

Name : May 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 IV	Monday, May 1, 2023	Tuesday, May 2, 2023	Wednesday, May 3, 2023	Thursday, May 4, 2023	Friday, May 5, 2023		
Hot Meal	Mongolian Meatballs	Breaded Chicken Patty Sandwich	Greek Nachos ****(Student Favorite)****	Brunch Lunch	Fresh Hot Pizza		
	Steamed Rice	Bakery Bun & Ketchup	Seasoned Meat, Corn Tortilla Chips	French Toast Sticks w/ Syrup	Assorted Salad Bar		
	Assorted Salad Bar	Assorted Salad Bar	Tatziki Sauce	Assorted Salad Bar	Crisp Apple		
	Cinnamon Apple Slices	Chilled Pears	Assorted Salad Bar & Banana	Fresh Orange	Choice Milk		
	Choice Milk	Choice Milk	Choice Milk	Choice Milk			
Hot Veg	Garden Cheeseburger	Cheese Quesadilla	Warm Cheesy Nachos	French Toast Sticks & Syrup	Fresh Hot Cheese Pizza		
Week V	Monday, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023		
Hot Meal	Mozzarella Burger	Pomodoro Meatballs	Creamy Mac & Cheese	Sesame Chicken	Fresh Hot Pizza		
	WG Bakery Bun & Ketchup	WG Dinner Roll	Assorted Salad Bar	Steamed Seasoned Rice	Assorted Salad Bar		
	Cool Ranch Doritos	Assorted Salad Bar	Banana	Assorted Salad Bar	Crisp Apple		
	Assorted Salad Bar	Chilled Pears	Fresh Bakery Roll	Fresh Orange	Choice Milk		
	Cinnamon Apple Slices & Choice Milk	Choice Milk	Choice Milk	Fortune Cookie & Choice Milk			
Hot Veg	Mozzarella Veggie Burger	Veggie Nuggets w/ Ketchup & Dinner Roll	Cheese Hot Pocket w/ Italian Dip	Egg Fried Rice	Fresh Hot Cheese Pizza		
Week VI	Monday, May 15, 2023	Tuesday, May 16, 2023	Wednesday, May 17, 2023	Thursday, May 18, 2023	Friday, May 19, 2023		
Hot Meal	Brunch Lunch	BBQ Chicken Drumstick	Cheeseburger	Chicken Fritters w/ Ranch Dip	Fresh Hot Pizza		
	Buttermilk Pancakes	WG Roll	Fresh Bakery Bun & Ketchup	Veggie Crisps	Assorted Salad Bar		
	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, May 22, 2023	Tuesday, May 23, 2023	Wednesday, May 24, 2023	Thursday, May 25, 2023	Friday, May 26, 2023		
Hot Meal	Glazed Chicken Wings	All Beef Hot Dog	Crunchy Chicken Tender Wrap	Meatballs w/Mozzarella	Fresh Hot Pizza		
	Soft Dinner Roll	WG Bun, Ketchup & Mustard	WG Tortilla, Chicken Tenders	Cinnamon Grahams	Assorted Salad Bar		
	Assorted Salad Bar	Assorted Salad Bar	Shred Cheese, Boom Sauce	Assorted Salad Bar	Crisp Apple		
	Cinnamon Apple Slices	Chilled Pears	Assorted Salad Bar	Fresh Orange	Choice Milk		
	Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk			
Hot Veg	Stuffed Breadsticks w/ Sauce	Grilled Cheese Sandwich	Quesadilla	Smothered Garden Patty w/ WG Rolls	Fresh Hot Cheese Pizza		
Week II	Monday, May 29, 2023	Tuesday, May 30, 2023	Wednesday, May 31, 2023	Chef Spotlight - Steve Schnaser - Finance Coordinator			
Hot Meal	BBQ Beef Sandwich	Golden Corn Dog w/ Ketchup	Burrito Bowl	Swagt and Tangy Pickled Onions			
	Sunchips	Assorted Salad Bar	Brown Rice topped w/Seasoned Beef	One of my favorite things to make isn't a main entrée – it's quick pickled onions! I have always loved pickles. My Grandma Ruby canned pickles every year and would always give us a jar or two. As an only child, I always did my best to eat the majority of them. Making quick pickling recipe always reminds me of her.			
	Assorted Salad Bar	Chilled Pears	Shred Chz, Youza Sauce	-Steve			
	Cinnamon Apple Slices	Choice Milk	Assorted Salad Bar				
	Choice Milk		Banana & Choice Milk				
Hot Veg	BBQ Garden Burger	Grilled Cheese Sandwich	Buttermilk Pancakes & Syrup w/Scrambled Eggs	'Pickled Red Onions' recipe is on Page 2			

