annapoorna Meyyappan</p>		
	WG Bun, Ketchup	Steamed Seasoned Rice			
	CKC Baked Beans	Steamed Carrots			
	Variety Applesauce & Choice Milk	Chilled Pears & Choice Milk			
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	'Chettinad Fruit Kheer' recipe is on Page 2		

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

**Chettinad Fruit Kheer Recipe**

<b>Ingredients :</b>	<b>Serves 4 - 5</b>	<b>Steps:</b>
<ul style="list-style-type: none"> <li>•Raw whole Almonds - 1/2 cup</li> <li>•Raw whole Cashews - 1/2 cup</li> <li>•Shelled Pistachios - 1/2 cup</li> <li>•Sugar - 2 1/2 cups</li> <li>•Chilled condensed Milk - 2 cups</li> <li>•Water - 1 cup</li> <li>•Ice cubes - 20 pieces</li> <li>•Cardamom powder - 1/2 tsp</li> <li>•Apple, Banana, Orange, Grapes, Pineapple (peeled and chopped) - 1 cup</li> <li>•Fresh Pomegranate kernels - 1/4 cup</li> </ul>		<ul style="list-style-type: none"> <li>•Separately soak almonds, cashews and pistachios in water for about 4 hours, peel the skin and grind them to smooth paste.</li> <li>•Add half a cup of water and ice cubes to the paste and mix thoroughly.</li> <li>•In a pan, bring remaining half a cup of water to boil and add sugar. Stir it until the sugar gets dissolved and cool it to room temperature.</li> <li>•Now our sugar syrup is ready. Add this syrup to nuts paste.</li> <li>•Add chopped fruits to it and mix it well.</li> <li>•Add chilled condensed milk and cardamom powder to it.</li> <li>•Sprinkle few finely chopped pistachios on the top and serve chilled.</li> </ul>

