

Menu Name : K-8 Allergen Free Lunch Menu	Meal Pattern : NSLP	Meal: Lunch
Grade Level / Age Group : K-8 Grades		
October - 2023		

**NO DAIRY
NO GLUTEN (NO WHEAT)
NO EGG
NO SOY
NO FISH**

**NO SHELL FISH
NO SESAME (SEEDS & OIL)
NO PEANUTS
NO TREE NUTS
NO SUNFLOWER (SEEDS, OIL & BUTTER)**

	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023	
Hot Meal	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes	Week II
	Steamed Rice	Taco Beef & Golden Corn Chips	Brown Rice	Sliced Cucumbers	Steamed Rice	
	Fresh Baby Carrots	Black Bean & Corn	Crisp Broccoli	Fruit of the Day	Steamed Peas	
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	
	Milk Substitute	Milk Substitute	Milk Substitute		Milk Substitute	

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023	
Hot Meal	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/Rice	Beef Meatballs	Chicken & Potatoes	Week III
	Baby Carrots	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice	
	Fruit of the Day	Steamed Corn	Served w/ Brown Rice	Steamed Green Beans	Crisp Broccoli	
	Corn Chips	Fruit of the Day	Black Beans	Fruit of the Day	Fruit of the Day	
	Milk Substitute	Milk Substitute	Fruit of the Day & Milk Substitute	Milk Substitute	Milk Substitute	

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023	
Hot Meal	Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat Over Rice	Week IV
	Golden Corn Chips	Steamed Rice	Steamed Peas	Steamed Rice	Serve Seasoned Beef on Brown Rice	
	Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day	Fresh Broccoli	Black Beans & Carrots	
	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	Fruit of the Day & Corn Chips	
	Milk Substitute	Milk Substitute		Milk Substitute	Milk Substitute	

	Monday, October 23, 2023	Tuesday, October 24, 2023	Wednesday, October 25, 2023	Thursday, October 26, 2023	Friday, October 27, 2023	
Hot Meal	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes	Week V
	Steamed Rice	Taco Beef & Golden Corn Chips	Brown Rice	Sliced Cucumbers	Steamed Rice	
	Fresh Baby Carrots	Black Bean & Corn	Crisp Broccoli	Fruit of the Day	Steamed Peas	
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	
	Milk Substitute	Milk Substitute	Milk Substitute		Milk Substitute	

	Monday, October 30, 2023	Tuesday, October 31, 2023	Tuna & Peas on Buttered Saltines.			
Hot Meal	Chicken Fried Rice	Beef & Broccoli	Dave Kayoum - Director of Business Development			Week VI
	Baby Carrots	Brown Rice	<i>Tuna & Peas on Buttered Saltines</i>			
	Fruit of the Day	Steamed Corn	<i>My wife and I literally grew up in the same neighborhood. I love that my wife always asks my mom how to make my favorite recipes. My children and I have loved the tradition of family recipes! I continue to make this simple favorite meal to this day. It is one of my favorites 'Go-to' meals and I think it will remain a family tradition for my children and theirs. I love the stories I have gotten to share with my kids when making a family traditional recipe. It's best to spend time with your kids reminiscing about fond best food memories while making and teaching them how to make something so simple and full of tradition. - Dave</i>			
	Corn Chips	Fruit of the Day	<i>Tuna & Peas on Buttered Saltines recipe is on Page 2</i>			
	Milk Substitute	Milk Substitute				

Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Participants) etc

TUNA & PEAS ON BUTTERED SALTINES

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> •2 Cups Cold Milk •¼ Cup White Flour •2 TBLS Salted Butter •2 Cans Tuna, packed in water •1 Cup Frozen Thawed Sweet Green Peas •Ground Black Pepper •Saltine Crackers •Butter 	<ol style="list-style-type: none"> 1. Preparing White sauce: On low heat, melt 2 TBLS butter. Whisk ½ cup of white flour into the cold milk till smooth (slurry). Add the slurry slowly to the melted butter and stir on medium heat till sauce thickens. Turn heat down to low. 2. Flaking Tuna: Open and drain water from the tuna cans as best as you can. Dump tuna out into a bowl. Grasp a handful of tuna and rub it between your palms, like you are trying to warm your hands. This is called flaking tuna. It fluffs the tuna up. Don't over flake, but rub palms together about 10 times into a bowl. 3. Add tuna and peas to white sauce and heat on low till 165. 4. While all is heating in saucepan, butter your saltines. Once mixture is hot, pour over buttered saltine and sprinkle black ground pepper on top. Bon Appetite ! 	

November 2023 Menu (Subject to Change)

	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023
Hot Meal	Chicken Fajita w/Rice	Beef Meatballs	Chicken & Potatoes
	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice
	Served w/ Brown Rice	Steamed Green Beans	Crisp Broccoli
	Black Beans	Fruit of the Day	Fruit of the Day
	Fruit of the Day & Milk Substitute	Milk Substitute	Milk Substitute

While this recipe is incredibly simple, it was a Kayoum family tradition that my grandmother used to make for her five daughters. This yummy comfort meal was common in my mom's family when she grew up and became a nostalgic favorite of mine and my siblings when we grew up. It is a favorite in my home and a true comfort food meal.

	Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023
Hot Meal	Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat Over Rice
	Golden Corn Chips	Steamed Rice	Steamed Peas	Steamed Rice	Serve Seasoned Beef on Brown Rice
	Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day	Fresh Broccoli	Black Beans & Carrots
	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	Fruit of the Day & Corn Chips
	Milk Substitute	Milk Substitute		Milk Substitute	Milk Substitute

Menu Name : K-8 A Bagged Breakfast w Cereal Menu

Grade Level / Age Group : K-8 Grades

Meal Pattern : NSLP

Meal: Breakfast

October - 2023

Monday, October 2, 2023		Tuesday, October 3, 2023		Wednesday, October 4, 2023		Thursday, October 5, 2023		Friday, October 6, 2023	
Breakfast	Assorted Big Bowl Cereal (2 items)	Orange Dream Muffin (2 items)	Sliced Raisin Bagel & Cream Cheese (2 items)	Delicious Mini Pancake Puffs (2 items)	WG Cinnamon Swirl (2 items)				
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)				
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)				
<i>Chef's Choice may be offered</i>									

Week II

Monday, October 9, 2023		Tuesday, October 10, 2023		Wednesday, October 11, 2023		Thursday, October 12, 2023		Friday, October 13, 2023	
Breakfast	Big Bowl Trix Cereal (2 Items)	WG Chocolate Chip Muffin (2 items)	Apple Frudel (2 items)	Banana Breakfast Bread (2 items)	* Student Favorite* Low Sugar WG Honey Bun (2 items)				
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)				
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)				
<i>Chef's Choice may be offered</i>									

Week III

Monday, October 16, 2023		Tuesday, October 17, 2023		Wednesday, October 18, 2023		Thursday, October 19, 2023		Friday, October 20, 2023	
Breakfast	Assorted Big Bowl Cereal (2 Items)	Banana Muffin (2 items)	* Student Favorite* Low Sugar Whole Grain Apple Fritter Bun (2 items)	Delicious Mini Pancake Bites (2 items)	* Student Favorite* Low Sugar WG Chocolate Enrobed Donut (2 items)				
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)				
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)				
<i>Chef's Choice may be offered</i>									

Week IV

Monday, October 23, 2023		Tuesday, October 24, 2023		Wednesday, October 25, 2023		Thursday, October 26, 2023		Friday, October 27, 2023	
Breakfast	Assorted Big Bowl Cereal (2 items)	Apple Cinnamon Muffin (2 items)	Delicious Mini Pancake Bites (2 items)	Low Sugar WG Cinnamon Roll (2 items)	* Student Favorite* Low Sugar Whole Grain Chocolate Cake Donut (2 items)				
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)				
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)				
<i>Chef's Choice may be offered</i>									

