

**Name : April 2023 Preschool HOPE Community School PreK Hot & Cold Breakfast Menu**

**Age Group : Childcare (Ages 3-5)**

**Meal : Breakfast**

**Meal Pattern : Preschool**

Chef Spotlight - Jim Leahy, Client Relations Manager

### CHEESY, SHRIMPY AND BACON-Y HEAVENLY PASTA

This is a family favorite that my mom used to make and I now make it for my girls and it has become one of their favorites! Normally when my mom would cook I wouldn't hover around the kitchen. However, this recipe had BACON and I would sneak whatever I could when she wasn't looking. My girls tried to do the same when they were little – I was on to them. However, knowing how bacon takes over one's mind, I would let them have a little here and there.

- Jim Leahy

**\*THIN LINGUINI OR SPAGHETTI WITH AVOCADO, BACON AND SHRIMP\* RECIPE IS ON PAGE 2**

Week VI	Monday, April 3, 2023	Tuesday, April 4, 2023	Wednesday, April 5, 2023	Thursday, April 6, 2023	Friday, April 7, 2023
Breakfast	Assorted Muffin (1 Items)	Hot Breakfast	Hot Breakfast	Hot Breakfast	Hot Breakfast
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	French Toast Stick Pack (2 items)	English Muffin Breakfast Sandwich (2 Items)	Breakfast Egg Fried Rice (1 item)	Whole Grain Pancake & Syrup (1 Item)
	Milk (1 Item)	Applesauce Cup (1 item)	100% 4.23 oz Fruit Juice (1 item)	Applesauce Cup (1 item)	100% 4.23 oz Fruit Juice (1 item)
		Milk (1 Item)	Milk (1 Item)	Milk (1 Item)	Milk (1 Item)
	Chef's Choice may be offered				
Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	Wednesday, April 12, 2023	Thursday, April 13, 2023	Friday, April 14, 2023
Breakfast	Assorted Low Sugar Bowl Cereal (1 item)	Hot Breakfast	Hot Breakfast	Hot Breakfast	Hot Breakfast
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	Breakfast Pizza (2 items)	Mozzarella Pinwheel (2 items)	Cheesy French Bread (2 items)	Chicken Sausage Biscuit Breakfast Sandwich (2 items)
	Milk (1 Item)	Applesauce Cup (1 item)	100% 4.23 oz Fruit Juice (1 item)	Applesauce Cup (1 item)	100% 4.23 oz Fruit Juice (1 item)
		Milk (1 Item)	Milk (1 Item)	Milk (1 Item)	Milk (1 Item)
	Chef's Choice may be offered				
Week II	Monday, April 17, 2023	Tuesday, April 18, 2023	Wednesday, April 19, 2023	Thursday, April 20, 2023	Friday, April 21, 2023
Breakfast	Assorted Low Sugar Bowl Cereal (1 item)	*New* Hot Breakfast	Hot Breakfast	Hot Breakfast	Hot Breakfast
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	Mini Pancake Puffs (2 items)	Breakfast Rice Soup (2 items)	Egg & PepperJack Cheese Bowtie (2 Items)	Cheesy Pretzel Bites (2 items)
	Milk (1 Item)	Applesauce Cup (1 item)	100% 4.23 oz Fruit Juice (1 item)	Applesauce Cup (1 item)	100% 4.23 oz Fruit Juice (1 item)
		Milk (1 Item)	Milk (1 Item)	Milk (1 Item)	Milk (1 Item)
	Chef's Choice may be offered				
Week III	Monday, April 24, 2023	Tuesday, April 25, 2023	Wednesday, April 26, 2023	Thursday, April 27, 2023	Friday, April 28, 2023
Breakfast	Sliced Bagel & Cream Cheese (1 item)	Hot Breakfast	Hot Breakfast	Hot Breakfast	Hot Breakfast
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	WG Pancakes & Syrup (1 item)	Chicken Sausage Biscuit Breakfast Sandwich (2 items)	Turkey, Egg, Cheese Bites (2 items)	Breakfast Egg Fried Rice (2 itemS)
	Milk (1 Item)	Applesauce Cup (1 item)	100% 4.23 oz Fruit Juice (1 item)	Applesauce Cup (1 item)	100% 4.23 oz Fruit Juice (1 item)
		Milk (1 Item)	Milk (1 Item)	Milk (1 Item)	Milk (1 Item)
	Chef's Choice may be offered				



