

Name : January 2023 Banaadir Academy Grades 5-8 Lunch Menu		Options Provided : Hot, Hot Vegetarian Meals			
Age Group : K-8 Grades		Meal : Lunch		Meal Pattern : NSLP	
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 Assorted Salad Bar Variety Applesauce & Choice Milk	<b>Pomodoro Meatballs</b> WG Dinner Rolls Assorted Salad Bar Tropical Fruit Mix Choice Milk	<b>Creamy Mac &amp; Cheese</b> Assorted Salad Bar Banana Vanilla Wafers Choice Milk	<b>Sesame Chicken</b> Steamed Seasoned Rice Assorted Salad Bar Fresh Orange Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Crisp Apple Choice Milk
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 Roll</b>	<b>Fresh Hot Cheese Pizza</b>
Week VI	Monday, January 9, 2023	Tuesday, January 10, 2023	Wednesday, January 11, 2023	Thursday, January 12, 2023	Friday, January 13, 2023
Hot Meal	<b>Golden Corn Dog w/ Ketchup</b> Assorted Salad Bar Variety Applesauce Choice Milk	<b>Roasted Curry Chicken Drumstick</b> WG Roll Assorted Salad Bar Tropical Fruit Mix Choice Milk	<b>Cheeseburger</b> Fresh Bakery Bun & Ketchup Assorted Salad Bar Elf Grahams Banana & Choice Milk	<b>Chicken Fritters w/ Ranch Dip</b> Cool Ranch Doritos Assorted Salad Bar Fresh Orange Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar 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>
Week I	Monday, January 16, 2023	Tuesday, January 17, 2023	Wednesday, January 18, 2023	Thursday, January 19, 2023	Friday, January 20, 2023
Hot Meal	<b>Creamy Mac &amp; Cheese</b> Soft Dinner Roll Assorted Salad Bar Variety Applesauce Choice Milk	<b>All Beef Hot Dog</b> WG Bun, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar Tropical Fruit Mix & Choice Milk	<b>Burrito Bowl</b> Brown Rice topped w/Seasoned Beef Shred Chz & CKC Youza Sauce Assorted Salad Bar Banana & Choice Milk	<b>Chicken Tinga Walking Taco</b> Seasoned Chicken, Fresh Chopped Cilantro Crema & Frito Corn Chips Assorted Salad Bar Fresh Orange & Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	<b>Creamy Mac &amp; Cheese</b>	<b>Grilled Cheese Sandwich</b>	<b>Quesadilla</b>	<b>Smothered Garden Patty w/ WG Rolls</b>	<b>Fresh Hot Cheese Pizza</b>
Week II	Monday, January 23, 2023	Tuesday, January 24, 2023	Wednesday, January 25, 2023	Thursday, January 26, 2023	Friday, January 27, 2023
Hot Meal	<b>BBQ Beef Sandwich</b> Sunchips Assorted Salad Bar Variety Applesauce Choice Milk	<b>Hawaiian Chicken</b> Seasoned Rice, Fresh Cilantro Assorted Salad Bar Tropical Fruit Mix Choice Milk	<b>Meatball Sub w/Mozzarella</b> Assorted Salad Bar Banana Choice Milk	<b>Brunch Lunch</b> Buttermilk Pancakes & Syrup Scrambled Eggs w/ Cheese Assorted Salad Bar Fresh Orange & Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	<b>BBQ Garden Burger</b>	<b>Creamy Mac &amp; Cheese &amp; Fresh 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, January 30, 2023	Tuesday, January 31, 2023	Chef Spotlight - Shawn Mueller, Procurement Manager		
Hot Meal	<b>Premium Chicken Nuggets</b> Ketchup Assorted Salad Bar Cool Ranch Doritos Variety Applesauce & Choice Milk	<b>Mandarin Orange Chicken</b> Steamed Brown Rice Assorted Salad Bar Tropical Fruit Mix Choice Milk	<p><b>Heart and Soul Warming Winter Food</b></p> <p>Growing up, this meal was made religiously in our home. Tater Tot hotdish is a simple, yet delicious meal. It is great right out of the oven, or when reheated before or after you go out skating on the pond or for any other fun winter activity.</p> <p>Warm up this winter with some Hotdish.</p> <p>--Shawn Mueller</p>		
Hot Veg	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Bean &amp; Cheese Burrito</b>	'Tater Tot Hotdish' recipe is on Page 2		

\*\*\* Hot Vegetarian meals are served with vegetables, fruit of the day & 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.

