

This institution is an equal opportunity provider

Menu Info	Name : April 2022 MTS PEASE Lunch Menu	Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads
	Age Group : 9-12	Meal : Lunch Meal Pattern : NSLP / SSO

Chef Spotlight - Oscar Yangari (Offsite Kitchen Manager) Friday, April 1, 2022

Week I	Food is not just about eating for Energy; It's something to Experience			
Hot Meal	<p>If you know how to cut a whole chicken into pieces, you can make 'Seco de pollo' in just a few steps! This traditional family recipe has been in the family for decades and inherited by young generations, inspiring what to cook on the fly, when you have guests unexpected. My short personal experience:</p> <p>One day, I had my significant other over for dinner and my menu for that day was shrimp ceviche (another typical delicious dish). I had everything ready and was ready to serve when she arrives. My luck (or the opposite), I totally forgot that my then roommate was allergic to shrimp even by the smell. My roommate was out that morning and I remembered this allergy only after he reached home. Immediately, I got so nervous not knowing what to do for plan B because she was on her way already! What could I cook on the fly? And this recipe flashed in my mind. Right away I asked my roommate, "Do you have chicken?". Luckily, he did! I was thinking to myself "No matter how it turns out, I am cooking it". I started cutting the whole chicken into pieces, shaking and nervous! By the time she got home I had the rice going and the chicken in process, but I was so nervous because I told her that the dinner was ready and to not be late, lol! Somehow, I did it fast and she just waited 15 minutes while she was watching me cooking nervous! I still remember those intense moments, as if it</p>			
Hot Veg	Chef Oscar's recipe 'Seco De Pollo' is on Page 2			
Cold				

Monday, April 4, 2022 Tuesday, April 5, 2022 Wednesday, April 6, 2022 Thursday, April 7, 2022 Friday, April 8, 2022

Week II	Golden Corn Dog w/ Ketchup	Yahya! Boneless Chicken Wings	Fresh Hot Delivered Pizza	Brunch Lunch
Hot Meal	Goldfish Pretzels CKC Baked Beans, Baby Carrots Fresh Pears & 100% Fruit Juice Choice Milk	Spicy Wing Sauce & Chili Doritos Ranchero Corn Salad Crispy Mini Wafers Bananas & Choice Milk	Garden Salad & Dressing Peaches Cup 100% Juice Box Choice Milk	Buttermilk Pancakes, Berries & Syrup Turkey Sausage Patties Baby Carrots & Dip Mixed Berry Cup & 100% Fruit Juice & Choice Milk
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese	Fresh Hot Cheese Pizza	Buttermilk Pancakes & Syrup w/Fruited Yogurt Cup, Chz Stick
Cold	Wowbutter & Jelly Sandwich	Sesame Chicken Bun	Turkey & Cheese Wrap w/Mayo & Honey Grahams	CKC Crazy Good Chicken Bun

Monday, April 11, 2022 Tuesday, April 12, 2022 Wednesday, April 13, 2022 Thursday, April 14, 2022 Friday, April 15, 2022

Week III	Youza Chicken Bites Wrap	Good Ole Fashioned Hamburger	Fresh Hot Delivered Pizza	Cheesy Lasagna Roll
Hot Meal	WG Tortilla & Chicken Bites w/ Shred Chz, Lettuce, Chopped Cilantro & CKC Youza Sauce Flamas w/ Creamy Refried Bean Salsa Dip Fresh Pears & 100% Fruit Juice & Choice Milk	w/ Pickle Rounds & Ketchup Cheetos Baby Carrots Bananas & Choice Milk	Corn Tastic Salad & Celery Sticks Peaches Cup & 100% Fruit Juice Cheddar Cheese Crisps Choice Milk	Fresh Broccoli, Baby Carrots & Dip Elf Grahams Mixed Berry Cup & 100% Fruit Juice Choice Milk
Hot Veg	Bean & Cheese Burrito	Veggie Burger	Fresh Hot Cheese Pizza	Veggie Lasagna Roll & WG Roll
Cold	Chicken & Cheese Torta Sandwich	Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken Sandwich w/Sauce	Chicken & Cheddar Wrap & Honey Grahams

Monday, April 18, 2022 Tuesday, April 19, 2022 Wednesday, April 20, 2022 Thursday, April 21, 2022 Friday, April 22, 2022

Week IV	Lemony Garlic Chicken	Mongolian Meatballs	Fresh Hot Delivered Pizza	Brunch Lunch
Hot Meal	Served on Warm Cilantro Rice Lime Black Bean Salad & Carrot Slims Flamas / Fresh Pears 100% Fruit Juice & Choice Milk	WG Dinner Rolls Mashed Potatoes Bananas Choice Milk	Baby Carrots & Dip Large Crisp Varietal Apple Choice Milk	French Toast Sticks, Berries & Syrup Crisp Salad & Dressing Peaches Cup 100% Fruit Juice & Choice Milk
Hot Veg	Pizza Crunchers & Italian Dip	Swedish Veggie Patty w/ WG Roll	Fresh Hot Cheese Pizza	French Toast Sticks & Syrup
Cold	Turkey Bun w/ Mayo	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap, Cheetos	Sesame Chicken Bun

Monday, April 25, 2022 Tuesday, April 26, 2022 Wednesday, April 27, 2022 Thursday, April 28, 2022 Friday, April 29, 2022

