

Name : November 2022 MTS PEASE Academy Lunch Menu		Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads			
Age Group : 9-12		Meal : Lunch		Meal Pattern : NSLP	
Week II		Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022
Hot Meal		<b>Chicken Tinga Walking Taco</b> Frito Corn Chips, Seasoned Chicken Fresh Chopped Cilantro, Crema, Corn Salsa Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Fresh Hot Delivered Pizza</b> Baby Carrots & Dip Bananas Choice Milk Cinnamon Goldfish	<b>Meatball Sub w/Mozzarella</b> Cool Ranch Doritos Crisp Salad & Dressing Summer Grapes 100% Juice Box & Choice Milk	
Hot Veg		<b>Creamy Mac &amp; Cheese w/ Fresh Bakery Roll</b>	<b>Fresh Hot Cheese Pizza</b>	<b>Veggie Lasagna Roll &amp; WG Roll</b>	
Cold		Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	
Week III	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
Hot Meal	<b>Spicy Chicken Nuggets w/ Ketchup</b> Sweet Chili Doritos CKC Baked Beans Variety Applesauce 100% Juice Box & Choice Milk	<b>Cheesy Lasagna Roll</b> WG Garlic Dinner Rolls Fresh Broccoli, Baby Carrots & Dip Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Fresh Hot Delivered Pizza</b> Baby Carrots, Sliced Cucumbers & Dip Bananas Choice Milk Animal Crackers	<b>Good Ole Fashioned Hamburger</b> w/Lettuce, Ketchup & Mustard Cool Ranch Doritos & Cornerrific Salad Summer Grapes & 100% Fruit Juice Box Choice Milk	
Hot Veg	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Veggie Lasagna Roll</b>	<b>Fresh Hot Cheese Pizza</b>	<b>Bean &amp; Cheese Burrito</b>	
Cold	<b>Turkey &amp; Cheddar Chz Wrap w/ Mayo</b>	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	
Week IV	Monday, November 14, 2022	Tuesday, November 15, 2022	Wednesday, November 16, 2022	Thursday, November 17, 2022	Friday, November 18, 2022
Hot Meal	<b>Greek Nachos</b> ****(Student Favorite)**** Seasoned Meat, Corn Tortilla Chips Tatziki Sauce & Corn Salsa Goldfish Grahams & Variety Applesauce 100% Juice Box & Choice Milk	<b>Brunch Lunch</b> French Toast Sticks & Syrup Baby Carrots w/ Ranch Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Fresh Hot Delivered Pizza</b> Mixed Salad & Dressing Bananas Choice Milk Elf Grahams	<b>Spicy Chicken Patty Sandwich</b> Bakery Bun, Ketchup & Mayo Flamas / CKC Baked Beans & Carrot Slims Summer Grapes & 100% Fruit Juice Box Choice Milk	
Hot Veg	<b>Garden Cheeseburger</b>	<b>French Toast Sticks &amp; Syrup</b>	<b>Fresh Hot Cheese Pizza</b>	<b>Cheese Quesadilla</b>	
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	
Week V	Monday, November 21, 2022	Tuesday, November 22, 2022	Wednesday, November 23, 2022	Thursday, November 24, 2022	Friday, November 25, 2022
Hot Meal	<b>Mozzarella Burger</b> WG Bakery Bun & Ketchup Cool Ranch Doritos Corn Salad, Variety Applesauce 100% Fruit Juice & Choice Milk	<b>Creamy Mac &amp; Cheese</b> WG Roll Fresh Broccoli, Grape Tomatoes & Dip Tropical Fruit Mix & 100% Fruit Juice Vanilla Wafers & Choice Milk	<b>Fresh Hot Delivered Pizza</b> Carrots & Sliced Cucumbers Bananas Choice Milk Cinnamon Goldfish	<b>Walking Taco</b> Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Lettuce, Cilantro & Cholula Hot Sauce Chzy Refried Beans & Summer Grapes 100% Fruit Juice Box, Animal Crackers & Choice Milk	
Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Fresh Hot Cheese Pizza</b>	<b>Cheese Quesadilla</b>	
Cold	<b>Turkey &amp; Cheddar Chz Wrap w/ Mayo</b>	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	
Week VI	Monday, November 28, 2022	Tuesday, November 29, 2022	Wednesday, November 30, 2022	Chef Spotlight - Jason Wilson, Field Kitchen Supervisor, CKC Good Food	
Hot Meal	<b>Golden Corn Dog w/ Ketchup</b> Hot Cheetos Baby Carrots Variety Applesauce 100% Juice Box & Choice Milk	<b>Roasted Curry Chicken Drumstick</b> Old Fashioned Biscuit w/ Margarine PC Creamy Mashed Potatoes Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Fresh Hot Delivered Pizza</b> Mixed Salad w/Dressing Bananas Choice Milk Honey Grahams	<b>Connecting to Roots through Food</b>  The 'Shoofly Pie' recipe is a favorite in my family. We have longstanding roots in Pennsylvania and this dish is often associated with the Pennsylvania Dutch Amish and Mennonite Communities. There are two styles to this treat: 'Dry' which has a cake-like texture, and 'wet', which has a custard-like bottom. My family always preferred the dry method but as I've learned to make it myself, I prefer the 'wet' pie. It's great for breakfast or dessert and is shelf-stable on the countertop for 5 days (while keeping covered.) - Jason	
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Creamy Mac &amp; Cheese w/ WG Crackers</b>	<b>Fresh Hot Cheese Pizza</b>		
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	Honey Mustard Chicken Bun	Turkey Bun w/Mayo		
Deli Salads (Vegetarian choices come with eggs in the place of chicken)	<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	<b>Grilled Chicken Asian Salad</b> Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll 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>Grilled Chicken Bistro Salad</b> 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.	<b>Grilled Chicken Power Green Salad</b> 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)

