

| Name : September 2022 MTS Banaadir North Grades 5-8 Lunch menu |  | Options Provided : Hot, Hot Vegetarian Meals   |  |  |  |
|--|--|--|--|--|--|
| Age Group : K-8 Grades   |  | Meal : Lunch   |  | Meal Pattern : NSLP  |  |
| Week V   | Chef Spotlight - Barbara Reinhold (Administrative Coordinator)   |  |  | Thursday, September 1, 2022  | Friday, September 2, 2022                        |
| Lunch  | <b>Who said cooking is for eating?</b>   |  |  |  |  |
|  | <p>"Some of my favorite recipes are not actually for eating. This HOMEMADE SILLY PUTTY RECIPE is among one of my favorites. Who can resist the fun toy in the plastic egg that has annual sales that exceeds six million eggs around the world?</p> <p>Cooking is about having the confidence to try new things. So Cooking is like science, you experiment with ingredients until you find or make the thing you want.</p> <p>- Barb<sup>TM</sup></p> |  |  |  |  |
| Veg Option   | Chef Barb's recipe for 'Homemade Silly Putty' is on Page 2   |  |  |  |  |
| Week VI  | Monday, September 5, 2022  | Tuesday, September 6, 2022   | Wednesday, September 7, 2022   | Thursday, September 8, 2022  | Friday, September 9, 2022                        |
| Lunch  |  | <b>"New" Roasted Curry Chicken Drumstick</b>   | <b>Cheeseburger</b>  | <b>Chicken Fritters w/ Ranch Dip</b>   | <b>Fresh Hot Pizza</b>                           |
|  |  | Old Fashioned Biscuit<br>Assorted Salad Bar<br>Tropical Fruit Mix<br>Choice Milk   | Fresh Bakery Bun & Ketchup<br>Assorted Salad Bar<br>Elf Grahams<br>Banana & Choice Milk                        | Cool Ranch Doritos<br>Assorted Salad Bar<br>Summer Grapes<br>Choice Milk                                     | Assorted Salad Bar<br>Crisp Apple<br>Choice Milk |
| Veg Option   |  | <b>Creamy Mac &amp; Cheese</b>   | <b>Garden Cheeseburger</b>   | <b>Cheese Quesadilla</b>   | <b>Fresh Hot Cheese Pizza</b>                    |
| Week I   | Monday, September 12, 2022   | Tuesday, September 13, 2022  | Wednesday, September 14, 2022  | Thursday, September 15, 2022   | Friday, September 16, 2022                       |
| Lunch  | <b>"New" Creamy Chicken Pasta</b>  | <b>All Beef Hot Dog</b>  | <b>Burrito Bowl</b>  | <b>Creamy Mac &amp; Cheese</b>   | <b>Fresh Hot Pizza</b>                           |
|  | Soft Dinner Rolls<br>Assorted Salad Bar<br>Variety Applesauce<br>Choice Milk   | WG Bun, Ketchup & Mustard<br>Cool Ranch Doritos<br>Assorted Salad Bar<br>Tropical Fruit Mix & Choice Milk                      | Brown Rice topped w/Seasoned Beef<br>Shred Chz & CKC Youza Sauce<br>Assorted Salad Bar<br>Banana & Choice Milk | Assorted Salad Bar<br>Summer Grapes<br>Mixed Berry Animal Crackers<br>Choice Milk                            | Assorted Salad Bar<br>Crisp Apple<br>Choice Milk |
| Veg Option   | <b>Smothered Garden Patty w/ WG Rolls</b>  | <b>Grilled Cheese Sandwich</b>   | <b>Quesadilla</b>  | <b>Creamy Mac &amp; Cheese</b>   | <b>Fresh Hot Cheese Pizza</b>                    |
| Week II  | Monday, September 19, 2022   | Tuesday, September 20, 2022  | Wednesday, September 21, 2022  | Thursday, September 22, 2022   | Friday, September 23, 2022                       |
| Lunch  | <b>"New" BBQ Beef Sandwich</b>   | <b>"New" Chicken Tinga Walking Taco</b>  | <b>Meatball Sub w/Mozzarella</b>   | <b>Brunch Lunch</b>  | <b>Fresh Hot Pizza</b>                           |
|  | Sunchips<br>Assorted Salad Bar<br>Variety Applesauce<br>Choice Milk  | Seasoned Chicken, Fresh Chopped Cilantro<br>Crema & Frito Corn Chips<br>Assorted Salad Bar<br>Tropical Fruit Mix & Choice Milk | Cool Ranch Doritos<br>Assorted Salad Bar<br>Banana<br>Choice Milk  | Buttermilk Pancakes & Syrup<br>Scrambled Eggs w/ Cheese<br>Assorted Salad Bar<br>Summer Grapes & Choice Milk | Assorted Salad Bar<br>Crisp Apple<br>Choice Milk |
| Veg Option   | <b>BBQ Garden Burger</b>   | <b>Creamy Mac &amp; Cheese &amp; Bakery Roll</b>   | <b>Veggie Lasagna Roll w/ WG Roll</b>  | <b>Buttermilk Pancakes &amp; Syrup w/Scrambled Eggs</b>  | <b>Fresh Hot Cheese Pizza</b>                    |
| Week III   | Monday, September 26, 2022   | Tuesday, September 27, 2022  | Wednesday, September 28, 2022  | Thursday, September 29, 2022   | Friday, September 30, 2022                       |
| Lunch  | <b>Premuim Chicken Nuggets</b>   | <b>Mandarin Orange Chicken</b>   | <b>Good Ole Fashioned Hamburger</b>  | <b>Cheesy Lasagna Roll</b>   | <b>Fresh Hot Pizza</b>                           |
|  | Ketchup<br>Assorted Salad Bar<br>Cool Ranch Doritos<br>Variety Applesauce & Choice Milk  | Steamed Brown Rice<br>Assorted Salad Bar<br>Tropical Fruit Mix<br>Choice Milk  | w/ Pickle Rounds & Ketchup<br>Assorted Salad Bar<br>Baked Cheetos<br>Banana & Choice Milk                      | Assorted Salad Bar<br>Summer Grapes<br>Elf Grahams<br>Choice Milk  | Assorted Salad Bar<br>Crisp Apple<br>Choice Milk |
| Veg Option   | <b>Cheese Hot Pocket w/ Italian Dip</b>  | <b>Bean &amp; Cheese Burrito</b>   | <b>Grilled Cheese Sandwich</b>   | <b>Veggie Lasagna Roll</b>   | <b>Fresh Hot Cheese Pizza</b>                    |

