

Name : March 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 I	Chef Spotlight - Shannon Lilga, Human Resources Generalist		Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Hot Meal	<p><b>Easier than you think to make and the results are so WORTH IT!</b></p> <p>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.</p> <p>- Shannon</p>	<p><b>Chicken Tinga Walking Taco</b></p> <p>Frito Corn Chips, Seasoned Chicken</p> <p>Fresh Cilantro, Crema, Corn Salsa</p> <p>Bananas</p> <p>Granola Bites &amp; Choice Milk</p>	<p><b>Glazed Chicken Wings</b></p> <p>Bakery Rolls</p> <p>Crisp Broccoli &amp; Sliced Cucumbers</p> <p>Fresh Orange</p> <p>100% Fruit Juice Box &amp; Choice Milk</p>		
Hot Veg		<p><b>Smothered Veg Patty &amp; WG Rolls</b></p>	<p><b>Cheese Quesadilla</b></p>		
Cold		<p>'Homemade Marshmallows' recipe is on Page 2</p>	<p>Turkey Bun w/Mayo</p>	<p>Chicken Caesar Wrap &amp; Animal Crackers</p>	
Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Hot Meal	<p><b>BBQ Beef Sandwich</b></p> <p>Hot Cheetos</p> <p>CKC Baked Beans &amp; Carrot Slims</p> <p>Cinnamon Apple slices</p> <p>100% Juice Box &amp; Choice Milk</p>	<p><b>Golden Corn Dog w/ Ketchup</b></p> <p>Fire Roasted Corn</p> <p>Veggie Crisps</p> <p>Chilled Pears</p> <p>100% Fruit Juice Box &amp; Choice Milk</p>	<p><b>Meatball Sub w/Mozzarella</b></p> <p>Cool Ranch Doritos</p> <p>Mixed Salad &amp; Dressing</p> <p>Bananas</p> <p>Choice Milk</p>	<p><b>Beef Fried Rice</b></p> <p>WG Roll</p> <p>Steamed Carrots</p> <p>Fortune Cookie &amp; Fresh Orange</p> <p>100% Fruit Juice Box &amp; Choice Milk</p>	
Hot Veg	<p><b>BBQ Garden Burger</b></p>	<p><b>Grilled Cheese Sandwich</b></p>	<p><b>Buttermilk Pancakes &amp; Syrup w/Scrambled Eggs</b></p>	<p><b>Cheese Quesadilla</b></p>	
Cold	<p><b>Woubutter &amp; Jelly Sandwich</b></p>	<p><b>Honey Mustard Chicken Bun</b></p>	<p>Turkey Bun w/Mayo</p>	<p>Chicken Caesar Wrap &amp; Animal Crackers</p>	
Week III	Monday, March 13, 2023	Tuesday, March 14, 2023	Wednesday, March 15, 2023	Thursday, March 16, 2023	Friday, March 17, 2023
Hot Meal	<p><b>Spicy Chicken Nuggets w/ Ketchup</b></p> <p>Sweet Chili Doritos</p> <p>CKC Baked Beans</p> <p>Cinnamon Apple slices</p> <p>100% Juice Box &amp; Choice Milk</p>	<p><b>Beef Pretzel Dog</b></p> <p>Cheddar Cheese Bites</p> <p>Grape Tomatoes &amp; Dip</p> <p>Chilled Pears</p> <p>100% Fruit Juice Box &amp; Choice Milk</p>	<p><b>Good Ole Fashioned Hamburger</b></p> <p>w/Lettuce, Ketchup &amp; Mustard</p> <p>Cool Ranch Doritos</p> <p>Steamed Fire Roasted Corn &amp; Carrots</p> <p>Bananas &amp; Choice Milk</p>	<p><b>Mandarin Orange Chicken</b></p> <p>Steamed Brown Rice</p> <p>Fresh Broccoli, Cucumbers &amp; Ranch</p> <p>Fresh Orange &amp; 100% Fruit Juice Box</p> <p>Choice Milk</p>	
Hot Veg	<p><b>Cheese Hot Pocket w/ Italian Dip</b></p>	<p><b>Mozzarella Pinwheel</b></p>	<p><b>Grilled Cheese Sandwich</b></p>	<p><b>Veggie Quesadilla</b></p>	
Cold	<p><b>Turkey &amp; Cheddar Chz Wrap w/Mayo</b></p>	<p><b>Honey Mustard Chicken Bun</b></p>	<p>Turkey Bun w/Mayo</p>	<p>Chicken Caesar Wrap &amp; Animal Crackers</p>	
Week IV	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023
Hot Meal	<p><b>Mongolian Meatballs</b></p> <p>Steamed Rice</p> <p>Corn Salad</p> <p>Cinnamon Apple slices</p> <p>100% Juice Box &amp; Choice Milk</p>	<p><b>Brunch Lunch</b></p> <p>French Toast Sticks &amp; Syrup</p> <p>Baby Carrots w/ Ranch</p> <p>Chilled Pears</p> <p>100% Fruit Juice Box &amp; Choice Milk</p>	<p><b>Greek Nachos ****(Student Favorite)****</b></p> <p>Seasoned Meat, Corn Tortilla Chips</p> <p>Tatziki Sauce, Bean Salsa &amp; Carrots</p> <p>Bananas</p> <p>Cinnamon Goldfish &amp; Choice Milk</p>	<p><b>Spicy Chicken Patty Sandwich</b></p> <p>Bakery Bun, Ketchup &amp; Mayo</p> <p>Flamas</p> <p>Mixed Greens Salad &amp; Fresh Orange</p> <p>100% Fruit Juice Box &amp; Choice Milk</p>	
Hot Veg	<p><b>Garden Cheeseburger &amp; Elf Grahams</b></p>	<p><b>French Toast Sticks &amp; Syrup</b></p>	<p><b>Warm Cheesy Nachos</b></p>	<p><b>Cheese Quesadilla</b></p>	
Cold	<p><b>Woubutter &amp; Jelly Sandwich</b></p>	<p><b>Honey Mustard Chicken Bun</b></p>	<p>Turkey Bun w/Mayo</p>	<p>Chicken Caesar Wrap</p>	
Week V	Monday, March 27, 2023	Tuesday, March 28, 2023	Wednesday, March 29, 2023	Thursday, March 30, 2023	Friday, March 31, 2023
Hot Meal	<p><b>Mozzarella Burger</b></p> <p>WG Bakery Bun &amp; Ketchup</p> <p>Cool Ranch Doritos</p> <p>Corn Salad, Carrots &amp; Cinnamon Apple slices</p> <p>100% Fruit Juice &amp; Choice Milk</p>	<p><b>Creamy Mac &amp; Cheese</b></p> <p>Vanilla Wafers</p> <p>Carrot Slims &amp; Dip</p> <p>Chilled Pears &amp; 100% Fruit Juice</p> <p>Choice Milk</p>	<p><b>Sesame Chicken</b></p> <p>Steamed Seasoned Rice</p> <p>Fresh Broccoli, Sliced Cucumbers &amp; Dip</p> <p>Bananas</p> <p>Fortune Cookie &amp; Choice Milk</p>	<p><b>Walking Taco</b></p> <p>Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Lettuce, Cilantro &amp; Cholula Hot Sauce</p> <p>Chzy Refried Beans &amp; Fresh Orange</p> <p>100% Fruit Juice Box, Animal Crackers &amp; Choice Milk</p>	
Hot Veg	<p><b>Mozzarella Veggie Burger</b></p>	<p><b>Cheese Hot Pocket w/ Italian Dip</b></p>	<p><b>Egg Fried Rice &amp; WG Roll</b></p>	<p><b>Cheese Quesadilla</b></p>	
Cold	<p><b>Turkey &amp; Cheddar Chz Wrap w/Mayo</b></p>	<p><b>Honey Mustard Chicken Bun</b></p>	<p>Turkey Bun w/Mayo</p>	<p>Chicken Caesar Wrap</p>	
Deli Salads (Vegetarian choices come with eggs in the place of chicken)	<p><b>Grilled Chicken Caesar Salad</b></p> <p>Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas &amp; topped with Parmesan cheese &amp; Caesar salad dressing</p>	<p><b>Grilled Chicken Asian Salad</b></p> <p>Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement</p>	<p><b>Grilled Chicken SW Taco Salad</b></p> <p>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.</p>	<p><b>Grilled Chicken Bistro Salad</b></p> <p>Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast &amp; WG Roll.</p>	