**Tater Tot Hotdish Recipe**

<b>Ingredients :</b> <ul style="list-style-type: none"> <li>•1 bag Tater Tots- 32oz</li> <li>•1 pound Lean Ground Beef (or Chicken/Turkey)</li> <li>•1 Onion</li> <li>•2 cups mixed vegetables</li> <li>•10.5 ounces Cream of Mushroom Soup</li> <li>•0.5 cup sour cream</li> <li>•0.5 cup milk</li> <li>•0.5 teaspoon garlic</li> <li>•Salt and Pepper to taste</li> <li>•2.5 cups Cheddar cheese shredded</li> </ul>	<b>Serves 4-6</b>	<b>Steps:</b> <ul style="list-style-type: none"> <li>•Preheat oven to 400 degrees.</li> <li>•Grease your casserole dish.</li> <li>•Brown ground beef, onion over medium heat and drain the fat.</li> <li>•While your beef is cooking, mix together Soup, Sour cream, Milk, Garlic and 0.5 cup of the cheese.</li> <li>•Once your beef is browned, pour into the greased casserole and add the soup mixture on top. Layer the tater tots on top of the beef and soup mix.</li> <li>•Sprinkle the rest of the Cheddar Cheese.</li> <li>•Cook covered for 30 minutes, remove foil and cook an additional 15-20 minutes until bubbly.</li> </ul>
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**February 2023 Menu (Subject to Change)**

Week III	Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023		
Hot Meal	<b>Good Ole Fashioned Hamburger</b> w/ Pickle Rounds & Ketchup Assorted Salad Bar Baked Cheetos Banana & Choice Milk	<b>Cheesy Lasagna Roll</b> Assorted Salad Bar Fresh Orange Elf Grahams Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Crisp Apple Choice Milk		
Hot Veg	<b>Grilled Cheese Sandwich</b>	<b>Veggie Lasagna Roll</b>	<b>Fresh Hot Cheese Pizza</b>		
Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Hot Meal	<b>Mongolian Meatballs</b> Steamed Rice Assorted Salad Bar Variety Applesauce Choice Milk	<b>Breaded Chicken Patty Sandwich</b> Bakery Bun & Ketchup Assorted Salad Bar Tropical Fruit Mix Choice Milk	<b>Greek Nachos ****(Student Favorite)****</b> Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Assorted Salad Bar & Banana Choice Milk	<b>Brunch Lunch</b> French Toast Sticks w/ Syrup Assorted Salad Bar Fresh Orange Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar 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>

\* 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 : January 2023 Banaadir Academy Grades 9-12 Lunch Menu		Options Provided : Hot, Hot Vegetarian Meals			
Age Group : 9-12 Grades		Meal : Lunch		Meal Pattern : NSLP	
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 Assorted Salad Bar Variety Applesauce, 100% Fruit Juice Box & Choice Milk	<b>Pomodoro Meatballs</b> WG Dinner Rolls Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice & Choice Milk	<b>Creamy Mac &amp; Cheese</b> Vanilla Wafers Assorted Salad Bar Bananas Choice Milk	<b>Sesame Chicken</b> Steamed Seasoned Rice Assorted Salad Bar Fresh Orange Choice Milk, 100% Fruit Juice Box	<b>Fresh Hot Pizza</b> Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Veggie Lasagna Roll &amp; WG Roll</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, January 9, 2023	Tuesday, January 10, 2023	Wednesday, January 11, 2023	Thursday, January 12, 2023	Friday, January 13, 2023
Hot Meal	<b>Golden Corn Dog w/ Ketchup</b> Hot Cheetos Assorted Salad Bar Variety Applesauce Choice Milk, 100% Fruit Juice Box	<b>Roasted Curry Chicken Drumstick</b> Dinner Rolls w/ Margarine Pc Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice & Choice Milk	<b>Cheeseburger</b> Fresh Bakery Bun & Ketchup Assorted Salad Bar Elf Grahams Bananas & Choice Milk	<b>Spicy Chicken Fritters w/ Ranch Dip</b> Cool Ranch Doritos Assorted Salad Bar Fresh Orange Choice Milk, 100% Fruit Juice Box	<b>Fresh Hot Pizza</b> Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Creamy Mac &amp; Cheese &amp; Dinner Roll</b>	<b>Garden Cheeseburger</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
Week I	Monday, January 16, 2023	Tuesday, January 17, 2023	Wednesday, January 18, 2023	Thursday, January 19, 2023	Friday, January 20, 2023
Hot Meal	<b>Creamy Mac &amp; Cheese</b> Soft Dinner Roll Assorted Salad Bar Variety Applesauce & 100% Fruit Juice Choice Milk	<b>All Beef Hot Dog</b> WG Bun, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar & 100% Fruit Juice Tropical Fruit Mix & Choice Milk	<b>Burrito Bowl</b> Brown Rice topped w/Seasoned Beef Shred Chz & CKC Youza Sauce Assorted Salad Bar Bananas & Choice Milk	<b>Chicken Tinga Walking Taco</b> Seasoned Chicken, Fresh Cilantro Crema & Frito Corn Chips Assorted Salad Bar & 100% Fruit Juice Honey Grahams, Fresh Orange & Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	<b>Creamy Mac &amp; Cheese</b>	<b>Grilled Cheese Sandwich</b>	<b>Quesadilla</b>	<b>Smothered Garden Patty w/ WG Rolls</b>	<b>Fresh Hot Cheese Pizza</b>
Week II	Monday, January 23, 2023	Tuesday, January 24, 2023	Wednesday, January 25, 2023	Thursday, January 26, 2023	Friday, January 27, 2023
Hot Meal	<b>BBQ Beef Sandwich</b> Sunchips Assorted Salad Bar Variety Applesauce & 100% Fruit Juice Choice Milk	<b>Hawaiian Chicken</b> Seasoned Rice, Fresh Cilantro Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice & Choice Milk	<b>Meatball Sub w/Mozzarella</b> Cool Ranch Doritos Assorted Salad Bar Bananas Choice Milk	<b>Brunch Lunch</b> Buttermilk Pancakes & Syrup Scrambled Eggs w/ Cheese Assorted Salad Bar & 100% Fruit Juice Fresh Orange & Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	<b>BBQ Garden Burger</b>	<b>Creamy Mac &amp; Cheese &amp; WG Roll</b>	<b>Veggie Lasagna Roll</b>	<b>Buttermilk Pancakes &amp; Syrup w/Scrambled Eggs</b>	<b>Fresh Hot Cheese Pizza</b>
Week III	Monday, January 30, 2023	Tuesday, January 31, 2023	Chef Spotlight - Shawn Mueller, Procurement Manager		
Hot Meal	<b>Premium Chicken Nuggets</b> Ketchup Assorted Salad Bar & 100% Fruit Juice Cool Ranch Doritos Variety Applesauce & Choice Milk	<b>Mandarin Orange Chicken</b> Steamed Brown Rice Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice & Choice Milk	<p><b>Heart and Soul Warming Winter Food</b></p> <p>Growing up, this meal was made religiously in our home. Tater Tot hotdish is a simple, yet delicious meal. It is great right out of the oven, or when reheated before or after you go out skating on the pond or for any other fun winter activity.</p> <p>Warm up this winter with some Hotdish.</p> <p>--Shawn Mueller</p>		
Hot Veg	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Bean &amp; Cheese Burrito</b>	'Tater Tot Hotdish' recipe is on Page 2		