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

\* 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.

| <b>Homemade Silly Putty - Recipe</b>  |  |
|---|--|
| <b>Ingredients</b><br><br>* Large Bowl, fork / small silicone spatula<br>* 1 cup Corn Starch<br>* ½ cup Dish soap<br>* 1 tbsps Baby oil/Cooking oil<br>* 3 drops of Food coloring | <b>Steps :</b><br><br>1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl.<br>2. Add oil and food coloring, mix with fork/spatula.<br>3. Now for the science part --- use your hands to knead the putty until it is smooth.<br>4. The putty will last about an hour – if you want to save some for later seal it in an air-tight container. |

**October 2022 Menu (Subject to Change)**

| Week IV    | Monday, October 3, 2022   | Tuesday, October 4, 2022  | Wednesday, October 5, 2022  | Thursday, October 6, 2022  | Friday, October 7, 2022                          |
|------------|---|---|---|--|--|
|            | <b>Queso Meatball Sub</b>   | <b>Breaded Chicken Patty Sandwich</b>   | <b>"New" Greek Nachos<br/>****(Student Favorite)****</b>  | <b>Brunch Lunch</b>  | <b>Fresh Hot Pizza</b>                           |
| Lunch      | WG Bun & Cilantro<br>Nacho Cheese Doritos<br>Assorted Salad Bar<br>Variety Applesauce & Choice Milk | Bakery Bun & Ketchup<br>Assorted Salad Bar<br>Tropical Fruit Mix<br>Choice Milk | Seasoned Meat, Corn Tortilla Chips<br>Tatziki Sauce<br>Assorted Salad Bar & Banana<br>Cinnamon Goldfish & Choice Milk | French Toast Sticks w/ Syrup<br>Assorted Salad Bar<br>Summer Grapes<br>Choice Milk | Assorted Salad Bar<br>Crisp Apple<br>Choice Milk |
| Veg Option | <b>Garden Cheeseburger</b>  | <b>Cheese Quesadilla</b>  | <b>Warm Cheesy Nachos</b>   | <b>French Toast Sticks &amp; Syrup</b>   | <b>Fresh Hot Cheese Pizza</b>                    |