Week V

Monday, October 30, 2023		Tuesday, October 31, 2023		Chef Spotlight					
Breakfast	Assorted Big Bowl Cereal (2 items)	Whole Grain Chocolate Chip Muffin (2 items)	Dave Kayoum - Director of Business Development <i>Tuna & Peas on Buttered Saltines</i>						
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	<p><i>My wife and I literally grew up in the same neighborhood. I love that my wife always asks my mom how to make my favorite recipes. My children and I have loved the tradition of family recipes! I continue to make this simple favorite meal to this day. It is one of my favorite 'Go-to' meals and I think it will remain a family tradition for my children and theirs. I love the stories I have gotten to share with my kids when making a family traditional recipe. It's best to spend time with your kids reminiscing about fond best food memories while making and teaching them how to make something so simple and full of tradition. - Dave</i></p>						
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	<i>Tuna & Peas on Buttered Saltines recipe is on Page 2</i>						
<i>Chef's Choice may be offered</i>									

Week VI

*** Three items meet USDA Requirements (One item must be fruit)

TUNA & PEAS ON BUTTERED SALTINES

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> • 2 Cups Cold Milk • ¼ Cup White Flour • 2 TBLS Salted Butter • 2 Cans Tuna, packed in water • 1 Cup Frozen Thawed sweet Green Peas • Ground Black Pepper • Saltine Crackers • Butter 	<ol style="list-style-type: none"> 1. Preparing White sauce: On low heat, melt 2 TBLS butter. Whisk ½ cup of white flour into the cold milk till smooth (slurry). Add the slurry slowly to the melted butter and stir on medium heat till sauce thickens. Turn heat down to low. 2. Flaking Tuna: Open and drain water from the tuna cans as best as you can. Dump tuna out into a bowl. Grasp a handful of tuna and rub it between your palms, like you are trying to warm your hands. This is called flaking tuna. It fluffs the tuna up. Don't over flake, but rub palms together about 10 times into a bowl. 3. Add tuna and peas to white sauce and heat on low till 165. 4. While all is heating in saucepan, butter your saltines. Once mixture is hot, pour over buttered saltine and sprinkle black ground pepper on top. Bon Appetite ! 	

November 2023 Menu (Subject to Change)

	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023
Breakfast	Strawberry Hand Pie (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	Sliced Plain Bagel & Cream Cheese (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	<i>* Student Favorite*</i> Low Sugar 4 Pack Glazed Mini Breakfast Bites (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)
	<i>Chef's Choice may be offered</i>		

	Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023
Breakfast	Assorted Big Bowl Cereal (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	Cinnamon Crumble Top Breakfast Loaf (2 Items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	WG Banana Chocolate Chip Oatmeal Breakfast Round (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	Favorite Mini Cinnis (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	Low Sugar Whole Grain Cake Donut (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)
	<i>Chef's Choice may be offered</i>				

Menu Name : K-12 A Bagged Breakfast w Cereal Menu

Grade Level / Age Group : K-12 Grades

Meal Pattern : NSLP

Meal: Breakfast

October - 2023

	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023	
Breakfast	Assorted Big Bowl Cereal (2 items)	Orange Dream Muffin (2 items)	Sliced Raisin Bagel & Cream Cheese (2 items)	Delicious Mini Pancake Puffs (2 items)	WG Cinnamon Swirl (2 items)	Week II
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>						

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023	
Breakfast	Big Bowl Trix Cereal (2 Items)	WG Chocolate Chip Muffin (2 items)	Apple Frudel (2 items)	Banana Breakfast Bread (2 items)	<i>* Student Favorite*</i> Low Sugar WG Honey Bun (2 items)	Week III
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>						