Thin Linguini		
Ingredients:	Steps	Serves 4-5
<ul style="list-style-type: none"> <li>• 4 slices of bacon, diced</li> <li>• ¼ cup extra virgin olive oil</li> <li>• 1 garlic clove, crushed</li> <li>• 8 ounces peeled baby shrimp, finely chopped</li> <li>• 1 large avocado cut into thin wedges</li> <li>• 1 lb. thin linguini</li> <li>• ¼ cup grated Parmigiano- Reggiano cheese</li> </ul>	<ol style="list-style-type: none"> <li>1. Fry bacon in skillet until crisp.</li> <li>2. Combine olive oil and garlic in large skillet and heat until garlic sizzles.</li> <li>3. Add shrimp, toss to coat and heat through for about 2 minutes.</li> <li>4. Add reserved bacon and avocado.</li> <li>5. Let stand off heat until linguini is cooked.</li> <li>6. Cook linguini in salted water until firm to the bite.</li> <li>7. Combine with shrimp mixture.</li> <li>8. Add cheese to toss!</li> </ol>	

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

Week IV	Monday, May 1, 2023	Tuesday, May 2, 2023	Wednesday, May 3, 2023	Thursday, May 4, 2023	Friday, May 5, 2023
Breakfast	<b>Cinnamon Crumble Loaf (2 items)</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>
		<b>Maple Waffle Chicken Sandwich (2 items)</b>	<b>Waffle Eggoji w/Syrup (2 items)</b>	<b>Egg, Turkey Sausage Burrito (2 items)</b>	<b>Sweet Cinnamon Snack'n Waffle (2 items)</b>
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	Applesauce Cup (1 item)	100% 4.23 oz Fruit Juice (1 item)	Applesauce Cup (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Milk (1 Item)	Milk (1 Item)	Milk (1 Item)	Milk (1 Item)	Milk (1 Item)
Chef's Choice may be offered					

Week V	Monday, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023
Hot Meal	<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>
		<b>Cheesy Pretzel Bites (2 items)</b>	<b>Breakfast Cheesy French Bread (2 items)</b>	<b>Egg &amp; PepperJack Cheese Bowtie (2 items)</b>	<b>Turkey, Egg Cheese Burrito (2 Items)</b>
	100% 4.23 oz Fruit Juice (1 item)	Applesauce Cup (1 item)	100% 4.23 oz Fruit Juice (1 item)	Applesauce Cup (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Milk (1 Item)	Milk (1 Item)	Milk (1 Item)	Milk (1 Item)	Milk (1 Item)
Chef's Choice may be offered					

**Name : April 2023 HOPE Community School PreK Lunch Menu**

**Age Group : PreK (Ages 3-5)**

**Meal : Lunch**

**Meal Pattern : NSLP**

Chef Spotlight - Jim Leahy, Client Relations Manager

**CHEESY, SHRIMPY AND BACON-Y HEAVENLY PASTA**

This is a family favorite that my mom used to make and I now make it for my girls and it has become one of their favorites! Normally when my mom would cook I wouldn't hover around the kitchen. However, this recipe had BACON and I would sneak whatever I could when she wasn't looking. My girls tried to do the same when they were little - I was on to them. However, knowing how bacon takes over one's mind, I would let them have a little here and there.