| Week V     | Monday, October 10, 2022  | Tuesday, October 11, 2022  | Wednesday, October 12, 2022                                   | Thursday, October 13, 2022   | Friday, October 14, 2022                         |
|------------|---|--|---|--|--|
|            | <b>Mozzarella Burger</b>  | <b>Pomodoro Meatballs</b>  | <b>Creamy Mac &amp; Cheese</b>                                | <b>Sesame Chicken</b>  | <b>Fresh Hot Pizza</b>                           |
| Lunch      | WG Bakery Bun & Ketchup<br>Cool Ranch Doritos<br>Assorted Salad Bar<br>Variety Applesauce & Choice Milk | WG Dinner Rolls<br>Assorted Salad Bar<br>Tropical Fruit Mix<br>Choice Milk | Assorted Salad Bar<br>Banana<br>Vanilla Wafers<br>Choice Milk | Steamed Seasoned Rice<br>Assorted Salad Bar<br>Summer Grapes<br>Lemon Crisps & Choice Milk | Assorted Salad Bar<br>Crisp Apple<br>Choice Milk |
| Veg Option | <b>Mozzarella Veggie Burger</b>   | <b>Veggie Lasagna Roll &amp; WG Rolls</b>                                  | <b>Cheese Hot Pocket w/ Italian Dip</b>                       | <b>Veggie Nuggets w/ Ketchup &amp; Dinner Rolls</b>  | <b>Fresh Hot Cheese Pizza</b>                    |

