

Name : March 2023 Banaadir Elementary Grades K-4 Lunch Menu		Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads			
Age Group : K-5		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	<b>Easier than you think to make and the results are so WORTH IT!</b> 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		<b>Burrito Bowl</b> Brown Rice topped w/Seasoned Beef Shred Chz, Southwest Slaw Banana Choice Milk	<b>Chicken Tinga Walking Taco</b> Seasoned Chicken, Fresh Cilantro Crema, Corn Salsa & Frito Corn Chips Fresh Orange Choice Milk	<b>Fresh Hot Pizza</b> Broccoli Florets Crisp Apple Choice Milk
	Hot Veg	Quesadilla		<b>Smothered Garden Patty w/ WG Roll</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	'Homemade Marshmallows' recipe is on Page 2		Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Hot Meal	<b>BBQ Beef Sandwich</b> Sunchips CKC Baked Beans Cinnamon Apple Slices Choice Milk	<b>Golden Corn Dog w/ Ketchup</b> Steamed Seasoned Corn Chilled Pears Choice Milk	<b>Meatball Sub w/Mozzarella</b> Veggie Crisps Fresh Greens Salad & Dressing Banana Choice Milk	<b>Brunch Lunch</b> Double Buttermilk Pancakes Homemade Berry Burst Syrup Fruity Yogurt Cup Sliced Cucumbers, Fresh Orange & Choice Milk	<b>Fresh Hot Pizza</b> Baby Carrots Crisp Apple Choice Milk
	Hot Veg	<b>BBQ Garden Burger</b>	<b>Grilled Cheese Sandwich</b>	<b>Buttermilk Pancakes &amp; Syrup w/Scrambled Eggs</b>	<b>Egg Fried Rice &amp; Cinnamon Grahams</b>
Cold	Turkey & Cheddar Chz Wrap w/Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	Grilled Chicken & Cheese Bun
Week III	Monday, March 13, 2023	Tuesday, March 14, 2023	Wednesday, March 15, 2023	Thursday, March 16, 2023	Friday, March 17, 2023
Hot Meal	<b>Premium Chicken Nuggets</b> Ketchup Seasoned Black Beans Cheddar Cheese Crackers Cinnamon Apple Slices & Choice Milk	<b>Mandarin Orange Chicken</b> Steamed Brown Rice Fresh Broccoli & Ranch Chilled Pears Fortune Cookie & Choice Milk	<b>Good Ole Fashioned Hamburger</b> w/ Pickle Rounds & Ketchup Steamed Seasoned Corn Baked Cheetos Banana & Choice Milk	<b>Beef Pretzel Dog</b> Mixed Salad & Dressing Fresh Orange Strawberry Bites Choice Milk	<b>Fresh Hot Pizza</b> Baby Carrots Crisp Apple Choice Milk
	Hot Veg	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Cheese Quesadilla</b>	<b>Grilled Cheese Sandwich</b>	<b>Mozzarella Pinwheel</b>
Cold	Turkey & Cheddar Chz Wrap w/Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	Grilled Chicken & Cheese Bun
Week IV	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023
Hot Meal	<b>Mongolian Meatballs</b> Steamed Rice Corn Salad Cinnamon Apple Slices Choice Milk	<b>Breaded Chicken Patty Sandwich</b> Bakery Bun & Ketchup Baby Carrots & Dip Chilled Pears Choice Milk	<b>Greek Nachos ****(Student Favorite)****</b> Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Bean Salsa Banana & Choice Milk	<b>Brunch Lunch</b> French Toast Sticks w/ Syrup Fresh Greens Salad & Dressing Fresh Orange Choice Milk	<b>Fresh Hot Pizza</b> Steamed Green Beans 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>
Cold	Turkey & Cheddar Chz Wrap w/Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	Grilled Chicken & Cheese Bun
Week V	Monday, March 27, 2023	Tuesday, March 28, 2023	Wednesday, March 29, 2023	Thursday, March 30, 2023	Friday, March 31, 2023
Hot Meal	<b>Mozzarella Burger</b> WG Bakery Bun & Ketchup Cool Ranch Doritos Black Bean Salad Cinnamon Apple Slices & Choice Milk	<b>Pomodoro Meatballs</b> WG Dinner Rolls Mashed Potatoes Chilled Pears Choice Milk	<b>Creamy Mac &amp; Cheese</b> Mixed Greens Salad & Dressing Banana Vanilla Wafers Choice Milk	<b>Sesame Chicken</b> Steamed Seasoned Rice Sliced Cucumbers Fresh Orange Fortune Cookie & Choice Milk	<b>Fresh Hot Pizza</b> Baby Carrots Crisp Apple Choice Milk
	Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Veggie Nuggets w/ Ketchup &amp; Dinner Roll</b>	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Egg Fried Rice</b>
Cold	Turkey & Cheddar Chz Wrap w/Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Deli Salads (Vegetarian choices come with eggs in the place of chicken)	<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.

