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Name : March 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 I	Chef Spotlight - Shannon Lilga, Human Resources Generalist		Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Hot Meal	Easier than you think to make and the results are so WORTH IT! We make homemade marshmallows for our Christmas Eve, along with hot chocolate and cookies before bed. We even leave a nice cup of hot cocoa and marshmallows for Santa. Now that our family is older, we still make the marshmallows and enjoy them with adult hot chocolate and use them to make s'mores dip to enjoy while we play a game or watch a movie. - Shannon		Burrito Bowl Brown Rice topped w/Seasoned Beef Shred Chz & CKC Youza Sauce Assorted Salad Bar Banana & Choice Milk	Chicken Tinga Walking Taco Seasoned Chicken, Fresh Chopped Cilantro Crema & Frito Corn Chips Assorted Salad Bar Fresh Orange & Choice Milk	Fresh Hot Pizza Assorted Salad Bar Crisp Apple Choice Milk
	Hot Veg	'Homemade Marshmallows' recipe is on Page 2		Quesadilla	Smothered Garden Patty w/ WG Rolls
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 Assorted Salad Bar Cinnamon Apple Slices Choice Milk	Golden Corn Dog w/ Ketchup Assorted Salad Bar Chilled Pears Choice Milk	Meatball Sub w/ Mozzarella Assorted Salad Bar Banana Choice Milk Veggie Crisps	Brunch Lunch Double Buttermilk Pancakes Homemade Berry Burst Syrup Scrambled Eggs w Cheese Assorted Salad Bar, Fresh Orange & Choice Milk	Fresh Hot Pizza Assorted Salad Bar Crisp Apple Choice Milk
	Hot Veg	BBQ Garden Burger	Grilled Cheese Sandwich	Buttermilk Pancakes & Syrup w/ Scrambled Eggs	Egg Fried Rice & Cinnamon Grahams
Week III	Monday, March 13, 2023	Tuesday, March 14, 2023	Wednesday, March 15, 2023	Thursday, March 16, 2023	Friday, March 17, 2023
Hot Meal	Premium Chicken Nuggets Ketchup Assorted Salad Bar Cheddar Cheese Crackers Cinnamon Apple Slices & Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Assorted Salad Bar Chilled Pears Fortune Cookie & Choice Milk	Good Ole Fashioned Hamburger w/ Pickle Rounds & Ketchup Assorted Salad Bar Baked Cheetos Banana & Choice Milk	Beef Pretzel Dog Assorted Salad Bar Fresh Orange Strawberry Bites Choice Milk	Fresh Hot Pizza Assorted Salad Bar Crisp Apple Choice Milk
	Hot Veg	Cheese Hot Pocket w/ Italian Dip	Cheese Quesadilla	Grilled Cheese Sandwich	Mozzarella Pinwheel
Week IV	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023
Hot Meal	Mongolian Meatballs Steamed Rice Assorted Salad Bar Cinnamon Apple Slices Choice Milk	Breaded Chicken Patty Sandwich Bakery Bun & Ketchup Assorted Salad Bar Chilled Pears Choice Milk	Greek Nachos ****(Student Favorite)**** Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Assorted Salad Bar & Banana Choice Milk	Brunch Lunch French Toast Sticks w/ Syrup Assorted Salad Bar Fresh Orange Choice Milk	Fresh Hot Pizza Assorted Salad Bar Crisp Apple Choice Milk
	Hot Veg	Garden Cheeseburger	Cheese Quesadilla	Warm Cheesy Nachos	French Toast Sticks & Syrup
Week V	Monday, March 27, 2023	Tuesday, March 28, 2023	Wednesday, March 29, 2023	Thursday, March 30, 2023	Friday, March 31, 2023
Hot Meal	Mozzarella Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar Cinnamon Apple Slices & Choice Milk	Pomodoro Meatballs WG Dinner Roll Assorted Salad Bar Chilled Pears Choice Milk	Creamy Mac & Cheese Assorted Salad Bar Banana Vanilla Wafers Choice Milk	Sesame Chicken Steamed Seasoned Rice Assorted Salad Bar Fresh Orange Fortune Cookie & Choice Milk	Fresh Hot Pizza Assorted Salad Bar Crisp Apple Choice Milk
	Hot Veg	Mozzarella Veggie Burger	Veggie Nuggets w/ Ketchup & Dinner Roll	Cheese Hot Pocket w/ Italian Dip	Egg Fried Rice