| Week VI    | Monday, October 17, 2022   | Tuesday, October 18, 2022  | Wednesday, October 19, 2022   | Thursday, October 20, 2022   | Friday, October 21, 2022                         |
|------------|--|--|---|--|--|
|            | <b>Golden Corn Dog w/ Ketchup</b>  | <b>"New" Roasted Curry Chicken Drumstick</b>                                     | <b>Cheeseburger</b>   | <b>Chicken Fritters w/ Ranch Dip</b>                                     | <b>Fresh Hot Pizza</b>                           |
| Lunch      | Assorted Salad Bar<br>Variety Applesauce<br>Choice Milk<br>Goldfish Pretzels | Old Fashioned Biscuit<br>Assorted Salad Bar<br>Tropical Fruit Mix<br>Choice Milk | Fresh Bakery Bun & Ketchup<br>Assorted Salad Bar<br>Elf Grahams<br>Banana & Choice Milk | Cool Ranch Doritos<br>Assorted Salad Bar<br>Summer Grapes<br>Choice Milk | Assorted Salad Bar<br>Crisp Apple<br>Choice Milk |
| Veg Option | <b>Pizza Crunchers &amp; Italian Dip</b>                                     | <b>Creamy Mac &amp; Cheese</b>   | <b>Garden Cheeseburger</b>  | <b>Cheese Quesadilla</b>   | <b>Fresh Hot Cheese Pizza</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 : September 2022 MTS Banaadir North Grades 9-12 Lunch menu |  | Options Provided : Hot, Hot Vegetarian Meals   |   |   |   |
|---|--|--|---|---|---|
| Age Group : 9-12 Grades   |  | Meal : Lunch   |   | Meal Pattern : NSLP   |   |
| Week V  | Chef Spotlight - Barbara Reinhold (Administrative Coordinator)   |  |   | Thursday, September 1, 2022   | Friday, September 2, 2022   |
| Hot Meal  | <b>Who said cooking is for eating?</b>   |  |   |   |   |
|   | <p>"Some of my favorite recipes are not actually for eating. This HOMEMADE SILLY PUTTY RECIPE is among one of my favorites. Who can resist the fun toy in the plastic egg that has annual sales that exceeds six million eggs around the world?</p> <p>Cooking is about having the confidence to try new things. So Cooking is like science, you experiment with ingredients until you find or make the thing you want.</p> <p>- Barb<sup>TM</sup></p> |  |   |   |   |
| Hot Veg   | Chef Barb's recipe for 'Homemade Silly Putty' is on Page 2   |  |   |   |   |
| Week VI   | Monday, September 5, 2022  | Tuesday, September 6, 2022   | Wednesday, September 7, 2022  | Thursday, September 8, 2022   | Friday, September 9, 2022   |
| Hot Meal  |  | <b>"New" Roasted Curry Chicken Drumstick</b>   | <b>Cheeseburger</b>   | <b>Spicy Chicken Fritters w/ Ranch Dip</b>  | <b>Fresh Hot Pizza</b>  |
|   |  | Old Fashioned Biscuit w/ Margarine Pc<br>Assorted Salad Bar<br>Tropical Fruit Mix<br>Cinnamon Goldfish, Choice Milk, 100% Fruit Juice Box                      | Fresh Bakery Bun & Ketchup<br>Assorted Salad Bar<br>Elf Grahams<br>Bananas & Choice Milk                        | Cool Ranch Doritos<br>Assorted Salad Bar<br>Summer Grapes<br>Choice Milk, 100% Fruit Juice Box                                  | Assorted Salad Bar<br>Large Crisp Apple<br>Choice Milk<br>Honey Grahams     |
| Hot Veg   |  | <b>Creamy Mac &amp; Cheese</b>   | <b>Garden Cheeseburger</b>  | <b>Cheese Quesadilla</b>  | <b>Fresh Hot Cheese Pizza</b>   |
| Week I  | Monday, September 12, 2022   | Tuesday, September 13, 2022  | Wednesday, September 14, 2022   | Thursday, September 15, 2022  | Friday, September 16, 2022  |
