

Name : February 2023 MTS PEASE Academy Lunch Menu		Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads		
Age Group : 9-12		Meal : Lunch		Meal Pattern : NSLP

Week III	Wednesday, February 1, 2023		Thursday, February 2, 2023	Friday, February 3, 2023
Hot Meal	<p>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.</p>	<p>Good Ole Fashioned Hamburger w/Lettuce, Ketchup & Mustard</p> <p>Cool Ranch Doritos</p> <p>Cornerrifica Salad & Carrots</p> <p>Bananas & Choice Milk</p>	<p>Mandarin Orange Chicken Steamed Brown Rice</p> <p>Fresh Broccoli, Celery & Ranch</p> <p>Fresh Orange & 100% Fruit Juice Box</p> <p>Choice Milk</p>	
Hot Veg		Grilled Cheese Sandwich	Bean & Cheese Burrito	
Cold		Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	

Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Hot Meal	<p>Mongolian Meatballs Steamed Rice</p> <p>Corn Salad</p> <p>Variety Applesauce</p> <p>100% Juice Box & Choice Milk</p>	<p>Brunch Lunch French Toast Sticks & Syrup</p> <p>Baby Carrots w/ Ranch</p> <p>Tropical Fruit Mix</p> <p>100% Fruit Juice Box & Choice Milk</p>	<p>Greek Nachos ****(Student Favorite)**** Seasoned Meat, Corn Tortilla Chips</p> <p>Tatziki Sauce, Bean Salsa & Carrots</p> <p>Bananas</p> <p>Cinnamon Goldfish & Choice Milk</p>	<p>Spicy Chicken Patty Sandwich Bakery Bun, Ketchup & Mayo</p> <p>Flamas</p> <p>Mixed Greens Salad & Fresh Orange</p> <p>100% Fruit Juice Box & Choice Milk</p>	
Hot Veg	Garden Cheeseburger & Elf Grahams	French Toast Sticks & Syrup	Warm Cheesy Nachos	Cheese Quesadilla	
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	

Week V	Monday, February 13, 2023	Tuesday, February 14, 2023	Wednesday, February 15, 2023	Thursday, February 16, 2023	Friday, February 17, 2023
Hot Meal	<p>Mozzarella Burger WG Bakery Bun & Ketchup</p> <p>Cool Ranch Doritos</p> <p>Corn Salad, Carrots & Variety Applesauce</p> <p>100% Fruit Juice & Choice Milk</p>	<p>Creamy Mac & Cheese WG Roll</p> <p>Carrot Slims & Dip</p> <p>Tropical Fruit Mix & 100% Fruit Juice</p> <p>Vanilla Wafers & Choice Milk</p>	<p>Sesame Chicken Steamed Seasoned Rice</p> <p>Fresh Broccoli, Sliced Cucumbers & Dip</p> <p>Bananas</p> <p>Fortune Cookie & Choice Milk</p>	<p>Walking Taco Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Lettuce, Cilantro & Cholula Hot Sauce</p> <p>Chzy Refried Beans & Fresh Orange</p> <p>100% Fruit Juice Box, Animal Crackers & Choice Milk</p>	
Hot Veg	Mozzarella Veggie Burger	Creamy Mac & Cheese	Cheese Hot Pocket w/ Italian Dip	Cheese Quesadilla	
Cold	Turkey & Cheddar Chz Wrap w/Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	

Week VI	Monday, February 20, 2023	Tuesday, February 21, 2023	Wednesday, February 22, 2023	Thursday, February 23, 2023	Friday, February 24, 2023
Hot Meal	<p>Golden Corn Dog w/ Ketchup Hot Cheetos</p> <p>Baby Carrots</p> <p>Variety Applesauce</p> <p>100% Juice Box & Choice Milk</p>	<p>Roasted Curry Chicken Drumstick WG Rolls w/ Margarine PC</p> <p>Creamy Mashed Potatoes</p> <p>Tropical Fruit Mix</p> <p>100% Fruit Juice Box & Choice Milk</p>	<p>Cheeseburger Fresh Bakery Bun & Ketchup</p> <p>Coleslaw, Fresh Carrots</p> <p>Bananas</p> <p>Elf Grahams & Choice Milk</p>	<p>Spicy Chicken Fritters w/ Ranch Din Sweet Chili Doritos</p> <p>Seasoned Black Beans & Fresh Broccoli</p> <p>Fresh Orange</p> <p>100% Fruit Juice Box & Choice Milk</p>	
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese w/WG Crackers	Garden Cheeseburger	Cheese Quesadilla	
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	

Week I	Monday, February 27, 2023	Tuesday, February 28, 2023	Chef Spotlight - Annapoorna Meyyappan, Product and Data Analyst Simple and Luscious Cold Indian Dessert		
Hot Meal	<p>All Beef Hot Dog WG Bun, Ketchup & Mustard</p> <p>Cool Ranch Doritos</p> <p>Baked Beans, Carrot Slims</p> <p>Variety Applesauce, 100% Juice Box & Choice Milk</p>	<p>General Tso's Chicken WG Roll & Seasoned Brown Rice</p> <p>Baby Carrots & Dip</p> <p>Tropical Fruit Mix</p> <p>100% Fruit Juice Box & Choice Milk</p>	<p>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.</p> <p>-- Annapoorna Meyyappan</p>		
Hot Veg	Grilled Cheese Sandwich	Stuffed Breadstick w/ Sauce			
Cold	Turkey & Cheddar Chz Wrap w/Mayo	Honey Mustard Chicken Bun	'Chettinad Fruit Kheer' recipe is on Page 2		

Deli Salads (Vegetarian choices come with eggs in the place of chicken)	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	Grilled Chicken Bistro Salad	Grilled Chicken Power Green Salad
	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)

Chettinad Fruit Kheer Recipe

Ingredients: •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	Serves 4 - 5	Steps: •Separately 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.
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March 2023 Menu (Subject to Change)

Week I	Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023		
Hot Meal	Chicken Tinga Walking Taco Frito Corn Chips, Seasoned Chicken Fresh Cilantro, Crema, Corn Salsa Bananas Honey Grahams & Choice Milk	Burrito Bowl Brown Rice topped w/Seasoned Beef Shred Chz & Southwest Slaw Salad Greens, Fresh Orange Animal Crackers, 100% Fruit Juice Box & Choice Milk			
Hot Veg	Smothered Veg Patty & WG Rolls	Cheese Quesadilla			
Cold	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers			
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 Hot Cheetos CKC Baked Beans & Carrot Slims Variety Applesauce 100% Juice Box & Choice Milk	Hawaiian Chicken Seasoned Rice, Fresh Cilantro Fresh Broccoli, Celery Sticks & Dip Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	Meatball Sub w/Mozzarella Cool Ranch Doritos Corn Salad Bananas Choice Milk	Beef Fried Rice WG Roll Steamed Carrots Fresh Orange 100% Fruit Juice Box & Choice Milk	
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese w/ Fresh Bakery Roll	Veggie Lasagna Roll & WG Roll	Egg Fried Rice	
Cold	Wowbutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	
Week III	Monday, March 13, 2023	Tuesday, March 14, 2023			
Hot Meal	Spicy Chicken Nuggets w/ Ketchup Sweet Chili Doritos CKC Baked Beans Variety Applesauce 100% Juice Box & Choice Milk	Cheesy Lasagna Roll WG Garlic Dinner Rolls Grape Tomatoes & Dip Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk			
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Veggie Lasagna Roll			
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun			

* 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.