- Jim Leahy

**'THIN LINGUINI OR SPAGHETTI WITH AVOCADO, BACON AND SHRIMP' RECIPE IS ON PAGE 2**

Week VI	Monday, April 3, 2023	Tuesday, April 4, 2023	Wednesday, April 5, 2023	Thursday, April 6, 2023	Friday, April 7, 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
	Cinnamon Apple Slices	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, April 10, 2023	Tuesday, April 11, 2023	Wednesday, April 12, 2023	Thursday, April 13, 2023	Friday, April 14, 2023
Hot Meal	<b>Hamburger</b>	<b>Asian Chicken Strips</b>	<b>Brunch Lunch</b>	<b>Pizza Crunchers</b>	<b>Chicken Butter Parmesan Pasta</b>
	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
	Cinnamon Apple Slices & 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, April 17, 2023	Tuesday, April 18, 2023	Wednesday, April 19, 2023	Thursday, April 20, 2023	Friday, April 21, 2023
Hot Meal	<b>Meatball Sub w/Mozzarella</b>	<b>Hmong Sausage</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Breaded Chicken Sandwich</b>	<b>Crunchy Chicken Tender Wrap</b>
	Steamed Mixed Veggies	Steamed Seasoned Rice	Sliced Cucumbers & Dip	WG Bun, Ketchup	WG Tortilla, Chix Tenders
	Cinnamon Apple Slices	Mixed Salad & Dressing	Banana	French Fries	Boom Sauce & Shred Lettuce
	Choice Milk	Chilled Pears & Choice Milk	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, April 24, 2023	Tuesday, April 25, 2023	Wednesday, April 26, 2023	Thursday, April 27, 2023	Friday, April 28, 2023
Hot Meal	<b>Premium Chicken Nuggets</b>	<b>Cheesy Mostaccioli</b>	<b>Mongolian Meatballs</b>	<b>Mandarin Orange Chicken</b>	<b>Beef Meatballs &amp; Ketchup</b>
	Ketchup	Steamed Mixed Veggies	Garlic Dinner Roll	Steamed Brown Rice	Dinner Roll
	Seasoned Black Beans	Chilled Pears	Steamed Corn	Steamed Broccoli	Steamed Peas
	Cinnamon Apple Slices & Choice Milk	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

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



### Thin Linguini

#### Ingredients:

- 4 slices of bacon, diced
- ¼ cup extra virgin olive oil
- 1 garlic clove, crushed
- 8 ounces peeled baby shrimp, finely chopped
- 1 large avocado cut into thin wedges
- 1 lb. thin linguini
- ¼ cup grated Parmigiano- Reggiano cheese

#### Steps

1. Fry bacon in skillet until crisp.
2. Combine olive oil and garlic in large skillet and heat until garlic sizzles.
3. Add shrimp, toss to coat and heat through for about 2 minutes.
4. Add reserved bacon and avocado.
5. Let stand off heat until linguini is cooked.
6. Cook linguini in salted water until firm to the bite.
7. Combine with shrimp mixture.
8. Add cheese to toss!

**Serves 4-5**

### May 2023 Menu (Subject to Change)

Week IV	Monday, May 1, 2023	Tuesday, May 2, 2023	Wednesday, May 3, 2023	Thursday, May 4, 2023	Friday, May 5, 2023
	<b>Breaded Chicken Patty Sandwich</b>	<b>BBQ Meatballs</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Beef Taco</b>	<b>Creamy Mac &amp; Cheese</b>
Hot Meal	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
	Cinnamon Apple Slices & 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, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023
	<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>
Hot Meal	WG Bakery Bun & Ketchup	Seasoned Rice	Marinara Sauce	Steamed Rice	Dinner Roll
	Baked Beans	Steamed Corn	Steamed Green Beans	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

\* 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 : April 2023 HOPE Community School Grades K-10 Breakfast Menu**

**Age Group : K-12**

**Meal : Breakfast**

**Meal Pattern : NSLP**

Chef Spotlight - Jim Leahy, Client Relations Manager

**CHEESY, SHRIMPY AND BACON-Y HEAVENLY PASTA**

This is a family favorite that my mom used to make and I now make it for my girls and it has become one of their favorites! Normally when my mom would cook I wouldn't hover around the kitchen. However, this recipe had BACON and I would sneak whatever I could when she wasn't looking. My girls tried to do the same when they were little – I was on to them. However, knowing how bacon takes over one's mind, I would let them have a little here and there.