| Hot Meal  | <b>"New" Creamy Chicken Pasta</b>  | <b>All Beef Hot Dog</b>  | <b>Burrito Bowl</b>   | <b>Creamy Mac &amp; Cheese</b>  | <b>Fresh Hot Pizza</b>  |
|   | Soft Dinner Rolls<br>Assorted Salad Bar<br>Variety Applesauce & 100% Fruit Juice<br>Choice Milk  | WG Bun, Ketchup & Mustard<br>Cool Ranch Doritos<br>Assorted Salad Bar & 100% Fruit Juice<br>Tropical Fruit Mix & Choice Milk                                   | Brown Rice topped w/Seasoned Beef<br>Shred Chz & CKC Youza Sauce<br>Assorted Salad Bar<br>Bananas & Choice Milk | Assorted Salad Bar<br>Summer Grapes & 100% Fruit Juice<br>Mixed Berry Animal Crackers<br>WG Rolls & Choice Milk                 | Assorted Salad Bar<br>Large Crisp Apple<br>Choice Milk<br>Cinnamon Goldfish |
| Hot Veg   | <b>Smothered Garden Patty w/ WG Rolls</b>  | <b>Grilled Cheese Sandwich</b>   | <b>Quesadilla</b>   | <b>Creamy Mac &amp; Cheese</b>  | <b>Fresh Hot Cheese Pizza</b>   |
| Week II   | Monday, September 19, 2022   | Tuesday, September 20, 2022  | Wednesday, September 21, 2022   | Thursday, September 22, 2022  | Friday, September 23, 2022  |
| Hot Meal  | <b>"New" BBQ Beef Sandwich</b>   | <b>"New" Chicken Tinga Walking Taco</b>  | <b>Meatball Sub w/Mozzarella</b>  | <b>Brunch Lunch</b>   | <b>Fresh Hot Pizza</b>  |
|   | Sunchips<br>Assorted Salad Bar<br>Variety Applesauce & 100% Fruit Juice<br>Choice Milk   | Seasoned Chicken, Fresh Chopped Cilantro<br>Crema & Frito Corn Chips<br>Assorted Salad Bar & 100% Fruit Juice<br>Mini Wafers, Tropical Fruit Mix & Choice Milk | Cool Ranch Doritos<br>Assorted Salad Bar<br>Bananas<br>Choice Milk  | Buttermilk Pancakes & Syrup<br>Scrambled Eggs w/ Cheese<br>Assorted Salad Bar & 100% Fruit Juice<br>Summer Grapes & Choice Milk | Assorted Salad Bar<br>Large Crisp Apple<br>Choice Milk<br>Honey Grahams     |
| Hot Veg   | <b>BBQ Garden Burger</b>   | <b>Creamy Mac &amp; Cheese &amp; WG Roll</b>   | <b>Veggie Lasagna Roll w/ WG Roll</b>   | <b>Buttermilk Pancakes &amp; Syrup w/Scrambled Eggs</b>   | <b>Fresh Hot Cheese Pizza</b>   |
| Week III  | Monday, September 26, 2022   | Tuesday, September 27, 2022  | Wednesday, September 28, 2022   | Thursday, September 29, 2022  | Friday, September 30, 2022  |
| Hot Meal  | <b>Premuim Chicken Nuggets</b>   | <b>Mandarin Orange Chicken</b>   | <b>Good Ole Fashioned Hamburger</b>   | <b>Cheesy Lasagna Roll</b>  | <b>Fresh Hot Pizza</b>  |
|   | Ketchup<br>Assorted Salad Bar & 100% Fruit Juice<br>Cool Ranch Doritos<br>Variety Applesauce & Choice Milk   | WG Roll & Steamed Brown Rice<br>Assorted Salad Bar<br>Tropical Fruit Mix & 100% Fruit Juice<br>Choice Milk   | w/ Pickle Rounds, Leaf Lettuce, Ketchup & Mayo<br>Assorted Salad Bar<br>Baked Cheetos<br>Bananas & Choice Milk  | WG Rolls & Assorted Salad Bar<br>Summer Grapes<br>Elf Grahams<br>100% Fruit Juice & Choice Milk                                 | Assorted Salad Bar<br>Large Crisp Apple<br>Choice Milk<br>Pretzel Goldfish  |
| Hot Veg   | <b>Cheese Hot Pocket w/ Italian Dip</b>  | <b>Bean &amp; Cheese Burrito</b>   | <b>Grilled Cheese Sandwich</b>  | <b>Veggie Lasagna Roll</b>  | <b>Fresh Hot Cheese Pizza</b>   |