*** 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.

Homemade Marshmallows	
Ingredients:	Steps
<ul style="list-style-type: none"> •1 cup cold water, divided •3 0.25 ounce packets unflavoured gelatin •1 ½ cup granulated sugar •1 cup light corn syrup •¼ teaspoon fine salt •2 teaspoons vanilla extract •2/3 cup confectioners' sugar, divided 	<p style="text-align: right;">Serves 6-7</p> <ol style="list-style-type: none"> 1. Add 1/2 cup of water and all of gelatin to the bowl of a stand mixer (or extra large mixing bowl and then use a handheld electric mixer*). Let set for 10 minutes, so the gelatin blooms. 2. While the gelatin blooms, add the granulated sugar, corn syrup, remaining 1/2 cup water, and salt to a medium saucepan and cook over medium-low heat. Whisk constantly until the sugar is dissolved. Let it simmer and bubble for about 3 minutes until the syrup becomes clear. 3. Once the gelatin has bloomed, pour in the hot syrup mixture into the stand mixer bowl. When the syrup comes into contact with the gelatin, it may bubble up which is fine. 4. With the whisk attachment, whisk on low for about 2 minutes. Do not increase speed until the gelatin and syrup have mixed, as it will fly out and cause burns. 5. Once they are mixed, increase speed to high and whisk for 10 minutes or until it is really fluffy and increased in size. 6. Add the vanilla extract and whisk for an additional minute. 7. Generously dust a 9x13-inch pan with confectioners' sugar (use about 1/4 cup). This ensures the marshmallows do not stick and are easy to remove. If your confectioners' sugar is lumpy, I recommend sifting it. 8. Pour the marshmallow mixture into the pan, and spread it into an even layer with a rubber spatula. 9. Dust the top of the marshmallows with about 2 tablespoons confectioners' sugar, cover with plastic wrap, and let set for at least 8 hours, but preferably overnight. 10. Once the marshmallows are set, dust a cutting board or flat surface with 1/4 cup or more of confectioners' sugar to prevent them from sticking. 11. Cut the marshmallows into 1-inch squares. You should end up with 28 large marshmallows. Serve and enjoy**.

NOTES

*While a stand mixer is not essential, if you have one, now is the time to use it. If not, use a handheld electric mixer noting you may have to whip the mixture longer than the indicated times.
 **These marshmallows toast up beautifully just like, or better than, store bought ones. They are perfect for smores especially since they are square.
 Storage: Marshmallows may be stored in an airtight container or ziptop baggie for up to 2 weeks at room temp.

April 2023 Menu (Subject to Change)

Week VI	Monday, April 3, 2023	Tuesday, April 4, 2023	Wednesday, April 5, 2023	Thursday, April 6, 2023	Friday, April 7, 2023
	Brunch Lunch	Roasted Curry Chicken Drumstick	Cheeseburger	Chicken Fritters w/ Ranch Dip	Fresh Hot Pizza
	Buttermilk Pancakes	WG Roll	Fresh Bakery Bun & Ketchup	Veggie Crisps	Assorted Salad Bar
Hot Meal	Homemade Berry Burst Syrup	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Crisp Apple
	Scrambled Eggs w/ Cheese	Chilled Pears	Banana	Fresh Orange	Choice Milk
	Assorted Salad Bar, Cinnamon Apple Slices & Choice Milk	Choice Milk	Choice Milk	Choice Milk	
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese	Garden Cheeseburger	Cheese Quesadilla	Fresh Hot Cheese Pizza

Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	Wednesday, April 12, 2023	Thursday, April 13, 2023	Friday, April 14, 2023
	Glazed Chicken Wings	All Beef Hot Dog	Burrito Bowl	Chicken Tinga Walking Taco	Fresh Hot Pizza
	Soft Dinner Roll	WG Bun, Ketchup & Mustard	Brown Rice topped w/Seasoned Beef	Seasoned Chicken, Fresh Chopped Cilantro	Assorted Salad Bar
Hot Meal	Assorted Salad Bar	Cheese Crisps	Shred Chz & CKC Youza Sauce	Crema & Frito Corn Chips	Crisp Apple
	Cinnamon Apple Slices	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Choice Milk
	Animal Crackers & Choice Milk	Chilled Pears & Choice Milk	Banana & Choice Milk	Fresh Orange & Choice Milk	
Hot Veg	Stuffed Breadsticks w/ Sauce	Grilled Cheese Sandwich	Quesadilla	Smothered Garden Patty w/ WG Rolls	Fresh Hot Cheese Pizza

* 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 : March 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 I	Chef Spotlight - Shannon Lilga, Human Resources Generalist		Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Hot Meal	Easier than you think to make and the results are so WORTH IT! We make homemade marshmallows for our Christmas Eve, along with hot chocolate and cookies before bed. We even leave a nice cup of hot cocoa and marshmallows for Santa. Now that our family is older, we still make the marshmallows and enjoy them with adult hot chocolate and use them to make s'mores dip to enjoy while we play a game or watch a movie. - Shannon		Burrito Bowl Brown Rice topped w/Seasoned Beef Shred Chz & CKC Youza Sauce Assorted Salad Bar Bananas & Choice Milk	Chicken Tinga Walking Taco Seasoned Chicken, Fresh Cilantro Crema & Frito Corn Chips Assorted Salad Bar & 100% Fruit Juice Honey Grahams, Fresh Orange & Choice Milk	Fresh Hot Pizza Assorted Salad Bar Large Crisp Apple Choice Milk
	Hot Veg	'Homemade Marshmallows' recipe is on Page 2		Quesadilla	Smothered Garden Patty w/ WG Rolls
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 Assorted Salad Bar Cinnamon Apple Slices 100% Fruit Juice & Choice Milk	Golden Corn Dog w/ Ketchup Assorted Salad Bar Chilled Pears 100% Fruit Juice & Choice Milk	Meatball Sub w/ Mozzarella Cool Ranch Doritos Assorted Salad Bar Bananas Choice Milk	Brunch Lunch Triple Buttermilk Pancakes Berry Burst Syrup & Whip Cream Scrambled Eggs w Cheese Assorted Salad Bar, 100% Fruit Juice, Fresh Orange & Choice Milk	Fresh Hot Pizza Assorted Salad Bar Large Crisp Apple Choice Milk
	Hot Veg	BBQ Garden Burger	Grilled Cheese Sandwich	Buttermilk Pancakes & Syrup w/ Scrambled Eggs	Egg Fried Rice & Cinnamon Grahams
Week III	Monday, March 13, 2023	Tuesday, March 14, 2023	Wednesday, March 15, 2023	Thursday, March 16, 2023	Friday, March 17, 2023
Hot Meal	Premium Chicken Nuggets Ketchup Assorted Salad Bar & 100% Fruit Juice Cool Ranch Doritos Cinnamon Apple Slices & Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Assorted Salad Bar Chilled Pears & 100% Fruit Juice Fortune Cookie & Choice Milk	Good Ole Fashioned Hamburger w/ Pickle Rounds, Leaf Lettuce, Ketchup & Mayo Assorted Salad Bar Baked Cheetos Bananas & Choice Milk	Beef Pretzel Dog Assorted Salad Bar Fresh Orange Strawberry Bites 100% Fruit Juice & Choice Milk	Fresh Hot Pizza Assorted Salad Bar Large Crisp Apple Choice Milk
	Hot Veg	Cheese Hot Pocket w/ Italian Dip	Cheese Quesadilla	Grilled Cheese Sandwich	Mozzarella Pinwheel
Week IV	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023
Hot Meal	Mongolian Meatballs Steamed Rice Assorted Salad Bar Cinnamon Apple Slices & 100% Fruit Juice Choice Milk	Spicy Chicken Patty Sandwich Bakery Bun & Ketchup Flamas Assorted Salad Bar & Chilled Pears Choice Milk & 100% Fruit Juice Box	Greek Nachos ****(Student Favorite)**** Seasoned Meat, Corn Tortilla Chips & Tatziki Sauce Assorted Salad Bar Bananas Cinnamon Goldfish & Choice Milk	Brunch Lunch French Toast Sticks w/ Syrup Assorted Salad Bar Fresh Orange Choice Milk, 100% Fruit Juice Box	Fresh Hot Pizza Assorted Salad Bar Large Crisp Apple Choice Milk
	Hot Veg	Garden Cheeseburger	Cheese Quesadilla	Warm Cheesy Nachos	French Toast Sticks & Syrup
Week V	Monday, March 27, 2023	Tuesday, March 28, 2023	Wednesday, March 29, 2023	Thursday, March 30, 2023	Friday, March 31, 2023
Hot Meal	Mozzarella Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar Cinnamon Apple Slices, 100% Fruit Juice Box & Choice Milk	Pomodoro Meatballs WG Dinner Rolls Assorted Salad Bar Chilled Pears 100% Fruit Juice & Choice Milk	Creamy Mac & Cheese Vanilla Wafers Assorted Salad Bar Bananas Choice Milk	Sesame Chicken Steamed Seasoned Rice Assorted Salad Bar Fresh Orange & 100% Fruit Juice Box Fortune Cookie & Choice Milk	Fresh Hot Pizza Assorted Salad Bar Large Crisp Apple Choice Milk
	Hot Veg	Mozzarella Veggie Burger	Veggie Nuggets w/ Ketchup & Dinner Roll	Cheese Hot Pocket w/ Italian Dip	Egg Fried Rice & Granola Bites

