

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
		French Toast Stick Pack (2 items)	English Muffin Breakfast Sandwich (2 Items)	Breakfast Egg Fried Rice (1 item)	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, 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
		Breakfast Pizza (2 items)	Mozzarella Pinwheel (2 items)	Cheesy French Bread (2 items)	Chicken Sausage Biscuit Breakfast 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 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
		Mini Pancake Puffs (2 items)	Breakfast Rice Soup (2 items)	Egg & Pepper Jack Cheese Bowtie (2 Items)	Cheesy Pretzel Bites (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 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
		WG Pancakes & Syrup (1 item)	Chicken Sausage Biscuit Breakfast Sandwich (2 items)	Turkey, Egg, Cheese Bites (2 items)	Breakfast Egg Fried Rice (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					

* 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"> • 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 	<ol style="list-style-type: none"> 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!

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	Cinnamon Crumble Loaf (2 items)	Hot Breakfast Maple Waffle Chicken Sandwich (2 items)	Hot Breakfast Waffle Eggoji w/Syrup (2 items)	Hot Breakfast Egg, Turkey Sausage Burrito (2 items)	Hot Breakfast Sweet Cinnamon Snack'n Waffle (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 V	Monday, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023
Hot Meal	Assorted Low Sugar Bowl Cereal (1 item)	Hot Breakfast Cheesy Pretzel Bites (2 items)	Hot Breakfast Breakfast Cheesy French Bread (2 items)	Hot Breakfast Egg & PepperJack Cheese Bowtie (2 items)	Hot Breakfast Turkey, Egg Cheese Burrito (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					

* 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 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	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
	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	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
	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	Meatball Sub w/Mozzarella	Hmong Sausage	Fresh Hot Delivered Pizza	Breaded Chicken Sandwich	Crunchy Chicken Tender Wrap
	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	Premium Chicken Nuggets	Cheesy Mostaccioli	Mongolian Meatballs	Mandarin Orange Chicken	Beef Meatballs & Ketchup
	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.

* 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"> • 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 	<ol style="list-style-type: none"> 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! 	

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	Breaded Chicken Patty Sandwich	BBQ Meatballs	Fresh Hot Delivered Pizza	Beef Taco	Creamy 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
	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
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	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	WG Apple Filled Donut (2 items)	Hot Breakfast	Hot Breakfast	Hot Breakfast	Hot Breakfast
		French Toast Stick Pack (2 items)	English Muffin Breakfast Sandwich (2 Items)	Breakfast Egg Fried Rice (2 items)	Whole Grain Pancakes & Syrup (2 Items)
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					

Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	Wednesday, April 12, 2023	Thursday, April 13, 2023	Friday, April 14, 2023
Breakfast	Assorted Big Bowl Cereal (2 Items)	Hot Breakfast	Hot Breakfast	Hot Breakfast	Hot Breakfast
		Breakfast Pizza (2 items)	Mozzarella Pinwheel (2 items)	Cheesy French Bread (2 items)	Chicken Sausage Biscuit Breakfast Sandwich (2 items)
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)				
	Choice Milk & Second Fruit OVS (1 item each)	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	New Big Bowl Trix Cereal (2 Items)	*New* Hot Breakfast	Hot Breakfast	Hot Breakfast	Hot Breakfast
		Mini Pancake Puffs (2 items)	Breakfast Rice Soup (2 items)	Egg & Pepper Jack Cheese Bowtie (2 Items)	Pancake Sausage on a Stick w/Syrup (2 items)
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)			
	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	Chocolate Glazed Donut (2 items)	Hot Breakfast	Hot Breakfast	Hot Breakfast	Hot Breakfast
		WG Pancakes & Syrup (2 items)	Chicken Sausage Biscuit Breakfast Sandwich (2 items)	Turkey, Egg, Cheese Bites (2 items)	Breakfast Egg Fried Rice (2 items)
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					

* 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:

- 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
Breakfast	Cinnamon Crumble Loaf (2 items)	Hot Breakfast	Hot Breakfast	Hot Breakfast	Hot Breakfast
		Maple Waffle Chicken Sandwich (2 items)	Waffle Eggoji w/Syrup (2 items)	Egg, Turkey Sausage Burrito (2 items)	Sweet Cinnamon Snack'n Waffle (2 items)
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					

Week V	Monday, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023
Hot Meal	Glazed Breakfast Bites (2 items)	Hot Breakfast	Hot Breakfast	Hot Breakfast	Hot Breakfast
		Cheesy Pretzel Bites (2 items)	Breakfast Cheesy French Bread (2 items)	Egg & Pepper Jack Cheese Bowtie (2 items)	Turkey, Egg Cheese Burrito (2 Items)
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	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					

* 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-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	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	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	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
	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	Meatball Sub w/Mozzarella	Hmong Sausage	Fresh Hot Delivered Pizza	Breaded Chicken Sandwich	Crunchy Chicken Tender Wrap
	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	Premium Chicken Nuggets	Beef Pretzel Dog w/ Ketchup	Mongolian Meatballs	Mandarin Orange Chicken	Beef Pho
	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)	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	"New" Classic Chef Salad	"New" Quinoa Power Bowl Salad
	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"> • 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 	<ol style="list-style-type: none"> 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! 	