- Jim Leahy

'THIN LINGUINI OR SPAGHETTI WITH AVOCADO, BACON AND SHRIMP' RECIPE IS ON PAGE 2

Week VI	Monday, April 3, 2023	Tuesday, April 4, 2023	Wednesday, April 5, 2023	Thursday, April 6, 2023	Friday, April 7, 2023
Breakfast	<b>WG Apple Filled Donut (2 items)</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>
		<b>French Toast Stick Pack (2 items)</b>	<b>English Muffin Breakfast Sandwich (2 Items)</b>	<b>Breakfast Egg Fried Rice (2 items)</b>	<b>Whole Grain Pancakes &amp; Syrup (2 Items)</b>
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				
Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	Wednesday, April 12, 2023	Thursday, April 13, 2023	Friday, April 14, 2023
Breakfast	<b>Assorted Big Bowl Cereal (2 Items)</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>
		<b>Breakfast Pizza (2 items)</b>	<b>Mozzarella Pinwheel (2 items)</b>	<b>Cheesy French Bread (2 items)</b>	<b>Chicken Sausage Biscuit Breakfast Sandwich (2 items)</b>
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				
Week II	Monday, April 17, 2023	Tuesday, April 18, 2023	Wednesday, April 19, 2023	Thursday, April 20, 2023	Friday, April 21, 2023
Breakfast	<b>New Big Bowl Trix Cereal (2 Items)</b>	<b>*New* Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>
		<b>Mini Pancake Puffs (2 items)</b>	<b>Breakfast Rice Soup (2 items)</b>	<b>Egg &amp; Pepper Jack Cheese Bowtie (2 Items)</b>	<b>Pancake Sausage on a Stick w/Syrup (2 items)</b>
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				
Week III	Monday, April 24, 2023	Tuesday, April 25, 2023	Wednesday, April 26, 2023	Thursday, April 27, 2023	Friday, April 28, 2023
Breakfast	<b>Chocolate Glazed Donut (2 items)</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>
		<b>WG Pancakes &amp; Syrup (2 items)</b>	<b>Chicken Sausage Biscuit Breakfast Sandwich (2 items)</b>	<b>Turkey, Egg, Cheese Bites (2 items)</b>	<b>Breakfast Egg Fried Rice (2 items)</b>
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				

Thin Linguini		
Ingredients:	Steps	Serves 4-5
<ul style="list-style-type: none"> <li>• 4 slices of bacon, diced</li> <li>• ¼ cup extra virgin olive oil</li> <li>• 1 garlic clove, crushed</li> <li>• 8 ounces peeled baby shrimp, finely chopped</li> <li>• 1 large avocado cut into thin wedges</li> <li>• 1 lb. thin linguini</li> <li>• ¼ cup grated Parmigiano- Reggiano cheese</li> </ul>	<ol style="list-style-type: none"> <li>1. Fry bacon in skillet until crisp.</li> <li>2. Combine olive oil and garlic in large skillet and heat until garlic sizzles.</li> <li>3. Add shrimp, toss to coat and heat through for about 2 minutes.</li> <li>4. Add reserved bacon and avocado.</li> <li>5. Let stand off heat until linguini is cooked.</li> <li>6. Cook linguini in salted water until firm to the bite.</li> <li>7. Combine with shrimp mixture.</li> <li>8. Add cheese to toss!</li> </ol>	

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

Week IV	Monday, May 1, 2023	Tuesday, May 2, 2023	Wednesday, May 3, 2023	Thursday, May 4, 2023	Friday, May 5, 2023
Breakfast	<b>Cinnamon Crumble Loaf (2 items)</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>
		<b>Maple Waffle Chicken Sandwich (2 items)</b>	<b>Waffle Eggoji w/Syrup (2 items)</b>	<b>Egg, Turkey Sausage Burrito (2 items)</b>	<b>Sweet Cinnamon Snack'n Waffle (2 items)</b>
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					

Week V	Monday, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023
Hot Meal	<b>Glazed Breakfast Bites (2 items)</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>
		<b>Cheesy Pretzel Bites (2 items)</b>	<b>Breakfast Cheesy French Bread (2 items)</b>	<b>Egg &amp; Pepper Jack Cheese Bowtie (2 items)</b>	<b>Turkey, Egg Cheese Burrito (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)	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					

**Name: April 2023 HOPE Community School Grades K-5 Lunch menu**

**Age Group: K-5**

**Meal: Lunch**

**Meal Pattern: NSLP**

Chef Spotlight - Jim Leahy, Client Relations Manager

**CHEESY, SHRIMPY AND BACON-Y HEAVENLY PASTA**

This is a family favorite that my mom used to make and I now make it for my girls and it has become one of their favorites! Normally when my mom would cook I wouldn't hover around the kitchen. However, this recipe had BACON and I would sneak whatever I could when she wasn't looking. My girls tried to do the same when they were little – I was on to them. However, knowing how bacon takes over one's mind, I would let them have a little here and there.

