

Menu Name : K-12 A Bagged Breakfast w Cereal Menu		Meal Pattern : NSLP		Meal: Breakfast	
Grade Level / Age Group : K-12 Grades		November - 2023			

Breakfast	<p><i>Murgh Kebab served with Dill/ Pine Nut Rice</i> - Steve Michalski Recipe is in Page 2</p>	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023	Week VI
		<p>Strawberry Hand Pie (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Sliced Plain Bagel & Cream Cheese (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p><i>* Student Favorite*</i> Low Sugar 4 Pack Glazed Mini Breakfast Bites (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	
<i>Chef's Choice may be offered</i>					

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

Breakfast	Monday, November 13, 2023	Tuesday, November 14, 2023	Wednesday, November 15, 2023	Thursday, November 16, 2023	Friday, November 17, 2023	Week II
	<p>Assorted Big Bowl Cereal (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Orange Dream Muffin (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Sliced Raisin Bagel & Cream Cheese (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Delicious Mini Pancake Puffs (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>WG Cinnamon Swirl (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	
<i>Chef's Choice may be offered</i>						

Breakfast	Monday, November 20, 2023	Tuesday, November 21, 2023	Wednesday, November 22, 2023	Thursday, November 23, 2023	Friday, November 24, 2023	Week III
	<p>Big Bowl Trix Cereal (2 Items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>WG Chocolate Chip Muffin (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Apple Frudel (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Banana Breakfast Bread (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p><i>* Student Favorite*</i> Low Sugar WG Honey Bun (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	
<i>Chef's Choice may be offered</i>						

Breakfast	Monday, November 27, 2023	Tuesday, November 28, 2023	Wednesday, November 29, 2023	Thursday, November 30, 2023	Week IV
	<p>Assorted Big Bowl Cereal (2 Items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Banana Muffin (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p><i>* Student Favorite*</i> Low Sugar Whole Grain Apple Fritter Bun (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Delicious Mini Pancake Bites (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	
<i>Chef's Choice may be offered</i>					

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

MURGH KEBAB WITH DILL/ PINE NUT RICE

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> • 4lbs chicken breast cut into chunks. • ½ cup oil • 1 tbsp Butter • 1 tbsp Lemon Pepper • 1 tbsp Paprika • 1 whole Onion • 2 red peppers • 1-pint grape tomatoes • 12 metal/wood skewers • Rice and chicken broth (use your own taste for amount) • Salt • Fresh Dill • Pine Nuts 	<p>To make Dill Rice:</p> <ol style="list-style-type: none"> 1. Sauté diced onions in butter. 2. Add rice, chicken broth and fresh dill, then simmer until tender and fragrant. <p>To make Pine Nut Rice:</p> <ol style="list-style-type: none"> 1. Cook rice until fluffy. 2. Sauté pine nuts in butter until golden and toss them with the cooked rice. 3. Add salt and pepper to taste. <p>Murgh Kebab:</p> <ol style="list-style-type: none"> 1. Marinate chicken in oil, lemon pepper, paprika for a couple hours. 2. Place meat and veggies on skewers and grill 8-10 minutes until chicken is done. 3. Serve with Dill/Pine Nut Rice. 	

December 2023 Menu (Subject to Change)

Chef Spotlight - Steve Michalski - Procurement Support

Friends Are Forever

46 years ago, I walked into this small restaurant called Caravan Serai in Highland Park looking for my first job. Little did I know that it would provide life-long friendships for the Michalski and Kayoum Families. I started as a dishwasher making \$1.35/hour plus tips. I was a pretty picky eater back then but soon fell in love with this Middle Eastern Cuisine. I was soon asked to start cooking and was trained by Nancy's parents Carol and AK. I loved cooking this food and eating it. I spent many nights working at Caravan Serai and on some occasions working with my wife, 2 sisters and my mom. Even though I don't have a tandoor oven at home to cook I still make this dish on my grill and my boys love it. I hope you do!