Ingredients Needed:		Servings : 1 Pie	<b>Shoofly Pie Recipe</b>
1 pie crust placed in a 9 inch pie plate (Store bought or from scratch) 1 ½ cups of flour 1 ½ cups of dark brown sugar 1 teaspoon of cinnamon ½ teaspoon of nutmeg A pinch of salt ¼ cup of cold, unsalted butter ¾ cup of molasses (light molasses is sweeter, dark molasses is less sweet, but richer) ¾ cup boiling water			<b>Steps:</b> 1. Preheat oven to 450° F. Prepare pie crust from scratch or use a store-bought one.  There are two components to the filling, the molasses liquid mixture and the crumb topping.  <b>Crumb topping:</b> 2. Combine the flour, sugar, cinnamon, nutmeg in a bowl, add a pinch of salt and mix well. Use a fork or pastry cutter to work in the butter, until you have a pebbly consistency.  <b>Filling:</b> 3. Add the molasses and water along with baking soda, all into a mixing bowl and combine well. Pour the mixture into a prepared pie shell. Evenly sprinkle the crumb topping on top. Do not mix the crumb and filling in order to get the 'wet' pie. If you want the 'dry' pie, mix the crumb and filling together.  4. Bake in the oven for 15 minutes and then reduce the oven temperature to 350° and bake for 20 more minutes. The shoofly pie is done when it is set and firm.

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

Week VI			Thursday, December 1, 2022	Friday, December 2, 2022
Hot Meal			<b>Cheeseburger</b> Fresh Bakery Bun & Ketchup Seasoned Black Beans & Carrots Summer Grapes & Elf Grahams 100% Fruit Juice Box & Choice Milk	
Hot Veg			<b>Garden Cheeseburger</b>	
Cold			<b>Chicken Caesar Wrap</b>	

Week I	Monday, December 5, 2022	Tuesday, December 6, 2022	Wednesday, December 7, 2022	Thursday, December 8, 2022	Friday, December 9, 2022
Hot Meal	<b>All Beef Hot Dog</b> WG Bun, Ketchup & Mustard Cool Ranch Doritos Baked Beans & Variety Applesauce 100% Juice Box & Choice Milk	<b>General Tso's Chicken</b> WG Roll & Seasoned Brown Rice Crisp Broccoli, Baby Carrots & Dip Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Fresh Hot Delivered Pizza</b> Baby Carrots, Celery Sticks & Dip Bananas Choice Milk Honey Grahams	<b>Burrito Bowl</b> Brown Rice topped w/Seasoned Beef Shred Chz, Lettuce & CKC Youza Sauce Corn Ranchero, Summer Grapes 100% Fruit Juice Box, Animal Crackers & Choice Milk	
Hot Veg	<b>Grilled Cheese Sandwich</b>	<b>Stuffed Breadstick w/ Sauce</b>	<b>Fresh Hot Cheese Pizza</b>	<b>Cheese Quesadilla</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, December 12, 2022				
Hot Meal	<b>BBQ Beef Sandwich</b> Hot Cheetos CKC Baked Beans & Carrot Slims Variety Applesauce 100% Juice Box & Choice Milk				
Hot Veg	<b>BBQ Garden Burger</b>				
Cold	<b>Wowbutter &amp; Jelly Sandwich</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.