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023	
Breakfast	Assorted Big Bowl Cereal (2 Items)	Banana Muffin (2 items)	<i>* Student Favorite*</i> Low Sugar Whole Grain Apple Fritter Bun (2 items)	Delicious Mini Pancake Bites (2 items)	<i>* Student Favorite*</i> Low Sugar WG Chocolate Enrobed Donut (2 items)	Week IV
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>						

	Monday, October 23, 2023	Tuesday, October 24, 2023	Wednesday, October 25, 2023	Thursday, October 26, 2023	Friday, October 27, 2023	
Breakfast	Assorted Big Bowl Cereal (2 items)	Apple Cinnamon Muffin (2 items)	Delicious Mini Pancake Bites (2 items)	Low Sugar WG Cinnamon Roll (2 items)	<i>* Student Favorite*</i> Low Sugar Whole Grain Chocolate Cake Donut (2 items)	Week V
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>						

	Monday, October 30, 2023	Tuesday, October 31, 2023	Chef Spotlight			
Breakfast	Assorted Big Bowl Cereal (2 items)	Whole Grain Chocolate Chip Muffin (2 items)	Dave Kayoum - Director of Business Development <i>Tuna & Peas on Buttered Saltines</i>			Week VI
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	<i>My wife and I literally grew up in the same neighborhood. I love that my wife always asks my mom how to make my favorite recipes. My children and I have loved the tradition of family recipes! I continue to make this simple favorite meal to this day. It is one of my favorite 'Go-to' meals and I think it will remain a family tradition for my children and theirs. I love the stories I have gotten to share with my kids when making a family traditional recipe. It's best to spend time with your kids reminiscing about fond best food memories while making and teaching them how to make something so simple and full of tradition. - Dave</i>			
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	<i>Tuna & Peas on Buttered Saltines recipe is on Page 2</i>			
<i>Chef's Choice may be offered</i>						

*** Three items meet USDA Requirements (One item must be fruit) ***

TUNA & PEAS ON BUTTERED SALTINES

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> • 2 Cups Cold Milk • ¼ Cup White Flour • 2 TBLS Salted Butter • 2 Cans Tuna, packed in water • 1 Cup Frozen Thawed sweet Green Peas • Ground Black Pepper • Saltine Crackers • Butter 	<ol style="list-style-type: none"> 1. Preparing White sauce: On low heat, melt 2 TBLS butter. Whisk ½ cup of white flour into the cold milk till smooth (slurry). Add the slurry slowly to the melted butter and stir on medium heat till sauce thickens. Turn heat down to low. 2. Flaking Tuna: Open and drain water from the tuna cans as best as you can. Dump tuna out into a bowl. Grasp a handful of tuna and rub it between your palms, like you are trying to warm your hands. This is called flaking tuna. It fluffs the tuna up. Don't over flake, but rub palms together about 10 times into a bowl. 3. Add tuna and peas to white sauce and heat on low till 165. 4. While all is heating in saucepan, butter your saltines. Once mixture is hot, pour over buttered saltine and sprinkle black ground pepper on top. Bon Appetite ! 	

November 2023 Menu (Subject to Change)

	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023
Breakfast	Strawberry Hand Pie (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	Sliced Plain Bagel & Cream Cheese (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	<i>* Student Favorite*</i> Low Sugar 4 Pack Glazed Mini Breakfast Bites (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)
	<i>Chef's Choice may be offered</i>		

	Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023
Breakfast	Assorted Big Bowl Cereal (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	Cinnamon Crumble Top Breakfast Loaf (2 Items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	WG Banana Chocolate Chip Oatmeal Breakfast Round (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	Favorite Mini Cinnis (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	Low Sugar Whole Grain Cake Donut (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)
	<i>Chef's Choice may be offered</i>				

Menu Name : 9-12 Allergen Free Lunch Menu	Meal Pattern : NSLP	Meal: Lunch
Grade Level / Age Group : 9-12 Grades		
October - 2023		