**March 2023 Menu (Subject to Change)**

Week I	Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Hot Meal	<b>Brunch Lunch</b>  French Toast Sticks & Syrup  Mixed Greens Salad & Dressing  Banana & Choice Milk	<b>Pizza Crunchers</b>  Marinara  Steamed Green Beans  Chilled Peaches & Choice Milk	<b>Chicken Butter Parmesan Pasta</b>  Steamed Peas  Crisp Apple  Choice Milk
Cold	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Hot Meal	<b>Meatball Sub w/Mozzarella</b>  Steamed Mixed Veg  Variety Applesauce  Choice Milk	<b>Hmong Sausage</b>  Steamed Seasoned Rice  Mixed Salad & Dressing  Chilled Pears & Choice Milk	<b>Fresh Hot Delivered Pizza</b>  Celery Sticks & Dip  Banana & Choice Milk	<b>Breaded Chicken Sandwich</b>  WG Bun, Ketchup  French Fries  Chilled Peaches & Choice Milk	<b>Chicken Tinga Rice Boat</b>  Seasoned Chicken, Crema & Fresh Chopped Cilantro  Brown Rice & Seasoned Black Beans  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, March 13, 2023	Tuesday, March 14, 2023
Hot Meal	<b>Premium Chicken Nuggets</b>  Ketchup  Seasoned Black Beans  Variety Applesauce & Choice Milk	<b>Cheesy Lasagna Roll</b>  Crisp Salad & Dressing  Chilled Pears  Choice Milk
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken 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: February 2023 HOPE Community School Grades K-10 Breakfast Menu						
Age Group: K-12		Meal: Breakfast		Meal Pattern: NSLP		
Week III	Wednesday, February 1, 2023					
Breakfast  Three items meet USDA Requirements (One item must be fruit)	<b>Hot Breakfast</b>					
	<b>Scrambled Eggs &amp; Cheese (1 item) &amp; Small Chocolate Chocolate Chip Loaf (1 item)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)		<b>Hot Breakfast</b> <b>Breakfast Cheesy French Bread (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)		<b>Hot Breakfast</b> <b>Breakfast Egg Fried Rice (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	
	Chettinad Cuisine belongs to a region called 'Chettinad' in South India. It is a cuisine that is famous for its aroma, made with freshly ground spices.					
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)	<b>Cream Cheese Stuffed Bagel (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>Maple Waffle Chicken Sandwich (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>Waffle Eggoji w/Syrup (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>Egg, Turkey Sausage Burrito (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>Pancake Turkey Sausage Wrap w/Syrup (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	
	Chef's Choice may be offered					
	Week V	Monday, February 13, 2023	Tuesday, February 14, 2023	Wednesday, February 15, 2023	Thursday, February 16, 2023	Friday, February 17, 2023
Breakfast  Three items meet USDA Requirements (One item must be fruit)	<b>"New" Glazed Breakfast Bites (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>Breakfast Pizza (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>Breakfast Cheesy French Bread (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>"New" Biscuit Breakfast Sandwich (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>Turkey, Egg Cheese Burrito (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	
	Chef's Choice may be offered					
	Week VI	Monday, February 20, 2023	Tuesday, February 21, 2023	Wednesday, February 22, 2023	Thursday, February 23, 2023	Friday, February 24, 2023
Breakfast  Three items meet USDA Requirements (One item must be fruit)	<b>WG Apple Filled Donut (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>"New" French Toast Stick Pack (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>"New" English Muffin Breakfast Sandwich (2 Items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>Breakfast Egg Fried Rice (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>Whole Grain Pancakes &amp; Syrup (2 Items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	
	Chef's Choice may be offered					
	Week I	Monday, February 27, 2023	Tuesday, February 28, 2023	Chef Spotlight - Annapoorna Meyyappan, Product and Data Analyst <b>Simple and Luscious Cold Indian Dessert</b> The delicacy of "Chettinad Fruit Kheer" brings me the nostalgia of having grand lunch with a variety of dishes served on a banana leaf in all Chettinad marriages. It is a simple dessert but a rich drink made from delectable amalgamation of nuts and fruits. I will share the recipe picking a sleeve from my mom's cookbook and I am sure it will be your sumptuous dessert. -- Annapoorna Meyyappan 'Chettinad Fruit Kheer' recipe is on Page 2		
Breakfast  Three items meet USDA Requirements (One item must be fruit)	<b>Assorted Big Bowl Cereal (2 Items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>Breakfast Pizza (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Chef's Choice may be offered			
	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.

**Chettinad Fruit Kheer Recipe**

<b>Ingredients :</b>	<b>Serves 4 - 5</b>	<b>Steps:</b>
<ul style="list-style-type: none"> <li>•Raw whole Almonds - 1/2 cup</li> <li>•Raw whole Cashews - 1/2 cup</li> <li>•Shelled Pistachios - 1/2 cup</li> <li>•Sugar - 2 1/2 cups</li> <li>•Chilled condensed Milk - 2 cups</li> <li>•Water - 1 cup</li> <li>•Ice cubes - 20 pieces</li> <li>•Cardamom powder - 1/2 tsp</li> <li>•Apple, Banana, Orange, Grapes, Pineapple (peeled and chopped) - 1 cup</li> <li>•Fresh Pomegranate kernels - 1/4 cup</li> </ul>		<ul style="list-style-type: none"> <li>•Separately soak almonds, cashews and pistachios in water for about 4 hours, peel the skin and grind them to smooth paste.</li> <li>•Add half a cup of water and ice cubes to the paste and mix thoroughly.</li> <li>•In a pan, bring remaining half a cup of water to boil and add sugar. Stir it until the sugar gets dissolved and cool it to room temperature.</li> <li>•Now our sugar syrup is ready. Add this syrup to nuts paste.</li> <li>•Add chopped fruits to it and mix it well.</li> <li>•Add chilled condensed milk and cardamom powder to it.</li> <li>•Sprinkle few finely chopped pistachios on the top and serve chilled.</li> </ul>

**March 2023 Menu (Subject to Change)**

Week I	Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Breakfast	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>
Three items meet USDA Requirements (One item must be fruit)	<b>New Breakfast Biscuit Sandwich (2 items)</b>	<b>Turkey, Egg, Cheese Bites (2 items)</b>	<b>"New" English Muffin Breakfast Sandwich (2 items)</b>
	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)
<b>Chef's Choice may be offered</b>			

Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Breakfast	<b>"New" Big Bowl Trix Cereal (2 Items)</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	<b>Waffle &amp; Syrup (2 items)</b>	<b>Breakfast Rice Soup (2 items)</b>	<b>Maple Waffle Chicken Sandwich (2 items)</b>	<b>Pancake Sausage on a Stick w/Syrup (2 items)</b>
	Choice Milk & Second Fruit OVS (1 item each)	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)
<b>Chef's Choice may be offered</b>					

Week III	Monday, March 13, 2023	Tuesday, March 14, 2023
Hot Meal	<b>"New" Chocolate Glazed Donut (2 items)</b>	<b>Hot Breakfast</b>
	100% 4.23 oz Fruit Juice (1 item)	<b>WG Pancakes &amp; Syrup (2 items)</b>
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
<b>Chef's Choice may be offered</b>		

\* 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 : February 2023 HOPE Community School Grades K-5 Lunch menu					
Age Group : K-5		Meal : Lunch		Meal Pattern : NSLP	
Week III			Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023
Hot Meal	Chettinad Cuisine belongs to a region called 'Chettinad' in South India. It is a cuisine that is famous for its aroma, made with freshly ground spices.	<b>Mongolian Meatballs</b>	<b>Mandarin Orange Chicken</b>	<b>Beef Pho</b>	
		Garlic Dinner Roll	Steamed Brown Rice	Dinner Rolls	
		Steamed Corn	Steamed Broccoli	Baby Carrots & Dip	
		Banana & Choice Milk	Fresh Oranges & Choice Milk	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	<b>Breaded Chicken Patty Sandwich</b>	<b>Sweet &amp; Spicy Roasted Chicken Drumstick</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Walking Beef Taco</b>	<b>Kapoon</b>
	Bakery Bun & Ketchup	Garlic Dinner Roll	Baby Carrots & Ranch	Nacho Cheese Doritos, Seasoned Beef	WG Bakery Roll
	Sun Chips / CKC Baked Beans	Mixed Greens Salad & Dressing	Banana	Shredded Cheese & Youza Sauce / Steamed Corn	Sliced Cucumbers
	Variety Applesauce & 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 V	Monday, February 13, 2023	Tuesday, February 14, 2023	Wednesday, February 15, 2023	Thursday, February 16, 2023	Friday, February 17, 2023
Hot Meal	<b>Old Fashioned Hamburger</b>	<b>Hmong Sausage</b>	<b>Garlic Cheese French Bread</b>	<b>Sesame Chicken</b>	<b>Beef Pho</b>
	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, February 20, 2023	Tuesday, February 21, 2023	Wednesday, February 22, 2023	Thursday, February 23, 2023	Friday, February 24, 2023
Hot Meal	<b>Golden Corn Dog w/ Ketchup</b>	<b>Roasted Curry Chicken Drumstick</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Chicken Fritters w/ Ranch Dip</b>	<b>Hmong Sausage</b>
	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, February 27, 2023	Tuesday, February 28, 2023	Chef Spotlight - Annapoorna Meyyappan, Product and Data Analyst		
Hot Meal	<b>All Beef Hot Dog</b>	<b>Asian Chicken Leg</b>	<b>Simple and Luscious Cold Indian Dessert</b>		
	WG Bun, Ketchup & Mustard	Steamed Seasoned Rice	The delicacy of "Chettinad Fruit Kheer" brings me the nostalgia of having grand lunch with a variety of dishes served on a banana leaf in all Chettinad marriages. It is a simple dessert but a rich drink made from delectable amalgamation of nuts and fruits. I will share the recipe picking a sleeve from my mom's cookbook and I am sure it will be your sumptuous dessert.		
	Cool Ranch Doritos / CKC Baked Beans	Baby Carrots	-- Annapoorna Meyyappan		
	Variety Applesauce & Choice Milk	Tropical Fruit Mix & Choice Milk			
Cold	Turkey & Cheddar Chz Wrap w/ Mayo & Goldfish Pretzels	Honey Mustard Chicken Bun	'Chettinad Fruit Kheer' recipe is on Page 2		
Deli Salads (Vegetarian choices come with eggs in the place of chicken)	<b>Grilled Chicken Caesar Salad</b>	<b>Grilled Chicken Asian Salad</b>	<b>Grilled Chicken SW Taco Salad</b>	<b>Grilled Chicken Bistro Salad</b>	<b>Grilled Chicken Power Green Salad</b>
	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)

