

Name : May 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 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	Sliced Cucumbers & Dressing
	Crisp Broccoli & Dip	Steamed Seasoned Corn	Tatziki Sauce	Baby Carrots & Dip	Crisp Apple
	Cinnamon Apple Slices	Chilled Pears	Cheesy Refried Beans	Fresh Orange	Choice Milk
Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk		
Hot Veg	Garden Cheeseburger	Cheese Quesadilla	Warm Cheesy Nachos	French Toast Sticks & Syrup	Fresh Hot Cheese Pizza
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, 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	Steamed Green Beans	Steamed Seasoned Rice	Baby Carrots
	Cool Ranch Doritos	Mashed Potatoes	Banana	Mixed Greens Salad & Dressing	Crisp Apple
	Warm Seasoned Balck Beans	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
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
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	Mixed Salad & Dressing
	Homemade Berry Burst Syrup	Creamy Mashed Potatoes	Baby Carrots & Dip	Warm Seasoned Black Beans	Crisp Apple
	Scrambled Eggs w/ Cheese	Chilled Pears	Banana	Fresh Orange	Choice Milk
Fresh Broccoli, 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
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Week I	Monday, May 22, 2023	Tuesday, May 23, 2023	Wednesday, May 24, 2023	Thursday, May 25, 2023	Friday, May 26, 2023
Hot Meal	Creamy Mac & Cheese	All Beef Hot Dog	Crunchy Chicken Tender Wrap	Meatballs w/Mozzarella	Fresh Hot Pizza
	Cinnamon Grahams	WG Bun, Ketchup & Mustard	WG Tortilla, Chicken Tenders	WG Bakery Roll	Broccoli Florets
	Steamed Mixed Veggies	Cheez-Its	Shred Cheese, Boom Sauce & Lettuce	Baby Carrots & Dip	Crisp Apple
	Cinnamon Apple Slices	CKC Baked Beans	Steamed Seasoned Corn	Fresh Orange	Choice Milk
Choice Milk	Chilled Pears & Choice Milk	Banana & Choice Milk	Choice Milk		
Hot Veg	Stuffed Breadsticks w/ Sauce	Grilled Cheese Sandwich	Quesadilla	Smothered Garden Patty w/ WG Roll	Fresh Hot Cheese Pizza
Cold	Turkey & Cheddar Chz Wrap w/ Mayo & Elf Grahams	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
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	Šwzqt 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	Crinkle Fries & Ketchup	Brown Rice topped w/Seasoned Beef		
	CKC Baked Beans	Chilled Pears	Shred Chz, Youza Sauce, Lettuce		
	Cinnamon Apple Slices	Choice Milk	Romaine Salad & Dressing		
Choice Milk		Banana & Choice Milk			
Hot Veg	BBQ Garden Burger	Grilled Cheese Sandwich	Buttermilk Pancakes & Syrup w/Scrambled Eggs		
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	'Pickled Red Onions' recipe is on Page 2	
Deli Salads (Vegetarian choices come with eggs & cheese in the place of meat)	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	"New" Classic Chef Salad	"New" Quinoa Power Bowl Salad
	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls added to complete the WG requirement	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.	We just time-travelled and brought back this timeless gem. It's simple. It's classic. It's vintage. This Egg, Turkey, Tomatoes and Salad combo is sure to appeal eyes and taste buds. WG rolls fill the grain part.	Not just vintage, we cover current trends too. This salad has "New-age Superfood" Quinoa as its base. Not stopping there, it becomes more powerful with Beans, Corn, Egg and Spinach.

*** 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.

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		
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.		
Hot Veg	Brunch Lunch		Fresh Hot Pizza
	Double Buttermilk Pancakes		Baby Carrots
	Homemade Berry Burst Syrup		Crisp Apple
	Fruity Yogurt Cup		Choice Milk
	Sliced Cucumbers, Fresh Orange & Choice Milk		
	Egg Fried Rice & Cinnamon Grahams		Fresh Hot Cheese Pizza
Cold	Chicken Caesar Wrap & Animal Crackers		Grilled Chicken & Cheese Bun

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	Mixed Salad & Dressing	Baby Carrots
	Seasoned Black Beans	Fresh Broccoli & Ranch	Steamed Seasoned Corn	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
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

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