\*\*\* Hot Vegetarian meals are served with vegetables, fruit of the day & milk.

**Tater Tot Hotdish Recipe**

<b>Ingredients :</b> <ul style="list-style-type: none"> <li>•1 bag Tater Tots- 32oz</li> <li>•1 pound Lean Ground Beef (or Chicken/Turkey)</li> <li>•1 Onion</li> <li>•2 cups mixed vegetables</li> <li>•10.5 ounces Cream of Mushroom Soup</li> <li>•0.5 cup sour cream</li> <li>•0.5 cup milk</li> <li>•0.5 teaspoon garlic</li> <li>•Salt and Pepper to taste</li> <li>•2.5 cups Cheddar cheese shredded</li> </ul>	<b>Serves 4-6</b>	<b>Steps:</b> <ul style="list-style-type: none"> <li>•Preheat oven to 400 degrees.</li> <li>•Grease your casserole dish.</li> <li>•Brown ground beef, onion over medium heat and drain the fat.</li> <li>•While your beef is cooking, mix together Soup, Sour cream, Milk, Garlic and 0.5 cup of the cheese.</li> <li>•Once your beef is browned, pour into the greased casserole and add the soup mixture on top. Layer the tater tots on top of the beef and soup mix.</li> <li>•Sprinkle the rest of the Cheddar Cheese.</li> <li>•Cook covered for 30 minutes, remove foil and cook an additional 15-20 minutes until bubbly.</li> </ul>
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**February 2023 Menu (Subject to Change)**

Week III	Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023		
Hot Meal	<b>Good Ole Fashioned Hamburger</b> w/ Pickle Rounds, Leaf Lettuce, Ketchup & Mayo Assorted Salad Bar Baked Cheetos Bananas & Choice Milk	<b>Cheesy Lasagna Roll</b> Assorted Salad Bar Fresh Orange Elf Grahams 100% Fruit Juice & Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Large Crisp Apple Choice Milk		
Hot Veg	<b>Grilled Cheese Sandwich</b>	<b>Veggie Lasagna Roll</b>	<b>Fresh Hot Cheese Pizza</b>		
Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Hot Meal	<b>Mongolian Meatballs</b> Steamed Rice Assorted Salad Bar Variety Applesauce & 100% Fruit Juice Choice Milk	<b>Spicy Chicken Patty Sandwich</b> Bakery Bun & Ketchup Flamas Assorted Salad Bar & Tropical Fruit Mix Choice Milk & 100% Fruit Juice Box	<b>Greek Nachos ****(Student Favorite)****</b> Seasoned Meat, Corn Tortilla Chips & Tatziki Sauce Assorted Salad Bar Bananas Cinnamon Goldfish & Choice Milk	<b>Brunch Lunch</b> French Toast Sticks w/ Syrup Assorted Salad Bar Fresh Orange Choice Milk, 100% Fruit Juice Box	<b>Fresh Hot Pizza</b> Assorted Salad Bar Large 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>

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