**Chettinad Fruit Kheer Recipe**

<b>Ingredients :</b> <ul style="list-style-type: none"> <li>•Raw whole Almonds - 1/2 cup</li> <li>•Raw whole Cashews - 1/2 cup</li> <li>•Shelled Pistachios - 1/2 cup</li> <li>•Sugar - 2 1/2 cups</li> <li>•Chilled condensed Milk - 2 cups</li> <li>•Water - 1 cup</li> <li>•Ice cubes - 20 pieces</li> <li>•Cardamom powder - 1/2 tsp</li> <li>•Apple, Banana, Orange, Grapes, Pineapple (peeled and chopped) - 1 cup</li> <li>•Fresh Pomegranate kernels - 1/4 cup</li> </ul>	Serves 4 - 5	<b>Steps:</b> <ul style="list-style-type: none"> <li>•Seperately soak almonds, cashews and pistachios in water for about 4 hours, peel the skin and grind them to smooth paste.</li> <li>•Add half a cup of water and ice cubes to the paste and mix thoroughly.</li> <li>•In a pan, bring remaining half a cup of water to boil and add sugar. Stir it until the sugar gets dissolved and cool it to room temperature.</li> <li>•Now our sugar syrup is ready. Add this syrup to nuts paste.</li> <li>•Add chopped fruits to it and mix it well.</li> <li>•Add chilled condensed milk and cardamom powder to it.</li> <li>•Sprinkle few finely chopped pistachios on the top and serve chilled.</li> </ul>
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**March 2023 Menu (Subject to Change)**

Week I	Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023		
Hot Meal	<b>Brunch Lunch</b> French Toast Sticks w/Berries & Syrup Mixed Greens Salad & Dressing Banana & Choice Milk	<b>Pizza Crunchers</b> Marinara Steamed Corn Fresh Oranges & Choice Milk	<b>Kapoon</b> Dinner Roll Sliced Cucumbers Crisp Apple & Choice Milk		
Cold	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	Grilled Chicken & Cheese Bun		
Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Hot Meal	<b>Meatball Sub w/Mozzarella</b> Cheddar Cheese Crisps Baby Carrots Variety Applesauce & Choice Milk	<b>Hmong Sausage</b> Steamed Seasoned Rice Mixed Salad & Dressing Tropical Fruit Mix & Choice Milk	<b>Fresh Hot Delivered Pizza</b> Celery Sticks & Dip Banana & Choice Milk	<b>Breaded Chicken Sandwich</b> WG Bun, Ketchup French Fries Fresh Oranges & Choice Milk	<b>Chicken Tinga Walking Taco</b> Frito Corn Chips, Seasoned Chicken, Fresh Chopped Cilantro Crema & Seasoned Black Beans 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, March 13, 2023	Tuesday, March 14, 2023			
Hot Meal	<b>Premium Chicken Nuggets</b> Ketchup Cool Ranch Doritos /Seasoned Black Beans Variety Applesauce & Choice Milk	<b>Cheesy Lasagna Roll</b> Soft Bakery Roll Crisp Salad & Dressing Tropical Fruit Mix & Choice Milk			
Cold	Turkey & Cheddar Chz Wrap w/ Mayo & Goldfish Pretzels	Honey Mustard Chicken 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 : February 2023 HOPE Community School Grades 6-12 Lunch Menu**  
**Age Group : 9-12** **Meal : Lunch** **Meal Pattern : NSLP**