*** 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.

Pickled Red Onions		
Ingredients:	Steps	Serves 4-5
1.Red Onions, 2.Vinegar, 3.Sugar, 4.Salt and 5.Water. Use a glass canning jar with a screw on lid (I keep a lot of glass jars rather than recycling them). I like to play with different combinations of the Vinegar (rice vinegar, white vinegar or red wine vinegar (or a combination of vinegars) and sweeteners (Sugar, Maple Syrup or Agave sweetener).	1. Slice one large red onion and place into a glass mason jar and pack down gently. 2. Heat 3/4 cup vinegar, 1/4 cup water, 1 teaspoon salt, 1–2 tablespoons sweetener to a simmer. 3. Pour the hot liquid into the container to cover the onions. 4. Let the jar sit out at room temp for a while – at least 30 minutes. 5. Enjoy as a topping on meats, eggs, sandwiches or add to side dishes as well.	

June 2023 Menu (Subject to Change)

Week II		Thursday, June 1, 2023	Friday, June 2, 2023
	Benefits of Pickled Red Onions	Brunch Lunch	Fresh Hot Pizza
Hot Meal	Red onions are rich in folate, or vitamin B9, which can improve cardiovascular health and reduce your risk of a stroke. This pickled red onions contain many other vitamins and minerals such as calcium, potassium, magnesium and vitamin C.	Double Buttermilk Pancakes	Assorted Salad Bar
		Homemade Berry Burst Syrup	Crisp Apple
		Scrambled Eggs w Cheese	Choice Milk
		Assorted Salad Bar, Fresh Orange & Choice Milk	
Hot Veg		Egg Fried Rice & Cinnamon Grahams	Fresh Hot Cheese Pizza

Week III	Monday, June 5, 2023	Tuesday, June 6, 2023	Wednesday, June 7, 2023	Thursday, June 8, 2023	Friday, June 9, 2023
	Premium Chicken Nuggets	Mandarin Orange Chicken	Good Ole Fashioned Hamburger	Beef Pretzel Dog w/ Ketchup	Fresh Hot Pizza
Hot Meal	Ketchup	Steamed Brown Rice	WG Bun & Ketchup	Assorted Salad Bar	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Fresh Orange	Crisp Apple
	Cheddar Cheese Crackers	Chilled Pears	Mixed Berry Crackers	Choice Milk	Choice Milk
	Cinnamon Apple Slices & Choice Milk	Fortune Cookie & Choice Milk	Banana & Choice Milk		
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Cheese Quesadilla	Grilled Cheese Sandwich	Mozzarella Pinwheel	Fresh Hot Cheese Pizza

