

<b>Name : September 2022 MTS Banaadir Elementary Grades K-4 Lunch Menu</b>	<b>Options Provided : Hot, Hot Vegetarian, Cold Meals &amp; Deli Salads</b>
<b>Age Group : K-5</b>	<b>Meal : Lunch</b> <b>Meal Pattern : NSLP</b>

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>		
	Some of my favorite recipes are not actually for eating. This <b>HOMEMADE SILLY PUTTY RECIPE</b> 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?		
	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.		
Hot Veg	- Barb		
Cold	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> Old Fashioned Biscuit Fresh Broccoli & Dip Tropical Fruit Mix Choice Milk	<b>Cheeseburger</b> Fresh Bakery Bun & Ketchup Baby Carrots & Dip Elf Grahams Banana & Choice Milk	<b>Chicken Fritters w/ Ranch Dip</b> Cool Ranch Doritos Seasoned Black Beans Summer Grapes Choice Milk	<b>Fresh Hot Pizza</b> Mixed Salad & Dressing Crisp Apple Choice Milk
	Hot Veg	<b>Creamy Mac &amp; Cheese</b>	<b>Garden Cheeseburger</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
	Cold	<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>

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> Soft Dinner Roll Fresh Baby Carrots Variety Applesauce Choice Milk	<b>All Beef Hot Dog</b> WG Bun, Ketchup & Mustard Cool Ranch Doritos CKC Baked Beans Tropical Fruit Mix & Choice Milk	<b>Burrito Bowl</b> Brown Rice topped w/Seasoned Beef Shred Chz, Lettuce & CKC Youza Sauce Corn Ranchero Banana & Choice Milk	<b>Creamy Mac &amp; Cheese</b> Fresh Sliced Cucumbers & Dip Summer Grapes Mixed Berry Animal Crackers Choice Milk	<b>Fresh Hot Pizza</b> Broccoli Florets Crisp Apple Choice Milk
	Hot Veg	<b>Smothered Garden Patty w/ WG Rolls</b>	<b>Quesadilla</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Fresh Hot Cheese Pizza</b>
	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>

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> Sunchips CKC Baked Beans Variety Applesauce Choice Milk	<b>"New" Chicken Tinga Walking Taco</b> Seasoned Chicken, Fresh Chopped Cilantro Crema & Frito Corn Chips Corn Salsa Tropical Fruit Mix & Choice Milk	<b>Meatball Sub w/Mozzarella</b> Cool Ranch Doritos Crisp Salad & Dressing Banana Choice Milk	<b>Brunch Lunch</b> Buttermilk Pancakes & Syrup Scrambled Eggs w/ Cheese Celery Sticks Summer Grapes & Choice Milk	<b>Fresh Hot Pizza</b> Baby Carrots Crisp Apple Choice Milk
	Hot Veg	<b>BBQ Garden Burger</b>	<b>Veggie Lasagna Roll w/ WG Roll</b>	<b>Buttermilk Pancakes &amp; Syrup w/Scrambled Eggs</b>	<b>Fresh Hot Cheese Pizza</b>
	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>

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>Premium Chicken Nuggets</b> Ketchup Seasoned Black Beans Cool Ranch Doritos Variety Applesauce & Choice Milk	<b>Mandarin Orange Chicken</b> Steamed Brown Rice Fresh Broccoli & Ranch Tropical Fruit Mix Choice Milk	<b>Good Ole Fashioned Hamburger</b> w/ Pickle Rounds & Ketchup Corneriffica Salad Baked Cheetos Banana & Choice Milk	<b>Cheesy Lasagna Roll</b> Mixed Salad & Dressing Summer Grapes Elf Grahams Choice Milk	<b>Fresh Hot Pizza</b> Baby Carrots Crisp Apple Choice Milk
	Hot Veg	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Grilled Cheese Sandwich</b>	<b>Veggie Lasagna Roll</b>	<b>Fresh Hot Cheese Pizza</b>
	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>

Deli Salads	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	Grilled Chicken Bistro Salad	Grilled Chicken Power Green Salad
(Vegetarian choices come with eggs in the place of chicken)	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	Powerful greens like Kale and Spinach raise the bar on this super green salad, with craisins bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.

\*\*\* Hot Veg and 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.

<b>Homemade Silly Putty - Recipe</b>	
<b>Ingredients</b>  * Large Bowl, fork / small silicone spatula * 1 cup Corn Starch * ½ cup Dish soap * 1 tbsp Baby oil/Cooking oil * 3 drops of Food coloring	<b>Steps :</b>  1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl. 2. Add oil and food coloring, mix with fork/spatula. 3. Now for the science part --- use your hands to knead the putty until it is smooth. 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
Hot Meal	<b>Queso Meatball Sub</b> WG Bun & Cilantro Nacho Cheese Doritos Cheesy Refried Beans Variety Applesauce & Choice Milk	<b>Breaded Chicken Patty Sandwich</b> Bakery Bun & Ketchup Baby Carrots & Dip Tropical Fruit Mix Choice Milk	<b>"New" Greek Nachos ****(Student Favorite)****</b> Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Corn Salsa Banana & Choice Milk	<b>Brunch Lunch</b> French Toast Sticks w/ Syrup Celery Sticks Summer Grapes Choice Milk	<b>Fresh Hot Pizza</b> Mixed Greens Salad & Dressing Crisp Apple Choice Milk
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>
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>
Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022	Thursday, October 13, 2022	Friday, October 14, 2022
Hot Meal	<b>Mozzarella Burger</b> WG Bakery Bun & Ketchup Cool Ranch Doritos Black Bean Salad Variety Applesauce & Choice Milk	<b>Pomodoro Meatballs</b> WG Dinner Roll Mashed Potatoes Tropical Fruit Mix Choice Milk	<b>Creamy Mac &amp; Cheese</b> Mixed Greens Salad & Dressing Banana Vanilla Wafers Choice Milk	<b>Sesame Chicken</b> Steamed Seasoned Rice Sliced Cucumbers Summer Grapes Lemon Crisps & Choice Milk	<b>Fresh Hot Pizza</b> Baby Carrots Crisp Apple Choice Milk
Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Veggie Lasagna Roll</b>	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Veggie Nuggets w/ Ketchup &amp; Dinner Roll</b>	<b>Fresh Hot Cheese Pizza</b>
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 VI	Monday, October 17, 2022	Tuesday, October 18, 2022	Wednesday, October 19, 2022	Thursday, October 20, 2022	Friday, October 21, 2022
Hot Meal	<b>Golden Corn Dog w/ Ketchup</b> Goldfish Pretzels Cornerrific Salad Variety Applesauce Choice Milk	<b>"New" Roasted Curry Chicken Drumstick</b> Old Fashioned Biscuit Fresh Broccoli & Dip Tropical Fruit Mix Choice Milk	<b>Cheeseburger</b> Fresh Bakery Bun & Ketchup Baby Carrots & Dip Elf Grahams Banana & Choice Milk	<b>Chicken Fritters w/ Ranch Dip</b> Cool Ranch Doritos Seasoned Black Beans Summer Grapes Choice Milk	<b>Fresh Hot Pizza</b> Mixed Salad & Dressing Crisp Apple Choice Milk
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>
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>

\* 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.