\*\*\* 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.

Homemade Marshmallows		
<b>Ingredients:</b>	<b>Steps</b>	<b>Serves 6-7</b>
<ul style="list-style-type: none"> <li>•1 cup cold water, divided</li> <li>•3 0.25 ounce packets unflavoured gelatin</li> <li>•1 ½ cup granulated sugar</li> <li>•1 cup light corn syrup</li> <li>•¼ teaspoon fine salt</li> <li>•2 teaspoons vanilla extract</li> <li>•2/3 cup confectioners' sugar, divided</li> </ul>	<ol style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>5. Once they are mixed, increase speed to high and whisk for 10 minutes or until it is really fluffy and increased in size.</li> <li>6. Add the vanilla extract and whisk for an additional minute.</li> <li>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.</li> <li>8. Pour the marshmallow mixture into the pan, and spread it into an even layer with a rubber spatula.</li> <li>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.</li> <li>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.</li> <li>11. Cut the marshmallows into 1-inch squares. You should end up with 28 large marshmallows. Serve and enjoy**.</li> </ol>	

**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
	<b>Brunch Lunch</b>	<b>Roasted Curry Chicken Drumstick</b>	<b>Cheeseburger</b>	<b>Chicken Fritters w/ Ranch Dip</b>	<b>Fresh Hot Pizza</b>
Hot Meal	Buttermilk Pancakes Homemade Berry Burst Syrup Scrambled Eggs w/ Cheese Fresh Broccoli, Cinnamon Apple Slices & Choice Milk	WG Roll Creamy Mashed Potatoes Chilled Pears Choice Milk	Fresh Bakery Bun & Ketchup Baby Carrots & Dip Wheat Crackers Banana & Choice Milk	Veggie Crisps Seasoned Black Beans Fresh Orange Choice Milk	Mixed Salad & Dressing 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>
Cold	<b>Turkey &amp; Cheddar Chz Wrap w/ Mayo &amp; Elf Grahams</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/ Mayo</b>	<b>Chicken Caesar Wrap &amp; Animal Crackers</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	Wednesday, April 12, 2023	Thursday, April 13, 2023	Friday, April 14, 2023
	<b>Creamy Mac &amp; Cheese</b>	<b>All Beef Hot Dog</b>	<b>Burrito Bowl</b>	<b>Chicken Tinga Walking Taco</b>	<b>Fresh Hot Pizza</b>
Hot Meal	Soft Dinner Roll Steamed Mixed Veggies Cinnamon Apple Slices Choice Milk	WG Bun, Ketchup & Mustard Cheese Crisps CKC Baked Beans & Baby Carrots Chilled Pears & Choice Milk	Brown Rice topped w/Seasoned Beef Shred Chz, Youza Sauce, Lettuce Baby Carrots & Dip Banana & Choice Milk	Seasoned Chicken, Fresh Cilantro Crema, Corn Salsa & Frito Corn Chips Fresh Orange Choice Milk	Broccoli Florets Crisp Apple Choice Milk
Hot Veg	<b>Stuffed Breadsticks w/ Sauce</b>	<b>Grilled Cheese Sandwich</b>	<b>Quesadilla</b>	<b>Smothered Garden Patty w/ WG Roll</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Turkey &amp; Cheddar Chz Wrap w/ Mayo &amp; Elf Grahams</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/ Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

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