- Jim Leahy

'THIN LINGUINI OR SPAGHETTI WITH AVOCADO, BACON AND SHRIMP' RECIPE IS ON PAGE 2

Week VI	Monday, April 3, 2023	Tuesday, April 4, 2023	Wednesday, April 5, 2023	Thursday, April 6, 2023	Friday, April 7, 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	Veggie Crisps	Steamed Rice
	Cinnamon Apple Slices	Fresh Broccoli & Dip	Banana	Warm Seasoned Black Beans	Mixed Salad & Dressing
	Choice Milk	Chilled Pears & Choice Milk	Choice Milk	Fresh Orange & 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 I	Monday, April 10, 2023	Tuesday, April 11, 2023	Wednesday, April 12, 2023	Thursday, April 13, 2023	Friday, April 14, 2023
Hot Meal	<b>All Beef Hot Dog</b>	<b>Asian Chicken Leg</b>	<b>Brunch Lunch</b>	<b>Pizza Crunchers</b>	<b>Kapoon</b>
	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
	Cinnamon Apple Slices & Choice Milk	Chilled Pears & Choice Milk	Banana & Choice Milk	Fresh Orange & 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, April 17, 2023	Tuesday, April 18, 2023	Wednesday, April 19, 2023	Thursday, April 20, 2023	Friday, April 21, 2023
Hot Meal	<b>Meatball Sub w/Mozzarella</b>	<b>Hmong Sausage</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Breaded Chicken Sandwich</b>	<b>Crunchy Chicken Tender Wrap</b>
	Cheddar Cheese Crisps	Steamed Seasoned Rice	Sliced Cucumbers & Dip	WG Bun, Ketchup	WG Tortilla, Chix Tenders, Boom Sauce
	Baby Carrots	Mixed Salad & Dressing	Banana	French Fries	Lettuce & Seasoned Black Beans
	Cinnamon Apple Slices & Choice Milk	Chilled Pears & Choice Milk	Choice Milk	Fresh Orange & 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, April 24, 2023	Tuesday, April 25, 2023	Wednesday, April 26, 2023	Thursday, April 27, 2023	Friday, April 28, 2023
Hot Meal	<b>Premium Chicken Nuggets</b>	<b>Beef Pretzel Dog w/ Ketchup</b>	<b>Mongolian Meatballs</b>	<b>Mandarin Orange Chicken</b>	<b>Beef Pho</b>
	Ketchup	Steamed Mixed Veggies	Garlic Dinner Rolls	Steamed Brown Rice	Dinner Roll
	Cool Ranch Doritos /Seasoned Black Beans	Chilled Pears	Steamed Corn	Steamed Broccoli	Baby Carrots & Dip
	Cinnamon Apple Slices & Choice Milk	Choice Milk	Banana & Choice Milk	Fresh Orange & 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
Deli Salads (Vegetarian choices come with eggs & cheese in the place of meat)	<b>Grilled Chicken Caesar Salad</b>	<b>Grilled Chicken Asian Salad</b>	<b>Grilled Chicken SW Taco Salad</b>	<b>"New" Classic Chef Salad</b>	<b>"New" Quinoa Power Bowl Salad</b>
	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls 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.	We just time-travelled and brought back this timeless gem. It's simple. It's classic. It's vintage. This Egg, Turkey, Tomatoes and Salad combo is sure to appeal eyes and taste buds. WG rolls fill the grain part.	Not just vintage, we cover current trends too. This salad has "New-age Superfood" Quinoa as its base. Not stopping there, it becomes more powerful with Beans, Corn, Egg and Spinach.

\*\*\* 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)

Thin Linguini		
Ingredients:	Steps	Serves 4-5
<ul style="list-style-type: none"> <li>• 4 slices of bacon, diced</li> <li>• ¼ cup extra virgin olive oil</li> <li>• 1 garlic clove, crushed</li> <li>• 8 ounces peeled baby shrimp, finely chopped</li> <li>• 1 large avocado cut into thin wedges</li> <li>• 1 lb. thin linguini</li> <li>• ¼ cup grated Parmigiano- Reggiano cheese</li> </ul>	<ol style="list-style-type: none"> <li>1. Fry bacon in skillet until crisp.</li> <li>2. Combine olive oil and garlic in large skillet and heat until garlic sizzles.</li> <li>3. Add shrimp, toss to coat and heat through for about 2 minutes.</li> <li>4. Add reserved bacon and avocado.</li> <li>5. Let stand off heat until linguini is cooked.</li> <li>6. Cook linguini in salted water until firm to the bite.</li> <li>7. Combine with shrimp mixture.</li> <li>8. Add cheese to toss!</li> </ol>	