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	Breaded Chicken Patty Sandwich	Sweet & Spicy Roasted Chicken Drumstick	Fresh Hot Delivered Pizza	Walking Beef Taco	Kapoon
	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	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	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

* 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 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**

	Monday, April 3, 2023	Tuesday, April 4, 2023	Wednesday, April 5, 2023	Thursday, April 6, 2023	Friday, April 7, 2023
Week VI					
Hot Meal	Golden Corn Dog w/ Ketchup French Fries Steamed Fire Roasted Corn Cinnamon Apple Slices, 100% Fruit Juice & Choice Milk	Roasted Curry Chicken Drumstick Steamed Seasoned Rice Fresh Broccoli, Carrots & Dip Chilled Pears, 100% Fruit Juice & Choice Milk	Fresh Hot Delivered Pizza Baby Carrots & Ranch Bananas Choice Milk	Chicken Fritters w/ Ranch Dip Sweet Chili Doritos Warm Seasoned Black Beans Fresh Orange, 100% Fruit Juice & Choice Milk	Hmong Sausage Steamed Rice Mixed Salad & Dressing Large Crisp Apple & Choice Milk
Cold	Turkey & Cheddar Chz Wrap w/ Mayo & Cinnamon Grahams	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Week I					
Hot Meal	All Beef Hot Dog WG Bun, Ketchup & Mustard Cool Ranch Doritos / CKC Baked Beans Cinnamon Apple Slices, 100% Fruit Juice & Choice Milk	Asian Chicken Leg Steamed Seasoned Rice Baby Carrots & Dip Chilled Pears, 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 Cinnamon Grahams Fresh Orange, 100% Fruit Juice & Choice Milk	Kapoon Dinner Rolls Sliced Cucumbers & Carrot Slims 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					
Hot Meal	Meatball Sub w/Mozzarella Flamas Baby Carrots & Dip Cinnamon Apple Slices, 100% Fruit Juice & Choice Milk	Hmong Sausage Steamed Seasoned Rice Mixed Salad & Dressing Chilled Pears, 100% Fruit Juice & Choice Milk	Fresh Hot Delivered Pizza Sliced Cucumbers, Baby Carrots & Dip Bananas Choice Milk	Spicy Breaded Chicken Sandwich WG Bun, Honey Sriracha Ketchup French Fries, Cheese Crisps Fresh Orange, 100% Fruit Juice & Choice Milk	Crunchy Chicken Tender Wrap WG Tortilla, Chix Tenders, Boom Sauce Lettuce & Seasoned Black Beans 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					
Hot Meal	Premium Chicken Nuggets w/ Ketchup Cool Ranch Doritos Seasoned Black Beans Cinnamon Apple Slices, 100% Fruit Juice & Choice Milk	Beef Pretzel Dog w/ Ketchup Steamed Mixed Veggies Fresh Romaine Salad & Dressing Chilled Pears, 100% Fruit Juice & Choice Milk	Mongolian Meatballs Garlic Dinner Rolls Steamed Fire Roasted Corn Bananas & Choice Milk	General Tso's Chicken Steamed Brown Rice Steamed Broccoli, Carrots Fresh Orange, 100% Fruit Juice & Choice Milk	Beef Pho Dinner Roll Baby Carrots & Dip Strawberry Bites, Large 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
Deli Salads (Vegetarian choices come with eggs & cheese in the place of meat)	Grilled Chicken Caesar Salad Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains	Grilled Chicken Asian Salad Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls added to complete the WG requirement	Grilled Chicken SW Taco Salad 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.	"New" Classic Chef Salad 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.	"New" Quinoa Power Bowl Salad 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)

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Thin Linguini		
Ingredients:	Steps	Serves 4-5
<ul style="list-style-type: none"> • 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 	<ol style="list-style-type: none"> 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! 	

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	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
	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	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
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 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	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Veggie Crisps	Grilled Chicken & Cheese Bun

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