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Homemade Marshmallows		
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	Buttermilk Pancakes w/ Berry Burst Syrup & Whip Cream	Dinner Rolls w/ Margarine Pc	Fresh Bakery Bun & Ketchup	Cool Ranch Doritos	Assorted Salad Bar
Hot Meal	Scrambled Eggs w Cheese	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Large Crisp Apple
	Assorted Salad Bar	Chilled Pears	Wheat Crackers	Fresh Orange	Choice Milk
	Cinnamon Apple Slices, 100% Fruit Juice Box & Choice Milk	100% Fruit Juice & Choice Milk	Bananas & Choice Milk	Choice Milk, 100% Fruit Juice Box	
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese & Dinner Roll	Garden Cheeseburger	Cheese Quesadilla	Fresh Hot Cheese Pizza

Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	Wednesday, April 12, 2023	Thursday, April 13, 2023	Friday, April 14, 2023
	Glazed Chicken Wings	All Beef Hot Dog	Burrito Bowl	Chicken Tinga Walking Taco	Fresh Hot Pizza
	Soft Dinner Roll	WG Bun, Ketchup & Mustard	Brown Rice topped w/Seasoned Beef	Seasoned Chicken, Fresh Cilantro	Assorted Salad Bar
Hot Meal	Assorted Salad Bar	Cool Ranch Doritos	Shred Chz & CKC Youza Sauce	Crema & Frito Corn Chips	Large Crisp Apple
	Cinnamon Apple Slices	Assorted Salad Bar & 100% Fruit Juice	Assorted Salad Bar	Assorted Salad Bar & 100% Fruit Juice	Choice Milk
	Animal Crackers, 100% Fruit Juice & Choice Milk	Chilled Pears & Choice Milk	Bananas & Choice Milk	Granola Bites, Fresh Orange & Choice Milk	
Hot Veg	Stuffed Breadsticks w/ Sauce	Grilled Cheese Sandwich	Quesadilla	Smothered Garden Patty w/ WG Rolls	Fresh Hot Cheese Pizza

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