NO DAIRY NO GLUTEN (NO WHEAT) NO EGG NO SOY NO FISH	NO SHELL FISH NO SESAME (SEEDS & OIL) NO PEANUTS NO TREE NUTS NO SUNFLOWER (SEEDS, OIL & BUTTER)
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	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023	
Hot Meal	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes	Week II
	Steamed Rice	Taco Beef, Warm Rice & Golden Corn Chips	Brown Rice	Sliced Cucumbers	Steamed Rice	
	Fresh Baby Carrots	Black Bean & Corn	Crisp Broccoli	Baby Carrots	Steamed Peas	
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	
	Milk Substitute	Milk Substitute	Milk Substitute	Milk Substitute	Milk Substitute	

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023	
Hot Meal	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/Rice	Beef Meatballs	Chicken & Potatoes	Week III
	Baby Carrots	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice	
	Fruit of the Day	Steamed Corn	Served w/ Brown Rice	Steamed Green Beans	Crisp Broccoli	
	Corn Chips	Fruit of the Day	Black Beans	Fruit of the Day	Fruit of the Day	
	Milk Substitute	Milk Substitute	Fruit of the Day & Milk Substitute	Milk Substitute	Milk Substitute	

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023	
Hot Meal	Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat Over Rice	Week IV
	Golden Corn Chips	Steamed Rice	Steamed Peas	Steamed Rice	Serve Seasoned Beef on Brown Rice	
	Black Bean & Fresh Carrots	Steamed Green Beans	Corn Chips	Fresh Broccoli	Black Beans & Carrots	
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day & Corn Chips	
	Milk Substitute	Milk Substitute	Milk Substitute	Milk Substitute	Milk Substitute	

	Monday, October 23, 2023	Tuesday, October 24, 2023	Wednesday, October 25, 2023	Thursday, October 26, 2023	Friday, October 27, 2023	
Hot Meal	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes	Week V
	Steamed Rice	Taco Beef, Warm Rice & Golden Corn Chips	Brown Rice	Sliced Cucumbers & Baby Carrots	Steamed Rice	
	Fresh Baby Carrots	Black Bean & Corn	Crisp Broccoli	Fruit of the Day	Steamed Peas	
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	
	Milk Substitute	Milk Substitute	Milk Substitute		Milk Substitute	

	Monday, October 30, 2023	Tuesday, October 31, 2023	Chef Spotlight	
Hot Meal	Chicken Fried Rice	Beef & Broccoli	Dave Kayoum - Director of Business Development <i>Tuna & Peas on Buttered Saltines</i>	
	Baby Carrots	Brown Rice	<i>My wife and I literally grew up in the same neighborhood. I love that my wife always asks my mom how to make my favorite recipes. My children and I have loved the tradition of family recipes! I continue to make this simple favorite meal to this day. It is one of my favorites 'Go-to' meals and I think it will remain a family tradition for my children and theirs. I love the stories I have gotten to share with my kids when making a family traditional recipe. It's best to spend time with your kids reminiscing about fond best food memories while making and teaching them how to make something so simple and full of tradition. - Dave</i>	
	Fruit of the Day	Steamed Corn	<i>Tuna & Peas on Buttered Saltines recipe is on Page 2</i>	
	Corn Chips	Fruit of the Day		
	Milk Substitute	Milk Substitute		

Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Participants) etc

TUNA & PEAS ON BUTTERED SALTINES

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> •2 Cups Cold Milk •¼ Cup White Flour •2 TBLS Salted Butter •2 Cans Tuna, packed in water •1 Cup Frozen Thawed Sweet Green Peas •Ground Black Pepper •Saltine Crackers •Butter 	<ol style="list-style-type: none"> 1. Preparing White sauce: On low heat, melt 2 TBLS butter. Whisk ½ cup of white flour into the cold milk till smooth (slurry). Add the slurry slowly to the melted butter and stir on medium heat till sauce thickens. Turn heat down to low. 2. Flaking Tuna: Open and drain water from the tuna cans as best as you can. Dump tuna out into a bowl. Grasp a handful of tuna and rub it between your palms, like you are trying to warm your hands. This is called flaking tuna. It fluffs the tuna up. Don't over flake, but rub palms together about 10 times into a bowl. 3. Add tuna and peas to white sauce and heat on low till 165. 4. While all is heating in saucepan, butter your saltines. Once mixture is hot, pour over buttered saltine and sprinkle black ground pepper on top. Bon Appetite ! 	

