

Name : May 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 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	Brunch Lunch	Greek Nachos ****(Student Favorite)****	Spicy Chicken Patty Sandwich	
	Steamed Rice	French Toast Sticks & Syrup	Seasoned Meat, Corn Tortilla Chips	Bakery Bun, Ketchup & Mayo	
	Crisp Broccoli, Carrot Slims & Dip	Baby Carrots w/ Ranch	Tatziki Sauce	Flamas, Sliced Cucumbers	
	Cinnamon Apple slices	Chilled Pears	Cheesy Refried Beans & Bananas	Fire Roasted Corn & Fresh Orange	
	100% Juice Box & Choice Milk	100% Fruit Juice Box & Choice Milk	Granola Bites & Choice Milk	100% Fruit Juice Box & Choice Milk	
Hot Veg	Garden Cheeseburger & Elf Grahams	French Toast Sticks & Syrup	Warm Cheesy Nachos	Cheese Quesadilla	
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	
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	Creamy Mac & Cheese	Sesame Chicken	Walking Taco	
	WG Bakery Bun & Ketchup	WG Roll	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Lettuce, Cilantro & Cholula Hot Sauce	
	Cool Ranch Doritos	Carrot Slims & Dip	Fresh Broccoli, Baby Carrots & Dip	Chzy Refried Beans & Fresh Orange	
	Steamed Corn & Steamed Green Beans	Chilled Pears & 100% Fruit Juice	Bananas	100% Fruit Juice Box, Animal Crackers & Choice Milk	
	Cinnamon Apple Slices, 100% Juice Box & Choice Milk	Choice Milk	Fortune Cookie & Choice Milk		
Hot Veg	Mozzarella Veggie Burger	Cheese Hot Pocket w/ Italian Dip	Egg Fried Rice & WG Roll	Cheese Quesadilla	
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	
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	
	Buttermilk Pancakes	WG Rolls w/ Margarine PC	Fresh Bakery Bun & Ketchup	Sweet Chili Doritos	
	Berry Burst Syrup & Whip Cream	Creamy Mashed Potatoes	Baby Carrots & Dip	Warm Seasoned Black Beans	
	Scrambled Eggs w/ Cheese	Chilled Pears	Bananas	Fresh Orange	
	100% Fruit Juice Box & Choice Milk	Wheat Crackers & Choice Milk	100% Fruit Juice Box & Choice Milk		
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese w/ WG Crackers	Garden Cheeseburger	Cheese Quesadilla	
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	
Week I	Monday, May 22, 2023	Tuesday, May 23, 2023	Wednesday, May 24, 2023	Thursday, May 25, 2023	Friday, May 26, 2023
Hot Meal	All Beef Hot Dog	General Tso's Chicken	Meatball Sub w/Mozzarella	Glazed Chicken Wings	
	WG Bun, Ketchup & Mustard	Seasoned Brown Rice	Sun Chips	Bakery Rolls	
	Cool Ranch Doritos	Baby Carrots & Dip	Fire Roasted Corn	Crisp Broccoli & Carrot Slims	
	Baked Beans	Chilled Pears	Steamed Mixed Veggies	Fresh Orange	
	100% Fruit Juice Box & Choice Milk	100% Fruit Juice Box & Choice Milk	Bananas & Choice Milk	100% Fruit Juice Box & Choice Milk	
Hot Veg	Grilled Cheese Sandwich	Stuffed Breadstick w/ Sauce	Smothered Veg Patty & WG Rolls	Cheese Quesadilla	
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	
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	<p>Swagt and Tangy Pickled Onions</p> <p>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.</p> <p>-Steve</p> <p>'Pickled Red Onions' recipe is on Page 2</p>	
	Hot Cheetos	Fire Roasted Corn	Brown Rice topped w/Seasoned Beef		
	CKC Baked Beans	Baby Carrots	Shred Cheese, Youza Sauce & Lettuce		
	Cinnamon Apple slices	Veggie Crisps & Chilled Pears	Romaine Salad & Dressing		
	100% Fruit Juice Box & Choice Milk	100% Fruit Juice Box & Choice Milk	Bananas & Choice Milk		
Hot Veg	BBQ Garden Burger	Grilled Cheese Sandwich	Buttermilk Pancakes & Syrup w/Scrambled Eggs		
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo		
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	Benefits of Pickled Red Onions		Thursday, June 1, 2023	Friday, June 2, 2023
Hot Meal	<p align="center">Red onions are rich in folate, or vitamin B9, which can improve cardiovascular health and reduce your risk of a stroke.</p> <p align="center">This pickled red onions contain many other vitamins and minerals such as calcium, potassium, magnesium and vitamin C.</p>		BBQ Chicken & Cheddar Chz Wrap	
Hot Veg			WG Tortilla , BBQ Chicken Shred Cheddar Chz, Diced Red Onions & Boomba Coleslaw Baby Carrots & Dip Strawberry Bites, Fresh Oranges, 100 % Fruit Juice & Choice Milk	
Cold			<p align="center">Cheese Quesadilla</p> <p align="center">Chicken Caesar Wrap & Animal Crackers</p>	

Week III	Monday, June 5, 2023	Tuesday, June 6, 2023	Wednesday, June 7, 2023	Thursday, June 8, 2023	Friday, June 9, 2023
Hot Meal	Spicy Chicken Nuggets w/ Ketchup	Beef Pretzel Dog w/ Ketchup	Good Ole Fashioned Hamburger	Mandarin Orange Chicken	
	Sweet Chili Doritos	Grape Tomatoes & Dip	w/Lettuce, Ketchup & Mustard	Steamed Brown Rice	
	CKC Baked Beans	Chilled Pears	Flamas	Fresh Broccoli, Cucumbers & Ranch	
	Cinnamon Apple slices	100% Fruit Juice Box	Steamed Fire Roasted Corn & Carrots	Fresh Orange & 100% Fruit Juice Box	
	100% Juice Box & Choice Milk	Mixed Berry Crackers & Choice Milk	Bananas & Choice Milk	Choice Milk	
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Mozzarella Pinwheel	Grilled Cheese Sandwich	Veggie Quesadilla	
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	

* 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.