\*\*\* 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)

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>	

**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
	<b>Brunch Lunch</b> <b>Buttermilk Pancakes</b> Berry Burst Syrup & Whip Cream	<b>Roasted Curry Chicken Drumstick</b> WG Rolls w/ Margarine PC	<b>Cheeseburger</b> Fresh Bakery Bun & Ketchup	<b>Spicy Chicken Fritters w/ Ranch Dip</b> Sweet Chili Doritos	
Hot Meal	Scrambled Eggs w/ Cheese Fresh Broccoli, Baby Carrots w Dip Cinnamon Apple Slices, 100% Juice Box & Choice Milk	Creamy Mashed Potatoes Chilled Pears 100% Fruit Juice Box & Choice Milk	Baby Carrots & Dip Bananas Wheat Crackers & Choice Milk	Seasoned Black Beans Fresh Orange 100% Fruit Juice Box & Choice Milk	
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Creamy Mac &amp; Cheese w/ WG Crackers</b>	<b>Garden Cheeseburger</b>	<b>Cheese Quesadilla</b>	
Cold	<b>Wowbutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	

Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	Wednesday, April 12, 2023	Thursday, April 13, 2023	Friday, April 14, 2023
	<b>All Beef Hot Dog</b> WG Bun, Ketchup & Mustard	<b>General Tso's Chicken</b> WG Roll & Seasoned Brown Rice	<b>Chicken Tinga Walking Taco</b> Frito Corn Chips, Seasoned Chicken	<b>Glazed Chicken Wings</b> Bakery Rolls	
Hot Meal	Cool Ranch Doritos Baked Beans, Carrot Slims Cinnamon Apple slices, 100% Juice Box & Choice Milk	Baby Carrots & Dip Chilled Pears 100% Fruit Juice Box & Choice Milk	Fresh Cilantro, Crema, Corn Salsa Bananas Granola Bites & Choice Milk	Crisp Broccoli & Sliced Cucumbers Fresh Orange 100% Fruit Juice Box & Choice Milk	
Hot Veg	<b>Grilled Cheese Sandwich</b>	<b>Stuffed Breadstick w/ Sauce</b>	<b>Smothered Veg Patty &amp; WG Rolls</b>	<b>Cheese Quesadilla</b>	
Cold	<b>Turkey &amp; Cheddar Chz Wrap w/ Mayo</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap &amp; Animal Crackers</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.