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

Week IV	Monday, May 1, 2023	Tuesday, May 2, 2023	Wednesday, May 3, 2023	Thursday, May 4, 2023	Friday, May 5, 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
	Cinnamon Apple Slices & Choice Milk	Chilled Pears & Choice Milk	Choice Milk	Fresh Orange & 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, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 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	Steamed Green Beans	Mixed Greens Salad & Dressing	Baby Carrots
	Baked Beans, Applesauce & Choice Milk	Chilled Pears & Choice Milk	Banana & Choice Milk	Fresh Orange & 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





**Name : April 2023 HOPE Community School Grades 6-12 Lunch Menu**

**Age Group : 9-12**

**Meal : Lunch**

**Meal Pattern : NSLP**

Chef Spotlight - Jim Leahy, Client Relations Manager

**CHEESY, SHRIMPY AND BACON-Y HEAVENLY PASTA**

This is a family favorite that my mom used to make and I now make it for my girls and it has become one of their favorites! Normally when my mom would cook I wouldn't hover around the kitchen. However, this recipe had BACON and I would sneak whatever I could when she wasn't looking. My girls tried to do the same when they were little – I was on to them. However, knowing how bacon takes over one's mind, I would let them have a little here and there.

- Jim Leahy

**\*THIN LINGUINI OR SPAGHETTI WITH AVOCADO, BACON AND SHRIMP\* RECIPE IS ON PAGE 2**

Week VI	Monday, April 3, 2023	Tuesday, April 4, 2023	Wednesday, April 5, 2023	Thursday, April 6, 2023	Friday, April 7, 2023
	<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>
Hot Meal	French Fries Steamed Fire Roasted Corn Cinnamon Apple Slices, 100% Fruit Juice & Choice Milk	Steamed Seasoned Rice Fresh Broccoli, Carrots & Dip Chilled Pears, 100% Fruit Juice & Choice Milk	Baby Carrots & Ranch Bananas Choice Milk	Sweet Chili Doritos Warm Seasoned Black Beans Fresh Orange, 100% Fruit Juice & Choice Milk	Steamed Rice Mixed Salad & Dressing Large Crisp Apple & Choice Milk
Cold	<b>Turkey &amp; Cheddar Chz Wrap w/ Mayo &amp; Cinnamon Grahams</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, April 10, 2023	Tuesday, April 11, 2023	Wednesday, April 12, 2023	Thursday, April 13, 2023	Friday, April 14, 2023
	<b>All Beef Hot Dog</b>	<b>Asian Chicken Leg</b>	<b>Brunch Lunch</b>	<b>Pizza Crunchers &amp; Marinara</b>	<b>Kapoon</b>
Hot Meal	WG Bun, Ketchup & Mustard Cool Ranch Doritos / CKC Baked Beans Cinnamon Apple Slices, 100% Fruit Juice & Choice Milk	Steamed Seasoned Rice Baby Carrots & Dip Chilled Pears, 100% Fruit Juice & Choice Milk	French Toast Sticks w/Berries & Syrup Mixed Greens Salad & Dressing Bananas & Choice Milk	Steamed Corn Cinnamon Grahams Fresh Orange, 100% Fruit Juice & Choice Milk	Dinner Rolls Sliced Cucumbers & Carrot Slims 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 II	Monday, April 17, 2023	Tuesday, April 18, 2023	Wednesday, April 19, 2023	Thursday, April 20, 2023	Friday, April 21, 2023
	<b>Meatball Sub w/Mozzarella</b>	<b>Hmong Sausage</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Spicy Breaded Chicken Sandwich</b>	<b>Crunchy Chicken Tender Wrap</b>
Hot Meal	Flamas Baby Carrots & Dip Cinnamon Apple Slices, 100% Fruit Juice & Choice Milk	Steamed Seasoned Rice Mixed Salad & Dressing Chilled Pears, 100% Fruit Juice & Choice Milk	Sliced Cucumbers, Baby Carrots & Dip Bananas Choice Milk	WG Bun, Honey Sriracha Ketchup French Fries, Cheese Crisps Fresh Orange, 100% Fruit Juice & Choice Milk	WG Tortilla, Chix Tenders, Boom Sauce Lettuce & Seasoned Black Beans 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 III	Monday, April 24, 2023	Tuesday, April 25, 2023	Wednesday, April 26, 2023	Thursday, April 27, 2023	Friday, April 28, 2023
	<b>Premium Chicken Nuggets w/ Ketchup</b>	<b>Beef Pretzel Dog w/ Ketchup</b>	<b>Mongolian Meatballs</b>	<b>General Tso's Chicken</b>	<b>Beef Pho</b>
Hot Meal	Cool Ranch Doritos Seasoned Black Beans Cinnamon Apple Slices, 100% Fruit Juice & Choice Milk	Steamed Mixed Veggies Fresh Romaine Salad & Dressing Chilled Pears, 100% Fruit Juice & Choice Milk	Garlic Dinner Rolls Steamed Fire Roasted Corn Bananas & Choice Milk	Steamed Brown Rice Steamed Broccoli, Carrots Fresh Orange, 100% Fruit Juice & Choice Milk	Dinner Roll Baby Carrots & Dip Strawberry Bites, 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 &amp; Animal Crackers</b>	<b>Grilled Chicken &amp; Cheese Bun</b>
<b>Deli Salads</b> (Vegetarian choices come with eggs & cheese in the place of meat)	<b>Grilled Chicken Caesar Salad</b> Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains	<b>Grilled Chicken Asian Salad</b> Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls added to complete the WG requirement	<b>Grilled Chicken SW Taco Salad</b> 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.	<b>"New" Classic Chef Salad</b> We just time-travelled and brought back this timeless gem. It's simple. It's classic. It's vintage. This Egg, Turkey, Tomatoes and Salad combo is sure to appeal eyes and taste buds. WG rolls fill the grain part.	<b>"New" Quinoa Power Bowl Salad</b> Not just vintage, we cover current trends too. This salad has "New-age Superfood" Quinoa as its base. Not stopping there, it becomes more powerful with Beans, Corn, Egg and Spinach.