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

**Homemade Silly Putty - Recipe**

|   |  |
|---|--|
| <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>* Large Bowl, fork / small silicone spatula</li> <li>* 1 cup Corn Starch</li> <li>* ½ cup Dish soap</li> <li>* 1 tbsps Baby oil/Cooking oil</li> <li>* 3 drops of Food coloring</li> </ul> | <p><b>Steps :</b></p> <ol style="list-style-type: none"> <li>1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl.</li> <li>2. Add oil and food coloring, mix with fork/spatula.</li> <li>3. Now for the science part --- use your hands to knead the putty until it is smooth.</li> <li>4. The putty will last about an hour – if you want to save some for later seal it in an air-tight container.</li> </ol> |
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**October 2022 Menu (Subject to Change)**

| Week IV  | Monday, October 3, 2022   | Tuesday, October 4, 2022  | Wednesday, October 5, 2022   | Thursday, October 6, 2022  | Friday, October 7, 2022   |
|----------|---|---|--|--|---|
|          | <b>Queso Meatball Sub</b>   | <b>Spicy Chicken Patty Sandwich</b>   | <b>"New" Greek Nachos<br/>****(Student Favorite)****</b>   | <b>Brunch Lunch</b>  | <b>Fresh Hot Pizza</b>  |
| Hot Meal | WG Bun & Cilantro<br>Nacho Cheese Doritos<br>Assorted Salad Bar<br>Variety Applesauce, 100% Fruit Juice Box & Choice Milk | Bakery Bun & Ketchup<br>Flamas<br>Assorted Salad Bar & Tropical Fruit Mix<br>Choice Milk & 100% Fruit Juice Box | Seasoned Meat, Corn Tortilla Chips, Corn Salsa & Tatziki Sauce<br>Assorted Salad Bar<br>Bananas<br>Cinnamon Goldfish & Choice Milk | French Toast Sticks w/ Syrup<br>Assorted Salad Bar<br>Summer Grapes<br>Choice Milk, 100% Fruit Juice Box | Assorted Salad Bar<br>Large Crisp Apple<br>Choice Milk<br>Granola Bites |
| Hot Veg  | <b>Garden Cheeseburger</b>  | <b>Cheese Quesadilla</b>  | <b>Warm Cheesy Nachos</b>  | <b>French Toast Sticks &amp; Syrup</b>   | <b>Fresh Hot Cheese Pizza</b>   |

| Week V   | Monday, October 10, 2022  | Tuesday, October 11, 2022  | Wednesday, October 12, 2022  | Thursday, October 13, 2022   | Friday, October 14, 2022  |
|----------|---|--|--|--|---|
|          | <b>Mozzarella Burger</b>  | <b>Pomodoro Meatballs</b>  | <b>Creamy Mac &amp; Cheese</b>   | <b>Sesame Chicken</b>  | <b>Fresh Hot Pizza</b>  |
| Hot Meal | WG Bakery Bun & Ketchup<br>Cool Ranch Doritos<br>Assorted Salad Bar<br>Variety Applesauce, 100% Fruit Juice Box & Choice Milk | WG Dinner Rolls<br>Mashed Potatoes & Assorted Salad Bar<br>Tropical Fruit Mix<br>Choice Milk, 100% Fruit Juice Box | Fresh Bakery Roll<br>Assorted Salad Bar<br>Vanilla Wafers<br>Bananas & Choice Milk | WG Roll & Steamed Seasoned Rice<br>Assorted Salad Bar<br>Summer Grapes, 100% Fruit Juice Box<br>Lemon Crisps & Choice Milk | Assorted Salad Bar<br>Large Crisp Apple<br>Choice Milk<br>Cinnamon Goldfish |
| Hot Veg  | <b>Mozzarella Veggie Burger</b>   | <b>Veggie Lasagna Roll &amp; WG Rolls</b>  | <b>Cheese Hot Pocket w/ Italian Dip</b>  | <b>Veggie Nuggets w/ Ketchup &amp; Dinner Rolls</b>  | <b>Fresh Hot Cheese Pizza</b>   |

| Week VI  | Monday, October 17, 2022   | Tuesday, October 18, 2022   | Wednesday, October 19, 2022  | Thursday, October 20, 2022   | Friday, October 21, 2022  |
|----------|--|---|--|--|---|
|          | <b>Golden Corn Dog w/ Ketchup</b>  | <b>"New" Roasted Curry Chicken Drumstick</b>  | <b>Cheeseburger</b>  | <b>Spicy Chicken Fritters w/ Ranch Dip</b>   | <b>Fresh Hot Pizza</b>  |
| Hot Meal | Hot Cheetos<br>Assorted Salad Bar<br>Variety Applesauce<br>Choice Milk, 100% Fruit Juice Box | Old Fashioned Biscuit w/ Margarine Pc<br>Assorted Salad Bar<br>Tropical Fruit Mix<br>Cinnamon Goldfish, Choice Milk, 100% Fruit Juice Box | Fresh Bakery Bun & Ketchup<br>Assorted Salad Bar<br>Elf Grahams<br>Bananas & Choice Milk | Cool Ranch Doritos<br>Assorted Salad Bar<br>Summer Grapes<br>Choice Milk, 100% Fruit Juice Box | Assorted Salad Bar<br>Large Crisp Apple<br>Choice Milk<br>Honey Grahams |
| Hot Veg  | <b>Pizza Crunchers &amp; Italian Dip</b>   | <b>Creamy Mac &amp; Cheese</b>  | <b>Garden Cheeseburger</b>   | <b>Cheese Quesadilla</b>   | <b>Fresh Hot Cheese Pizza</b>   |

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\* 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.