Week III	Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023	
Hot Meal	<b>Chettinad Cuisine</b> belongs to a region called 'Chettinad' in South India. It is a cuisine that is famous for its aroma, made with freshly ground spices.	<b>Mongolian Meatballs</b> Garlic Dinner Rolls Steamed Corn Bananas & Choice Milk	<b>General Tso's Chicken</b> Steamed Brown Rice Steamed Broccoli , Carrots Fresh Oranges 100% Fruit Juice & Choice Milk	<b>Beef Pho</b> Dinner Roll Baby Carrots & Dip Elf Grahams, Large Crisp Apple & Choice Milk
Cold		<b>Turkey Bun w/Mayo &amp; Giant Goldfish</b>	<b>Chicken Caesar Wrap &amp; Animal Crackers</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Hot Meal	<b>Spicy Chicken Patty Sandwich</b> Bakery Bun & Ketchup Sweet Chili Doritos / CKC Baked Beans Applesauce, 100% Fruit Juice & Choice Milk	<b>Sweet &amp; Spicy Roasted Chicken Drumstick</b> Garlic Dinner Rolls Mix Green Salad & Dressing Tropical Fruit Mix 100% Fruit Juice & Choice Milk	<b>Fresh Hot Delivered Pizza</b> Baby Carrots & Ranch Bananas Choice Milk	<b>Walking Taco</b> Nacho Cheese Chips, Seasoned Beef, Chz, Youza Sauce Steamed Corn & Carrot Slims / Oranges Elf Grahams 100% Fruit Juice & Choice Milk	<b>Kapoon</b> WG Bakery Rolls Sliced Cucumbers 3 Ct Honey Grahams, Large Crisp Apple & Choice Milk
Cold	<b>Turkey &amp; Cheddar Chz Wrap w/ Mayo</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

Week V	Monday, February 13, 2023	Tuesday, February 14, 2023	Wednesday, February 15, 2023	Thursday, February 16, 2023	Friday, February 17, 2023
Hot Meal	<b>Old Fashioned Hamburger</b> WG Bakery Bun & Ketchup Spicy Cheetos / Baked Beans Applesauce, 100% Fruit Juice & Choice Milk	<b>Hmong Sausage</b> Seasoned Rice Steamed Corn, Carrots / Tropical Fruit Mix 100% Fruit Juice & Choice Milk	<b>Garlic Cheese French Bread</b> Marinara Sauce Sliced Cucumbers Honey Grahams, Bananas & Choice Milk	<b>Sesame Chicken</b> Steamed Rice Mixed Greens Salad & Dressing Oranges, 100% Fruit Juice & Choice Milk	<b>Beef Pho</b> Dinner Roll Baby Carrots & Large Crisp Apple Elf Graham & Choice Milk
Cold	<b>Turkey &amp; Cheddar Chz Wrap w/ Mayo</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap / Elf Grahams</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

Week VI	Monday, February 20, 2023	Tuesday, February 21, 2023	Wednesday, February 22, 2023	Thursday, February 23, 2023	Friday, February 24, 2023
Hot Meal	<b>Golden Corn Dog w/ Ketchup</b> French Fries Steamed Corn / Variety Applesauce 100% Fruit Juice & Choice Milk	<b>Roasted Curry Chicken Drumstick</b> WG Roll & Steamed Seasoned Rice Fresh Broccoli, Carrots & Dip Tropical Fruit Mix, 100% Fruit Juice & Choice Milk	<b>Fresh Hot Delivered Pizza</b> Baby Carrots & Ranch Bananas Cinnamon Goldfish & Choice Milk	<b>Chicken Fritters w/ Ranch Dip</b> Sweet Chili Doritos Seasoned Black Beans / Fresh Oranges 100% Fruit Juice & Choice Milk	<b>Hmong Sausage</b> WG Roll & Steamed Rice Mixed Salad & Dressing 3 Ct Grahams, Large Crisp Apple & Choice Milk
Cold	<b>Turkey &amp; Cheddar Chz Wrap w/ Mayo &amp; Goldfish Pretzels</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

