

Name : March 2023 MTS Elementary K-6 Grades Lunch Menu		Options Provided : Hot & Hot Vegetarian Meals			
Age Group : K-6 Grades		Meal : Lunch	Meal Pattern : NSLP		
<b>Week I</b>	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 Chopped Cilantro Crema & Frito Corn Chips Corn Salsa Honey Grahams, Fresh Orange & Choice Milk	<b>Sweet &amp; Sour Chicken</b> Steamed Seasoned Brown Rice Crisp Fresh Broccoli Crisp Apple Choice Milk
	Hot Veg	'Homemade Marshmallows' recipe is on Page 2	<b>Smothered Garden Patty w/ WG Roll</b>	<b>Cheese Quesadilla</b>	<b>Creamy Mac &amp; Cheese</b>
<b>Week II</b>	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>Cheese Breadsticks w/ Sauce</b> Baby Carrots w/ Dip 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>
<b>Week III</b>	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 Baby Carrots & Dip 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>Chicken Enchilada Bowl</b> Corn Chips, Shred Cheese Seasoned Black Beans 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>
<b>Week IV</b>	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>Dry Rub Roasted Chicken Drumstick</b> Dinner Rolls 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>
<b>Week V</b>	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 Baby Carrots 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>Walking Taco</b> Nacho Chz Doritos, Seasoned Beef w/ Shred Chz, Lettuce, Cilantro Cheesy Refried Beans Crisp Apple & Choice Milk
	Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Veggie Nuggets w/ Ketchup &amp; Dinner Rolls</b>	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Egg Fried Rice</b>

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

Homemade Marshmallows		
Ingredients:	Steps	Serves 6-7
<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>Build Your Own Cheesy Nachos</b>
Hot Meal	Buttermilk Pancakes Homemade Berry Burst Syrup Scrambled Eggs w/ Cheese Fresh Broccoli, Cinnamon Apple Slices & Choice Milk	Bakery 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 Carrot Slims & Fresh Orange Choice Milk	Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips Mixed Salad w/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>Warm Cheesy Nachos</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>Sweet &amp; Sour Chicken</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 Chopped Cilantro Crema, Corn Salsa & Frito Corn Chips Fresh Orange Granola Bites & Choice Milk	Steamed Seasoned Brown Rice Crisp Fresh Broccoli Crisp Apple Fortune Cookie & Choice Milk
Hot Veg	<b>Stuffed Breadsticks w/ Sauce</b>	<b>Grilled Cheese Sandwich</b>	<b>Smothered Garden Patty w/ WG Roll</b>	<b>Cheese Quesadilla</b>	<b>Creamy Mac &amp; Cheese</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.