

Name : February 2023 MTS Elementary K-6 Grades Lunch Menu		Options Provided : Hot & Hot Vegetarian Meals			
Age Group : K-6 Grades		Meal : Lunch		Meal Pattern : NSLP	
Week III		Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023	
Hot Meal	Chettinad Cuisine belongs to a region called 'Chettinad' in South India. It is a cuisine that is famous for its aroma, made with freshly ground spices.	Good Ole Fashioned Hamburger w/ Pickle Rounds & Ketchup Corneriffica Salad Baked Cheetos Banana & Choice Milk	Cheesy Lasagna Roll Mixed Salad & Dressing Fresh Orange Elf Grahams Choice Milk	Authentic Chicken Stir Fry Seasoned Rice Seasoned Black Beans Crisp Apple Choice Milk	
Hot Veg		Grilled Cheese Sandwich	Pizza Crunchers w/ Italian Dip	Stuffed Breadsticks w/ Sauce	
Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Hot Meal	Mongolian Meatballs Steamed Rice Corn Salad Variety Applesauce Choice Milk	Breaded Chicken Patty Sandwich Bakery Bun & Ketchup Baby Carrots & Dip Tropical Fruit Mix Choice Milk	Greek Nachos ****(Student Favorite)**** Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Bean Salsa Banana & Choice Milk	Brunch Lunch French Toast Sticks w/ Syrup Celery Sticks Fresh Orange Choice Milk	Dry Rub Roasted Chicken Drumstick Dinner Rolls Mixed Greens Salad & Dressing Crisp Apple Choice Milk
Hot Veg	Garden Cheeseburger	Cheese Quesadilla	Warm Cheesy Nachos	French Toast Sticks & Syrup	Grilled Cheese Sandwich
Week V	Monday, February 13, 2023	Tuesday, February 14, 2023	Wednesday, February 15, 2023	Thursday, February 16, 2023	Friday, February 17, 2023
Hot Meal	Mozzarella Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Baby Carrots Variety Applesauce & Choice Milk	Pomodoro Meatballs WG Dinner Rolls Mashed Potatoes Tropical Fruit Mix Choice Milk	Creamy Mac & Cheese Mixed Greens Salad & Dressing Banana Vanilla Wafers Choice Milk	Sesame Chicken Steamed Seasoned Rice Sliced Cucumbers Fresh Orange Choice Milk	Walking Taco Nacho Chz Doritos, Seasoned Beef w/ Shred Chz, Lettuce, Cilantro Cheesy Refried Beans Crisp Apple & Choice Milk
Hot Veg	Mozzarella Veggie Burger	Veggie Lasagna Roll & WG Roll	Cheese Hot Pocket w/ Italian Dip	Veggie Nuggets w/ Ketchup & Dinner Roll	Cheese Quesadilla
Week VI	Monday, February 20, 2023	Tuesday, February 21, 2023	Wednesday, February 22, 2023	Thursday, February 23, 2023	Friday, February 24, 2023
Hot Meal	Golden Corn Dog w/ Ketchup Cornerriffic Salad Variety Applesauce Choice Milk	Roasted Curry Chicken Drumstick Bakery Roll Fresh Broccoli & Dip Tropical Fruit Mix Choice Milk	Cheeseburger Fresh Bakery Bun & Ketchup Baby Carrots & Dip Elf Grahams Banana & Choice Milk	Chicken Fritters w/ Ranch Dip Cool Ranch Doritos Seasoned Black Beans Fresh Orange Choice Milk	Build Your Own Cheesy Nachos Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips Mixed Salad w/Dressing Crisp Apple & Choice Milk
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese	Garden Cheeseburger	Cheese Quesadilla	Warm Cheesy Nachos
Week I	Monday, February 27, 2023	Tuesday, February 28, 2023	Chef Spotlight - Annapoorna Meyyappan, Product and Data Analyst		
Hot Meal	Creamy Mac & Cheese Soft Dinner Roll Fresh Baby Carrots Variety Applesauce Choice Milk	All Beef Hot Dog WG Bun, Ketchup & Mustard Cool Ranch Doritos CKC Baked Beans Tropical Fruit Mix & Choice Milk	Simple and Luscious Cold Indian Dessert		
Hot Veg	Grilled Cheese Sandwich	Stuffed Breadsticks w/ Sauce	The delicacy of "Chettinad Fruit Kheer" brings me the nostalgia of having grand lunch with a variety of dishes served on a banana leaf in all Chettinad marriages. It is a simple dessert but a rich drink made from delectable amalgamation of nuts and fruits. I will share the recipe picking a sleeve from my mom's cookbook and I am sure it will be your sumptuous dessert. -- Annapoorna Meyyappan		
'Chettinad Fruit Kheer' recipe is on Page 2					