Remember Friends are Friends Forever

-Steve

Friday, December 1, 2023

** Student Favorite**
Low Sugar WG Chocolate Enrobed Donut (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Chef's Choice may be offered

Breakfast

Week IV

	Monday, December 4, 2023	Tuesday, December 5, 2023	Wednesday, December 6, 2023	Thursday, December 7, 2023	Friday, December 8, 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)
	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, December 11, 2023	Tuesday, December 12, 2023
Breakfast	Assorted Big Bowl Cereal (2 items)	Whole Grain Chocolate Chip Muffin (2 items)
	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)
	<i>Chef's Choice may be offered</i>	

Week VI

Menu Name : Banaadir Elementary Grades K-4 Lunch Menu	Options Provided : Hot, Hot Vegetarian & Cold Meals	
Grade Level / Age Group : K-5 Grades	Meal Pattern : NSLP	Meal: Lunch
November - 2023		

	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023	
Hot Meal	Murgh Kebab served with Dill/ Pine Nut Rice - Steve Michalski Recipe is on Page 2	Enchilada Nachos Top your Fritos Corn chips with delicious Chicken Enchilada Shred Cheese & Boom Sauce Steamed Street Corn Banana & Choice Milk	Butter Chicken Steamed Seasoned Rice Celery Sticks Grapes Bunch Choice Milk	Fresh Hot Delivered Pizza Garden Greens Salad & Dressing Crisp Varietal Apple Choice Milk
Hot Veg		Bean & Cheese Burrito	French Bread Pizza	Fresh Hot Cheese Pizza
Cold		Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

	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 CKC Baked Beans Cinnamon Apple Slices Strawberry Bites & Choice Milk	Bengali Chicken & Potato Kathi Roll WG Wrap, Chix & Potato Filling Bengali Sauce (Yogurty Chutney) Baby Carrots Chilled Pears & Choice Milk	Sicilian Cheese Calzone Celery Sticks Banana Choice Milk	Sesame Chicken Steamed Seasoned Rice Chilled Sweet Peas Salad Grapes Bunch Choice Milk	Fresh Hot Delivered Pizza Mixed Greens Salad & Dressing Crisp Varietal Apple Choice Milk
Hot Veg	Veggie Burrito	Stuffed Dipping Bites w/Sauce	Cheese Calzone	Grilled Cheese Sandwich	Fresh Hot Cheese Pizza
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

	Monday, November 13, 2023	Tuesday, November 14, 2023	Wednesday, November 15, 2023	Thursday, November 16, 2023	Friday, November 17, 2023
Hot Meal	Cool Ranch Crunch Burger..(yep, we will send Mayo) Top your Burger with Cool Ranch Doritos CKC Baked Beans Cinnamon Apple Slices Choice Milk	Asian Chicken Dumplings w/ Momo Sauce Celery Sticks Chilled Pears Choice Milk	Soft Tortilla Taco Seasoned Beef, Cheese & Crema Street Corn Banana Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Garden Greens Salad & Homemade Dressing Grapes Bunch Choice Milk	Fresh Hot Delivered Pizza Baby Carrots Crisp Varietal Apple Choice Milk
Hot Veg	Bean & Cheese Burrito	Pizza Crunchers	Cheesy Pull Aparts	French Pizza Bread	Fresh Hot Cheese Pizza
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

	Monday, November 20, 2023	Tuesday, November 21, 2023	Wednesday, November 22, 2023	Thursday, November 23, 2023	Friday, November 24, 2023
Hot Meal	Chicken Tenders & Ketchup Cracker Crisps Street Corn Salad Cinnamon Apple Slices Choice Milk	Greek Nachos Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Banzo Salad Chilled Pears & Choice Milk	Smoky Texas Chicken Drumstick WG Bakery Roll Sliced Cucumbers & Dip Banana Grahmas & Choice Milk	CKC Sweet & Sour Meatballs Seasoned Rice Baby Carrots Grapes Bunch Choice Milk	Fresh Hot Delivered Pizza Garden Greens Salad & Dressing Crisp Varietal Apple Choice Milk
Hot Veg	Veggie Hot Pocket & Sauce	Bean Taco Wrap	Veggie Quesadilla	Dipping Bites w/ Sauce	Fresh Hot Cheese Pizza
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

	Monday, November 27, 2023	Tuesday, November 28, 2023	Wednesday, November 29, 2023	Thursday, November 30, 2023
Hot Meal	Chicken Patty Sandwich Bakery Bun & Ketchup Steamed Corn Cinnamon Apple Slices Choice Milk	Korean BBQ Meatballs Seasoned Rice & Fresh Green Onions Celery Sticks & Carrot Slims Chilled Pears Choice Milk	Corn Dog Ketchup CKC Baked Beans Banana Wafers & Choice Milk	CKC Chicken Gyro Greek Pita, Grilled Chicken Diced Tomatoes & Sliced Cucumbers Grapes Bunch Choice Milk
Hot Veg	Veggie Garden Burger & Mayo	Egg Fried Rice	Buttermilk Pancakes w/ Syrup & Yogurt Cup	Stuffed Breadsticks w/ Dip
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap

*** Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.

MURGH KEBAB WITH DILL/ PINE NUT RICE

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<ul style="list-style-type: none"> • 4lbs chicken breast cut into chunks. • ½ cup oil • 1 tbsp Butter • 1 tbsp Lemon Pepper • 1 tbsp Paprika • 1 whole Onion • 2 red peppers • 1-pint grape tomatoes • 12 metal/wood skewers • Rice and chicken broth (use your own taste for amount) • Salt • Fresh Dill • Pine Nuts 	<p>To make Dill Rice:</p> <ol style="list-style-type: none"> 1.Sauté diced onions in butter. 2. Add rice, chicken broth and fresh dill, then simmer until tender and fragrant. <p>To make Pine Nut Rice:</p> <ol style="list-style-type: none"> 1.Cook rice until fluffy. 2.Sauté pine nuts in butter until golden and toss them with the cooked rice. 3.Add salt and pepper to taste. <p>Murgh Kebab:</p> <ol style="list-style-type: none"> 1.Marinate chicken in oil, lemon pepper, paprika for a couple hours. 2.Place meat and veggies on skewers and grill 8-10 minutes until chicken is done. 3.Serve with Dill/Pine Nut Rice. 	

December 2023 Menu (Subject to Change)

Chef Spotlight - Steve Michalski - Procurement Support		Friday, December 1, 2023
Hot Meal	<p><i>Friends Are Forever</i></p> <p>46 years ago, I walked into this small restaurant called Caravan Serai in Highland Park looking for my first job. Little did I know that it would provide life-long friendships for the Michalski and Kayoum Families. I started as a dishwasher making \$1.35/hour plus tips. I was a pretty picky eater back then but soon fell in love with this Middle Eastern Cuisine. I was soon asked to start cooking and was trained by Nancy's parents Carol and AK. I loved cooking this food and eating it. I spent many nights working at Caravan Serai and on some occasions working with my wife, 2 sisters and my mom. Even though I don't have a tandoor oven at home to cook I still make this dish on my grill and my boys love it. I hope you do!</p> <p style="text-align: center;">Remember Friends are Friends Forever</p>	<p>Fresh Hot Delivered Pizza</p> <p>Garden Greens Salad & Dressing</p> <p>Crisp Varietal Apple</p> <p>Choice Milk</p>
Hot Veg	-Steve	<p>Fresh Hot Cheese Pizza</p>
Cold		<p>Grilled Chicken & Cheese Bun</p>

	Monday, December 4, 2023	Tuesday, December 5, 2023	Wednesday, December 6, 2023	Thursday, December 7, 2023	Friday, December 8, 2023
Hot Meal	<p>Crunchy Tender Roll-up</p> <p>Wg Tortilla, Chix Tenders, Boom Sauce</p> <p>Shred Lettuce & Steamed Corn</p> <p>Cinnamon Apple Slices</p> <p>Choice Milk</p>	<p>Sweet & Sour Chicken</p> <p>Steamed Seasoned Rice</p> <p>Baby Carrots</p> <p>Chilled Pears</p> <p>Choice Milk</p>	<p>Walking Taco</p> <p>Nacho Chz Doritos, Seasoned Beef</p> <p>w/ Shred Chz</p> <p>Cheesy Refried Beans</p> <p>Banana & Choice Milk</p>	<p>Chicken Tikka Drumstick</p> <p>WG Roll</p> <p>Sliced Cucumbers & Homemade Dip</p> <p>Grapes Bunch</p> <p>Choice Milk</p>	<p>Fresh Hot Delivered Pizza</p> <p>Broccoli Florets & Dressing</p> <p>Crisp Varietal Apple</p> <p>Choice Milk</p>
Hot Veg	Cheesy Pull Aparts	Veggie Hot Pocket & Dip	Bean Taco Wrap	Egg Fried Rice & Strawberry Bites	Fresh Hot Cheese Pizza
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

	Monday, December 11, 2023	Tuesday, December 12, 2023
Hot Meal	<p>Premium Chicken Nuggets w/ Youza Sauce</p> <p>WG Bakery Roll</p> <p>CKC Baked Beans</p> <p>Cinnamon Apple Slices</p> <p>Choice Milk</p>	<p>Swedish Meatballs (Homemade Gravy)</p> <p>Wg Dinner Roll</p> <p>Steamed Carrots</p> <p>Chilled Pears</p> <p>Vanilla Wafers & Choice Milk</p>
Hot Veg	Grilled Cheese Sandwich	Veggie Quesadilla
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun