

**Name : December 2022 MTS PEASE Academy Lunch Menu** **Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads**  
**Age Group : 9-12** **Meal : Lunch** **Meal Pattern : NSLP**

<b>Week VI</b>		Chef Spotlight - Justin Kilmer, Warehouse Manager		Thursday, December 1, 2022	Friday, December 2, 2022
		<b>Festive Vibes &amp; Food</b>		<b>Spicy Chicken Fritters w/ Ranch Din</b>	
Hot Meal	I started getting more interested in trying and making food around the age of 12. I have always been very recipe oriented when it comes to cooking. Food magazines like Taste of Home or Gourmet, as well as cookbooks were very helpful in providing inspiration and useful information to me. Although I have many favorite recipes, I decided to share a simple yet satisfying vegetable side I've made numerous times for Thanksgiving or Christmas meals. The holidays are all about food and family!		Sweet Chili Doritos		
Hot Veg	- Justin		Seasoned Black Beans & Fresh Broccoli		
Cold	Justin Kilmer's 'Roasted Maple - Ginger Root Vegetables' is on Page 2		Fresh Orange		
				100% Fruit Juice Box & Choice Milk	
				<b>Cheese Quesadilla</b>	
				<b>Chicken Caesar Wrap</b>	

<b>Week I</b>	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, Carrot Slims Variety Applesauce, 100% Juice Box & Choice Milk	<b>General Tso's Chicken</b> WG Roll & Seasoned Brown Rice Baby Carrots & Dip Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Chicken Tinga Walking Taco</b> Frito Corn Chips, Seasoned Chicken Fresh Cilantro, Crema, Corn Salsa Bananas Honey Grahams & Choice Milk	<b>Burrito Bowl</b> Brown Rice topped w/Seasoned Beef Shred Chz, Lettuce & CKC Youza Sauce Mixed Salad, Fresh Orange Animal Crackers, 100% Fruit Juice Box & Choice Milk	
Hot Veg	<b>Grilled Cheese Sandwich</b>	<b>Stuffed Breadstick w/ Sauce</b>	<b>Smothered Veg Patty &amp; WG Rolls</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 &amp; Animal Crackers</b>	

<b>Week II</b>	Monday, December 12, 2022	Tuesday, December 13, 2022	Wednesday, December 14, 2022	Thursday, December 15, 2022	Friday, December 16, 2022
Hot Meal	<b>BBQ Beef Sandwich</b> Hot Cheetos CKC Baked Beans & Carrot Slims Variety Applesauce 100% Juice Box & Choice Milk	<b>Hawaiian Chicken</b> Seasoned Rice, Fresh Cilantro Fresh Broccoli & Dip Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Meatball Sub w/ Mozzarella</b> Cool Ranch Doritos Corn Salad Bananas Choice Milk	<b>Beef Fried Rice</b> WG Roll Steamed Carrots Fresh Orange 100% Fruit Juice Box & Choice Milk	
Hot Veg	<b>BBQ Garden Burger</b>	<b>Creamy Mac &amp; Cheese w/ Fresh Bakery Roll</b>	<b>Veggie Lasagna Roll &amp; WG Roll</b>	<b>Egg Fried Rice</b>	
Cold	<b>Wowbutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/ Mayo</b>	<b>Chicken Caesar Wrap &amp; Animal Crackers</b>	