\*\*\* 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.



Thin Linguini		
Ingredients:	Steps	Serves 4-5
<ul style="list-style-type: none"> <li>• 4 slices of bacon, diced</li> <li>• ¼ cup extra virgin olive oil</li> <li>• 1 garlic clove, crushed</li> <li>• 8 ounces peeled baby shrimp, finely chopped</li> <li>• 1 large avocado cut into thin wedges</li> <li>• 1 lb. thin linguini</li> <li>• ¼ cup grated Parmigiano- Reggiano cheese</li> </ul>	<ol style="list-style-type: none"> <li>1. Fry bacon in skillet until crisp.</li> <li>2. Combine olive oil and garlic in large skillet and heat until garlic sizzles.</li> <li>3. Add shrimp, toss to coat and heat through for about 2 minutes.</li> <li>4. Add reserved bacon and avocado.</li> <li>5. Let stand off heat until linguini is cooked.</li> <li>6. Cook linguini in salted water until firm to the bite.</li> <li>7. Combine with shrimp mixture.</li> <li>8. Add cheese to toss!</li> </ol>	

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

Week IV	Monday, May 1, 2023	Tuesday, May 2, 2023	Wednesday, May 3, 2023	Thursday, May 4, 2023	Friday, May 5, 2023
Hot Meal	<b>Spicy Chicken Patty Sandwich</b>	<b>Sweet &amp; Spicy Roasted Chicken Drumstick</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Walking Taco</b>	<b>Kapoon</b>
	Bakery Bun & Ketchup	Garlic Dinner Rolls	Baby Carrots & Ranch	Nacho Cheese Chips, Seasoned Beef, Chz, Youza Sauce	WG Bakery Rolls
	Sweet Chili Doritos / CKC Baked Beans	Mixed Green Salad & Dressing	Bananas	Steamed Corn & Carrot Slims	Sliced Cucumbers
	Cinnamon Apple Slices, 100% Fruit Juice & Choice Milk	Chilled Pears, 100% Fruit Juice & Choice Milk	Choice Milk	Granola Bites, Fresh Orange, 100% Fruit Juice & Choice Milk	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, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 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 Roll
	Spicy Cheetos / Baked Beans	Steamed Fire Roasted Corn, Carrot Slims	Sliced Cucumbers	Mixed Greens Salad & Dressing	Baby Carrots & Dip
	Cinnamon Apple Slices, 100% Fruit Juice & Choice Milk	Chilled Pears, 100% Fruit Juice & Choice Milk	Bananas & Choice Milk	Fresh Orange, 100% Fruit Juice & Choice Milk	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 &amp; Veggie Crisps</b>	<b>Grilled Chicken &amp; Cheese Bun</b>