Week V	Mozzarella Burger	Asian Sesame Chicken Wrap	Fresh Hot Delivered Pizza	Walking Taco
Hot Meal	WG Bakery Bun & Ketchup Sun Chips Baby Carrots & Dip, Fresh Pears 100% Fruit Juice & Choice Milk	WG Tortilla, Chicken Bites Asian Slaw Mix, Sweet Chili Doritos Fresh Broccoli & Dip Bananas & Choice Milk	Jicama Sticks & Dip Grape Tomatoes Mixed Berry Cup & 100% Fruit Juice Choice Milk	Nacho Chz Doritos, Seasoned Beef w/ Shred Chz, Lettuce, Cilantro & Boom Sauce, Cheesy Refried Beans Mixed Berry Crackers, Peaches Cup 100% Fruit Juice & Choice Milk
Hot Veg	Mozzarella Veggie Burger	Twisted Cheese Breadsticks	Fresh Hot Cheese Pizza	Cheese Quesadilla
Cold	Roast Turkey on Wheat Bread w/Mayo	Asian Chicken Sticky Bun	Chicken Caesar Wrap & Elf Grahams	CKC Crazy Good Chicken Bun

Hot Veg and Cold meals are served with vegetables and fruit of the day

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

Days	Monday	Tuesday	Wednesday	Thursday	Friday
Deli Salads (Vegetarian choices come with eggs in the place of chicken)	Grilled Chicken Caesar Salad Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	Grilled Chicken Asian Salad Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	Grilled Chicken Southwest 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.	Grilled Chicken Bistro Salad 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.	

*Skim and 1% milk choices offered daily

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

Menu Info				
Name : April 2022 MTS Pease Breakfast Menu				
Age Group : 9-12		Meal : Breakfast		Meal Pattern : NSLP / SSO
Chef Spotlight - Oscar Yangari (Offsite Kitchen Manager)				
Friday, April 1, 2022				
Week I	<p>Food is not just about eating for Energy; It's something to Experience</p> <p>If you know how to cut a whole chicken into pieces, you can make 'Seco de pollo' in just a few steps! This traditional family recipe has been in the family for decades and inherited by young generations, inspiring what to cook on the fly, when you have guests unexpected. My short personal experience:</p> <p>One day, I had my significant other over for dinner and my menu for that day was shrimp ceviche (another typical delicious dish). I had everything ready and was ready to serve when she arrives. My luck (or the opposite), I totally forgot that my then roommate was allergic to shrimp even by the smell. My roommate was out that morning and I remembered this allergy only after he reached home. Immediately, I got so nervous not knowing what to do for plan B because she was on her way already! What could I cook on the fly? And this recipe flashed in my mind. Right away I asked my roommate, "Do you have chicken?". Luckily, he did! I was thinking to myself "No matter how it turns out, I am cooking it". I started cutting the whole chicken into pieces, shaking and nervous! By the time she got home I had the rice going and the chicken in process, but I was so nervous because I told her that the dinner was ready and to not be late, lol! Somehow, I did it fast and she just waited 15 minutes while she was watching me cooking nervous! I still remember those intense moments, as if it</p> <p>Three items meet USDA Requirements (One item must be fruit)</p>			
Breakfast	<p>Three items meet USDA Requirements (One item must be fruit)</p> <p>Chef Oscar's recipe 'Seco De Pollo' is on Page 2</p> <p><i>Chef's Choice May be Offered Daily</i></p>			
Monday, April 4, 2022				
Tuesday, April 5, 2022				
Wednesday, April 6, 2022				
Thursday, April 7, 2022				
Friday, April 8, 2022				
Week II	Assorted Big Bowl Cereal (2 items)	Apple Filled Donut (2 items)	Chocolate Chip Muffin (2 items)	WG Glazed Honey Bun (2 items)
Breakfast	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
Three items meet USDA Requirements (One item must be fruit)	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)
<i>Chef's Choice May be Offered Daily</i>				
Monday, April 11, 2022				
Tuesday, April 12, 2022				
Wednesday, April 13, 2022				
Thursday, April 14, 2022				
Friday, April 15, 2022				
Week III	Apple Soft Filled Oatmeal Cereal Bar (2 items)	Assorted Big Bowl Cereal (2 items)	Variety Sliced Bagel (2 items)	Big Bowl Frosted Flakes (2 Items)
Breakfast	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	w/ Non Dairy Spread (Shelf Stable) & Fruit Jelly Cup	100% 4.23 oz Fruit Juice (1 item)
Three items meet USDA Requirements (One item must be fruit)	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)
<i>Chef's Choice May be Offered Daily</i>				
Monday, April 18, 2022				
Tuesday, April 19, 2022				
Wednesday, April 20, 2022				
Thursday, April 21, 2022				
Friday, April 22, 2022				
Week IV	Big Bowl Cinnamon Toast Crunch (2 items)	Handmade Strawberry Boli (2 items)	Large Breakfast Bread (2 items)	Strawberry Soft Oatmeal Bar (2 items)
Breakfast	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
Three items meet USDA Requirements (One item must be fruit)	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)
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Monday, April 25, 2022				
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Wednesday, April 27, 2022				
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Friday, April 29, 2022				
Week V	Chocolate Chip Muffin (2 items)	Honey Bun (2 items)	Assorted Big Bowl Cereal (2 items)	3 oz Breakfast Brekkie (2 items)
Breakfast	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
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