Week I	Monday, February 27, 2023	Tuesday, February 28, 2023	Chef Spotlight - Annapoorna Meyyappan, Product and Data Analyst <b>Simple and Luscious Cold Indian Dessert</b>		
Hot Meal	<b>All Beef Hot Dog</b> WG Bun, Ketchup & Mustard Cool Ranch Doritos / CKC Baked Beans Applesauce, 100% Fruit Juice & Choice Milk	<b>Asian Chicken Leg</b> Dinner Roll & Steamed Seasoned Rice Baby Carrots / Tropical Fruit Mix 100% Fruit Juice & Choice Milk	The delicacy of "Chettinad Fruit Kheer" brings me the nostalgia of having grand lunch with a variety of dishes served on a banana leaf in all Chettinad marriages. It is a simple dessert but a rich drink made from delectable amalgamation of nuts and fruits. I will share the recipe picking a sleeve from my mom's cookbook and I am sure it will be your sumptuous dessert. -- Annapoorna Meyyappan		
Cold	<b>Turkey &amp; Cheddar Chz Wrap w/ Mayo</b>	<b>Honey Mustard Chicken Bun</b>	'Chettinad Fruit Kheer' 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.

**Chettinad Fruit Kheer Recipe**

<b>Ingredients :</b>	<b>Serves 4 - 5</b>	<b>Steps:</b>
<ul style="list-style-type: none"> <li>•Raw whole Almonds - 1/2 cup</li> <li>•Raw whole Cashews - 1/2 cup</li> <li>•Shelled Pistachios - 1/2 cup</li> <li>•Sugar - 2 1/2 cups</li> <li>•Chilled condensed Milk - 2 cups</li> <li>•Water - 1 cup</li> <li>•Ice cubes - 20 pieces</li> <li>•Cardamom powder - 1/2 tsp</li> <li>•Apple, Banana, Orange, Grapes, Pineapple (peeled and chopped) - 1 cup</li> <li>•Fresh Pomegranate kernels - 1/4 cup</li> </ul>		<ul style="list-style-type: none"> <li>•Separately soak almonds, cashews and pistachios in water for about 4 hours, peel the skin and grind them to smooth paste.</li> <li>•Add half a cup of water and ice cubes to the paste and mix thoroughly.</li> <li>•In a pan, bring remaining half a cup of water to boil and add sugar. Stir it until the sugar gets dissolved and cool it to room temperature.</li> <li>•Now our sugar syrup is ready. Add this syrup to nuts paste.</li> <li>•Add chopped fruits to it and mix it well.</li> <li>•Add chilled condensed milk and cardamom powder to it.</li> <li>•Sprinkle few finely chopped pistachios on the top and serve chilled.</li> </ul>

**March 2023 Menu (Subject to Change)**

Week I	Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Hot Meal	<b>Brunch Lunch</b>  French Toast Sticks w/Berries & Syrup  Mixed Greens Salad & Dressing  Bananas & Choice Milk	<b>Pizza Crunchers &amp; Marinara</b>  Steamed Corn  Fresh oranges / Elf Grahams  100% Fruit Juice & Choice Milk	<b>Kapoon</b>  Dinner Rolls  Sliced Cucumbers & Carrots  Large Crisp Apple & Choice Milk
Cold	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Hot Meal	<b>Meatball Sub w/Mozzarella</b>  Flamas  Baby Carrots / Variety Applesauce  100% Fruit Juice & Choice Milk	<b>Hmong Sausage</b>  WG Roll & Steamed Seasoned Rice  Mixed Salad & Dressing /Tropical Fruit Mix  100% Fruit Juice & Choice Milk	<b>Fresh Hot Delivered Pizza</b>  Celery Sticks & Dip  Bananas & Choice Milk	<b>Spicy Breaded Chicken Sandwich</b>  WG Bun, Honey Sriracha Ketchup  French Fries & Carrots / Fresh oranges  Giant Goldfish Grahams, 100% Fruit Juice & Choice Milk	<b>Chicken Tinga Walking Taco</b>  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, March 13, 2023	Tuesday, March 14, 2023
Hot Meal	<b>Premium Chicken Nuggets w/ Ketchup</b>  Cool Ranch Doritos  Seasoned Black Beans  Applesauce, 100% Fruit Juice & Choice Milk	<b>Cheesy Lasagna Roll</b>  Soft Bakery Rolls  Crisp Salad & Dressing /Tropical Fruit Mix  100% Fruit Juice & Choice Milk
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken 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.