November 2023 Menu (Subject to Change)

	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023
Hot Meal	Chicken Fajita w/Rice	Beef Meatballs	Chicken & Potatoes
	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice
	Served w/ Brown Rice	Steamed Green Beans	Crisp Broccoli
	Black Beans	Fruit of the Day	Fruit of the Day
	Fruit of the Day & Milk Substitute	Milk Substitute	Milk Substitute

While this recipe is incredibly simple, it was a Kayoum family tradition that my grandmother used to make for her five daughters. This yummy comfort meal was common in my mom's family when she grew up and became a nostalgic favorite of mine and my siblings when we grew up. It is a favorite in my home and a true comfort food meal.

	Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023
Hot Meal	Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat Over Rice
	Golden Corn Chips	Steamed Rice	Steamed Peas	Steamed Rice	Serve Seasoned Beef on Brown Rice
	Black Bean & Fresh Carrots	Steamed Green Beans	Corn Chips	Fresh Broccoli	Black Beans & Carrots
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day & Corn Chips
	Milk Substitute	Milk Substitute	Milk Substitute	Milk Substitute	Milk Substitute

Menu Name : MTS PEASE Academy Lunch Menu	Options Provided : Hot, Hot Vegetarian & Deli Salads
Grade Level / Age Group : 9-12 Grades	Meal Pattern : NSLP Meal: Lunch
October - 2023	

	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023	
Hot Meal	"New" Flama Crunch Burger..(yep, we will send mayo) Top your Burger with Flama Doritos	"New" Asian Chicken Dumplings w/ Momo Sauce	Beef Burrito Bowl Seasoned Beef, Warm Rice	Mandarin Orange Chicken Steamed Brown Rice	Turkey Pepperoni Pizza Calzone Baby Carrots & Dip	Week II
	CKC Baked Beans	Celery Sticks & Carrot Slims	Street Corn, Shred Lettuce, Chz & Crema	Garden Greens Salad & Homemade Dressing	Vanilla Wafers	
	Cinnamon Apple Slices	Chilled Pears & 100% Fruit Juice	Bananas	Grapes Bunch & 100% Fruit Juice	Large Crisp Varietal Apple	
	100% Fruit Juice & Choice Milk	Choice Milk	Scooby Grahams & Choice Milk	Choice Milk	Choice Milk	
Hot Veg	Bean & Cheese Burrito	Pizza Crunchers	Cheesy Pull Aparts	French Pizza Bread	Grilled Cheese Sandwich	

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023	
Hot Meal	Spicy Chicken Tenders & Dip Hot Cheetos	Greek Nachos Seasoned Meat, Corn Tortilla Chips	"New" Smoky Texas Chicken Drumstick WG Dinner Roll & Sweet Chili Doritos	CKC Sweet & Sour Meatballs Seasoned Rice	Garlic Dusted French Bread Pizza Italian Dip	Week III
	Street Corn	Tatziki Sauce & Cholula	Cucumber Slices, Baby Carrots w/ Dip	Baby Carrots	Garden Greens Salad & Dressing	
	Cinnamon Apple Slices & 100% Fruit Juice	Banzo Salad & Chilled Pears	Bananas	Grapes Bunch	Large Crisp Varietal Apple	
	Choice Milk	Vanilla Chat Snax, 100% Fruit Juice & Choice Milk	Choice Milk	100% Fruit Juice & Choice Milk	Choice Milk	
Hot Veg	Veggie Hot Pocket & Sauce	Cheese Nachos	Veggie Quesadilla	Dipping Bites w/ Sauce	Cheesy Pull Aparts	

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023	
Hot Meal	Spicy Chicken Patty Sandwich Bakery Bun & Mayo	"New" Korean BBQ Meatballs Seasoned Rice	Corn Dog Ketchup	"New" CKC Chicken Gyro Greek Pita, Grilled Chicken	Brunch Lunch French Toast Sticks w/ Syrup	Week IV
	Sweet Chili Doritos & Spicy Street Corn	Celery Sticks, Carrot Slims & Dip	Flamas & CKC Baked Beans	Tomatoes w/Greek Sauce	Mixed Greens Salad & Dressing	
	Cinnamon Apple Slices	Chilled Pears & 100% Fruit Juice	Bananas	Sliced Cucumbers, Grapes Bunch	Large Crisp Varietal Apple	
	100% Fruit Juice & Choice Milk	Choice Milk	Choice Milk	100% Fruit Juice & Choice Milk	Choice Milk	
Hot Veg	Veggie Garden Burger & Mayo	Egg Fried Rice & Grahams	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet	Stuffed Breadsticks w/ Dip	Grilled Cheese Sandwich	

	Monday, October 23, 2023	Tuesday, October 24, 2023	Wednesday, October 25, 2023	Thursday, October 26, 2023	Friday, October 27, 2023	
Hot Meal	Spicy Crunchy Tender Fritter Wrap Wg Tortilla, Chix Tenders, Boom Sauce	General Tso's Chicken Steamed Seasoned Rice	Walking Taco Nacho Chz Doritos, Seasoned Beef	"New" Spicy Chicken Tikka Drumstick Seasoned Rice	Buffalo Chicken Hot Pocket Ranch Dip	Week V
	Shred Lettuce / Cool Ranch Doritos	Baby Carrots & Dip	w/ Shred Chz, Shredded Lettuce & Choula	Sliced Cucumbers & Carrot Slims	Broccoli Florets & Dip	
	Seasoned Corn / Cinnamon Apples	Chilled Pears & 100% Fruit Juice	Cheesy Refried Beans	Grapes Bunch & 100% Fruit Juice	Large Crisp Varietal Apple	
	100% Fruit Juice & Choice Milk	Choice Milk	Chat Snax, Bananas & Choice Milk	Choice Milk	Choice Milk	
Hot Veg	Cheesy Pull Aparts & Doritos	Veggie Hot Pocket & Dip	Bean Nachos	Egg Fried Rice & WG Roll	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet	

	Monday, October 30, 2023	Tuesday, October 31, 2023	Chef Spotlight			
Hot Meal	Premium Chicken Nuggets w/ Youza Sauce Flamas	Swedish Meatballs (Homemade Gravy) Wg Dinner Roll	Dave Kayoum - Director of Business Development <i>Tuna & Peas on Buttered Saltines</i>			Week VI
	CKC Baked Beans	Steamed Carrots	<i>My wife and I literally grew up in the same neighborhood. I love that my wife always asks my mom how to make my favorite recipes. My children and I have loved the tradition of family recipes! I continue to make this simple favorite meal to this day. It is one of my favorites 'Go-to' meals and I think it will remain a family tradition for my children and theirs. I love the stories I have gotten to share with my kids when making a family traditional recipe. It's best to spend time with your kids reminiscing about fond best food memories while making and teaching them how to make something so simple and full of tradition. - Dave</i>			
	Baby Carrots & Dip	Chilled Pears & 100% Fruit Juice				
	Cinnamon Apples, 100% Fruit Juice & Choice Milk	Vanilla Wafers & Choice Milk				
Hot Veg	Grilled Cheese Sandwich	Veggie Quesadilla	<i>Tuna & Peas on Buttered Saltines recipe is on Page 2</i>			