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

Chettinad Fruit Kheer Recipe

Ingredients :	Serves 4 - 5	Steps:
<ul style="list-style-type: none"> •Raw whole Almonds - 1/2 cup •Raw whole Cashews - 1/2 cup •Shelled Pistachios - 1/2 cup •Sugar - 2 1/2 cups •Chilled condensed Milk - 2 cups •Water - 1 cup •Ice cubes - 20 pieces •Cardamom powder - 1/2 tsp •Apple, Banana, Orange, Grapes, Pineapple (peeled and chopped) - 1 cup •Fresh Pomegranate kernels - 1/4 cup 		<ul style="list-style-type: none"> •Seperately soak almonds, cashews and pistachios in water for about 4 hours, peel the skin and grind them to smooth paste. •Add half a cup of water and ice cubes to the paste and mix thoroughly. •In a pan, bring remaining half a cup of water to boil and add sugar. Stir it until the sugar gets dissolved and cool it to room temperature. •Now our sugar syrup is ready. Add this syrup to nuts paste. •Add chopped fruits to it and mix it well. •Add chilled condensed milk and cardamom powder to it. •Sprinkle few finely chopped pistachios on the top and serve chilled.

March 2023 Menu (Subject to Change)

Week I	Wednesday, March 1, 2023		Thursday, March 2, 2023		Friday, March 3, 2023
Hot Meal	Burrito Bowl Brown Rice topped w/Seasoned Beef Shred Chz & Southwest Slaw Banana Choice Milk		Chicken Tinga Walking Taco Seasoned Chicken, Fresh Chopped Cilantro Crema & Frito Corn Chips Corn Salsa Honey Grahams, Fresh Orange & Choice Milk		Sweet & Sour Chicken Steamed Seasoned Brown Rice Crisp Fresh Broccoli Crisp Apple Choice Milk
Hot Veg	Smothered Garden Patty w/ WG Roll		Cheese Quesadilla		Creamy Mac & Cheese
Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Hot Meal	BBQ Beef Sandwich Sunchips CKC Baked Beans Variety Applesauce Choice Milk	Hawaiian Chicken Seasoned Rice, Chopped Cilantro Fresh Broccoli & Dip Tropical Fruit Mix Choice Milk	Meatball Sub w/Mozzarella Cool Ranch Doritos Corn Salad Banana Choice Milk	Brunch Lunch Buttermilk Pancakes & Syrup Scrambled Eggs w/ Cheese Celery Sticks Fresh Orange & Choice Milk	Cheese Breadsticks w/ Sauce Baby Carrots w/ Dip Crisp Apple Choice Milk
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese	Veggie Lasagna Roll w/ WG Roll	Buttermilk Pancakes & Syrup w/ Scrambled Eggs	Egg Fried Rice
Week III	Monday, March 13, 2023	Tuesday, March 14, 2023			
Hot Meal	Premium Chicken Nuggets Ketchup Baby Carrots & Dip Cool Ranch Doritos Variety Applesauce & Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Fresh Broccoli & Ranch Tropical Fruit Mix Choice Milk			
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Bean & Cheese Burrito			

* 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.