<b>Week III</b>	Monday, December 19, 2022	Tuesday, December 20, 2022	Wednesday, December 21, 2022	Thursday, December 22, 2022	Friday, December 23, 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 Grape Tomatoes & Dip Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Good Ole Fashioned Hamburger</b> w/Lettuce, Ketchup & Mustard Cool Ranch Doritos Cornerrific Salad & Carrots Bananas & Choice Milk	<b>Mandarin Orange Chicken</b> Steamed Brown Rice Fresh Broccoli, Celery & Ranch Fresh Orange & 100% Fruit Juice Box Choice Milk	
Hot Veg	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Veggie Lasagna Roll</b>	<b>Grilled Cheese Sandwich</b>	<b>Bean &amp; Cheese Burrito</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>Week IV</b>	Monday, December 26, 2022	Tuesday, December 27, 2022	Wednesday, December 28, 2022	Thursday, December 29, 2022	Friday, December 30, 2022
Hot Meal	<b>Queso Meatball Sub</b> WG Bun, Diced Tomatoes & Cilantro Nacho Chz Doritos & Chzy Refried Beans 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>Greek Nachos ****(Student Favorite)****</b> Seasoned Meat, Corn Tortilla Chips Tatziki Sauce, Corn Salsa & Carrots Bananas Cinnamon Goldfish & Choice Milk	<b>Spicy Chicken Patty Sandwich</b> Bakery Bun, Ketchup & Mayo Flamas Mixed Greens Salad & Fresh Orange 100% Fruit Juice Box & Choice Milk	
Hot Veg	<b>Garden Cheeseburger</b>	<b>French Toast Sticks &amp; Syrup</b>	<b>Warm Cheesy Nachos</b>	<b>Cheese Quesadilla</b>	
Cold	<b>Wowbutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/ Mayo</b>	<b>Chicken Caesar Wrap</b>	

<b>Deli Salads</b> <small>(Vegetarian choices come with eggs in the place of chicken)</small>	<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.
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\*\*\* 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.

**Roasted Maple-Ginger Root Vegetables Recipe**

<b>Ingredients:</b> •5 medium parsnips, peeled and sliced •5 small carrots, sliced •3 medium turnips, peeled and cubed •1 large sweet potato, peeled and cubed •1 small rutabaga, peeled and cubed •1 large sweet onion, cut into wedges •1 small red onion, cut into wedges •2 tablespoons olive oil •1 tablespoon minced fresh ginger root •1 teaspoon salt •1/2 teaspoon pepper •1 cup maple syrup	Serves 5-6	<b>Steps:</b> •Place the vegetables (first 7 ingredients listed) in a large bowl. •Add the oil, ginger, salt and pepper and toss well to coat. •Arrange vegetables in a single layer in two 15x10x1-in. baking pans coated with cooking spray. •Bake uncovered, at 425° for 25 minutes, stirring once. •Drizzle with syrup. •Bake until vegetables are tender, 20-25 minutes longer, stirring once more.
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**January 2023 Menu (Subject to Change)**

Week V	Monday, January 2, 2023	Tuesday, January 3, 2023	Wednesday, January 4, 2023	Thursday, January 5, 2023	Friday, January 6, 2023
Hot Meal	<b>Mozzarella Burger</b> WG Bakery Bun & Ketchup Cool Ranch Doritos Corn Salad, Carrots & Variety Applesauce 100% Fruit Juice & Choice Milk	<b>Creamy Mac &amp; Cheese</b> WG Roll Carrot Slims & Dip Tropical Fruit Mix & 100% Fruit Juice Vanilla Wafers & Choice Milk	<b>Sesame Chicken</b> Steamed Seasoned Rice Fresh Broccoli, Sliced Cucumbers & Dip Bananas Fortune Cookie & Choice Milk	<b>Walking Taco</b> Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Lettuce, Cilantro & Cholula Hot Sauce Chzy Refried Beans & Fresh Orange 100% Fruit Juice Box, Animal Crackers & Choice Milk	
Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Cheese Hot Pocket w/ Italian Dip</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 VI	Monday, January 9, 2023	Tuesday, January 10, 2023	Wednesday, January 11, 2023		
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> WG Roll w/ Margarine PC Creamy Mashed Potatoes Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Cheeseburger</b> Fresh Bakery Bun & Ketchup Coleslaw, Fresh Carrots Bananas Elf Grahams & Choice Milk		
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Creamy Mac &amp; Cheese w/ WG Crackers</b>	<b>Garden Cheeseburger</b>		
Cold	<b>Wowbutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>		

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