	Monday, October 30, 2023	Tuesday, October 31, 2023	Wednesday, October 31, 2023	Thursday, October 31, 2023	Friday, October 31, 2023	
Hot Meal	Grilled Chicken Caesar 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.	Grilled Chicken Asian Salad Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls added to complete the WG requirement.	Grilled Chicken SW Taco Salad 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.	Classic Chef Salad 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.	Quinoa Power Bowl Salad 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.	Deli Salads
	(Vegetarian choices come with eggs & cheese in the place of meat)					

*** Hot Veg 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)

TUNA & PEAS ON BUTTERED SALTINES

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> •2 Cups Cold Milk •¼ Cup White Flour •2 TBLS Salted Butter •2 Cans Tuna, packed in water •1 Cup Frozen Thawed Sweet Green Peas •Ground Black Pepper •Saltine Crackers •Butter 	<ol style="list-style-type: none"> 1. Preparing White sauce: On low heat, melt 2 TBLS butter. Whisk ½ cup of white flour into the cold milk till smooth (slurry). Add the slurry slowly to the melted butter and stir on medium heat till sauce thickens. Turn heat down to low. 2. Flaking Tuna: Open and drain water from the tuna cans as best as you can. Dump tuna out into a bowl. Grasp a handful of tuna and rub it between your palms, like you are trying to warm your hands. This is called flaking tuna. It fluffs the tuna up. Don't over flake, but rub palms together about 10 times into a bowl. 3. Add tuna and peas to white sauce and heat on low till 165. 4. While all is heating in saucepan, butter your saltines. Once mixture is hot, pour over buttered saltine and sprinkle black ground pepper on top. Bon Appetite ! 	

November 2023 Menu (Subject to Change)

	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023		
Hot Meal	<p><i>While this recipe is incredibly simple, it was a Kayoum family tradition that my grandmother used to make for her five daughters. This yummy comfort meal was common in my mom's family when she grew up and became a nostalgic favorite of mine and my siblings when we grew up. It is a favorite in my home and a true comfort food meal.</i></p>	Enchilada Nachos Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce Steamed Street Corn & Fresh Cucumbers Honey Grahams, Bananas & Choice Milk	"New" Butter Chicken Steamed Seasoned Rice Celery Sticks, Carrot Slims & Dip Grapes Bunch 100% Fruit Juice & Choice Milk	"New" Spicy Cheesy Pasta Bake Grahams Garden Greens Salad & Dressing Large Crisp Varietal Apple Choice Milk	Week VI
		Veggie Garden Burger & Mayo	Bean & Cheese Burrito	French Bread Pizza	
Hot Veg					

	Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023	
Hot Meal	All Beef Hot Dog WG Hot Dog Bun, Ketchup & Mustard CKC Baked Beans Strawberry Bites & Cinnamon Apples 100% Fruit Juice & Choice Milk	"New" Bengali Chicken & Potato Kathi Roll WG Wrap, Chix & Potato Filling Bengali Sauce (Yogurty Chutney) Baby Carrots & Chilled Pears Elf Grahams, 100% Fruit Juice & Choice Milk	"New" Bacon Boosted Mac & Cheese <i>Spicy Alter-Ego of Macaroni & Cheese with Turkey Bacon & Jalepeno Bits</i> Celery Sticks, Carrot Slims & Dip WG Roll, Bananas & Choice Milk	Sesame Chicken Steamed Seasoned Brown Rice Chilled Sweet Pea Salad Grapes Bunch & 100% Fruit Juice Choice Milk	Twisted Cheese Stuffed Breadsticks Italian Dip Mixed Greens Salad & Dressing Large Crisp Varietal Apple Choice Milk	Week I
		Veggie Burrito	Stuffed Dipping Bites w/Sauce	Cheese Calzone	Grilled Cheese Sandwich	
Hot Veg						