* Skim and 1% milk choices offered daily.
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Name : May 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 IV	Monday, May 1, 2023	Tuesday, May 2, 2023	Wednesday, May 3, 2023	Thursday, May 4, 2023	Friday, May 5, 2023
Hot Meal	Mongolian Meatballs	Spicy Chicken Patty Sandwich	Greek Nachos ****(Student Favorite)****	Brunch Lunch	Fresh Hot Pizza
	Steamed Rice	Bakery Bun & Ketchup	Seasoned Meat, Corn Tortilla Chips & Tatziki Sauce	French Toast Sticks w/ Syrup	Assorted Salad Bar
	Assorted Salad Bar	Flamas	Assorted Salad Bar	Assorted Salad Bar	Large Crisp Apple
	Cinnamon Apple Slices	Assorted Salad Bar & Chilled Pears	Bananas	Fresh Orange	Choice Milk
	100% Fruit Juice & Choice Milk	Choice Milk & 100% Fruit Juice Box	Granola Bites & Choice Milk	Choice Milk, 100% Fruit Juice Box	
Hot Veg	Garden Cheeseburger	Cheese Quesadilla	Warm Cheesy Nachos	French Toast Sticks & Syrup	Fresh Hot Cheese Pizza
Week V	Monday, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023
Hot Meal	Mozzarella Burger	Pomodoro Meatballs	Creamy Mac & Cheese	Sesame Chicken	Fresh Hot Pizza
	WG Bakery Bun & Ketchup	WG Dinner Rolls	Fresh Bakery Roll	Steamed Seasoned Rice	Assorted Salad Bar
	Cool Ranch Doritos	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Large Crisp Apple
	Assorted Salad Bar	Chilled Pears	Bananas	Fresh Orange & 100% Fruit Juice Box	Choice Milk
	Cinnamon Apple Slices, 100% Fruit Juice Box & Choice Milk	100% Fruit Juice & Choice Milk	Choice Milk	Fortune Cookie & Choice Milk	
Hot Veg	Mozzarella Veggie Burger	Veggie Nuggets w/ Ketchup & Dinner Roll	Cheese Hot Pocket w/ Italian Dip	Egg Fried Rice & Granola Bites	Fresh Hot Cheese Pizza
Week VI	Monday, May 15, 2023	Tuesday, May 16, 2023	Wednesday, May 17, 2023	Thursday, May 18, 2023	Friday, May 19, 2023
Hot Meal	Brunch Lunch	BBQ Chicken Drumstick	Cheeseburger	Spicy Chicken Fritters w/ Ranch Dip	Fresh Hot Pizza
	Buttermilk Pancakes w/ Berry Burst Syrup & Whip Cream	Dinner Rolls w/ Margarine Pc	Fresh Bakery Bun & Ketchup	Cool Ranch Doritos	Assorted Salad Bar
	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, May 22, 2023	Tuesday, May 23, 2023	Wednesday, May 24, 2023	Thursday, May 25, 2023	Friday, May 26, 2023
Hot Meal	Glazed Chicken Wings	All Beef Hot Dog	Crunchy Chicken Tender Wrap	Meatball Sub w/Mozzarella	Fresh Hot Pizza
	Soft Dinner Rolls	WG Bun, Ketchup & Mustard	WG Tortilla, Chicken Tenders	Cinnamon Grahams	Assorted Salad Bar
	Assorted Salad Bar	Cool Ranch Doritos	Shred Cheese, Boom Sauce	Assorted Salad Bar	Large Crisp Apple
	Cinnamon Apple Slices	Assorted Salad Bar & 100% Fruit Juice	Assorted Salad Bar	Fresh Orange	Choice Milk
	100% Fruit Juice & Choice Milk	Chilled Pears & Choice Milk	Bananas & Choice Milk	Choice Milk, 100% Fruit Juice Box	
Hot Veg	Stuffed Breadsticks w/ Sauce	Grilled Cheese Sandwich	Quesadilla	Smothered Garden Patty w/ WG Rolls	Fresh Hot Cheese Pizza
Week II	Monday, May 29, 2023	Tuesday, May 30, 2023	Wednesday, May 31, 2023	Chef Spotlight - Steve Schnaser - Finance Coordinator	
Hot Meal	BBQ Beef Sandwich	Golden Corn Dog w/ Ketchup	Burrito Bowl	Swagt and Tangy Pickled Onions One of my favorite things to make isn't a main entrée – it's quick pickled onions! I have always loved pickles. My Grandma Ruby canned pickles every year and would always give us a jar or two. As an only child, I always did my best to eat the majority of them. Making quick pickling recipe always reminds me of her. -Steve	
	Sunchips	Assorted Salad Bar	Brown Rice topped w/Seasoned Beef		
	Assorted Salad Bar	Chilled Pears	Shred Chz, Youza Sauce		
	Cinnamon Apple Slices	100% Fruit Juice	Assorted Salad Bar		
	100% Fruit Juice & Choice Milk	Choice Milk	Bananas & Choice Milk		
Hot Veg	BBQ Garden Burger	Grilled Cheese Sandwich	Buttermilk Pancakes & Syrup w/Scrambled Eggs	'Pickled Red Onions' recipe is on Page 2	

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Pickled Red Onions		
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June 2023 Menu (Subject to Change)

Week II		Thursday, June 1, 2023	Friday, June 2, 2023
	Benefits of Pickled Red Onions	Brunch Lunch	Fresh Hot Pizza
Hot Meal	Red onions are rich in folate, or vitamin B9, which can improve cardiovascular health and reduce your risk of a stroke. This pickled red onions contain many other vitamins and minerals such as calcium, potassium, magnesium and vitamin C.	Triple Buttermilk Pancakes Berry Burst Syrup & Whip Cream Scrambled Eggs w Cheese Assorted Salad Bar, 100% Fruit Juice, Fresh Orange & Choice Milk	Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg		Egg Fried Rice & Cinnamon Grahams	Fresh Hot Cheese Pizza

Week III	Monday, June 5, 2023	Tuesday, June 6, 2023	Wednesday, June 7, 2023	Thursday, June 8, 2023	Friday, June 9, 2023
	Premium Chicken Nuggets	Mandarin Orange Chicken	Good Ole Fashioned Hamburger	Beef Pretzel Dog w/ Ketchup	Fresh Hot Pizza
Hot Meal	Ketchup Assorted Salad Bar & 100% Fruit Juice Cool Ranch Doritos Cinnamon Apple Slices & Choice Milk	Steamed Brown Rice Assorted Salad Bar Chilled Pears & 100% Fruit Juice Fortune Cookie & Choice Milk	w/ Pickle Rounds, Leaf Lettuce, Ketchup & Mayo Assorted Salad Bar Flamas Bananas & Choice Milk	Assorted Salad Bar Fresh Orange 100% Fruit Juice Box Mixed Berry Crackers & Choice Milk	Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Cheese Quesadilla	Grilled Cheese Sandwich	Mozzarella Pinwheel	Fresh Hot Cheese Pizza

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