

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

<b>Breakfast</b>	<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	<b>Week VI</b>
		<p><b>Strawberry Hand Pie (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>Sliced Plain Bagel &amp; Cream Cheese (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><i>* Student Favorite*</i> <b>Low Sugar 4 Pack Glazed Mini Breakfast Bites (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	
<i>Chef's Choice may be offered</i>					

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

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

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

<b>Breakfast</b>	Monday, November 27, 2023	Tuesday, November 28, 2023	Wednesday, November 29, 2023	Thursday, November 30, 2023	<b>Week IV</b>
	<p><b>Assorted Big Bowl Cereal (2 Items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>Banana Muffin (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><i>* Student Favorite*</i> <b>Low Sugar Whole Grain Apple Fritter Bun (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>Delicious Mini Pancake Bites (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; 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"> <li>• 4lbs chicken breast cut into chunks.</li> <li>• ½ cup oil</li> <li>• 1 tbsp Butter</li> <li>• 1 tbsp Lemon Pepper</li> <li>• 1 tbsp Paprika</li> <li>• 1 whole Onion</li> <li>• 2 red peppers</li> <li>• 1-pint grape tomatoes</li> <li>• 12 metal/wood skewers</li> <li>• Rice and chicken broth (use your own taste for amount)</li> <li>• Salt</li> <li>• Fresh Dill</li> <li>• Pine Nuts</li> </ul>	<p><b>To make Dill Rice:</b></p> <ol style="list-style-type: none"> <li>1. Sauté diced onions in butter.</li> <li>2. Add rice, chicken broth and fresh dill, then simmer until tender and fragrant.</li> </ol> <p><b>To make Pine Nut Rice:</b></p> <ol style="list-style-type: none"> <li>1. Cook rice until fluffy.</li> <li>2. Sauté pine nuts in butter until golden and toss them with the cooked rice.</li> <li>3. Add salt and pepper to taste.</li> </ol> <p><b>Murgh Kebab:</b></p> <ol style="list-style-type: none"> <li>1. Marinate chicken in oil, lemon pepper, paprika for a couple hours.</li> <li>2. Place meat and veggies on skewers and grill 8-10 minutes until chicken is done.</li> <li>3. Serve with Dill/Pine Nut Rice.</li> </ol>	

#### 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	<b>Assorted Big Bowl Cereal (2 items)</b>	<b>Apple Cinnamon Muffin (2 items)</b>	<b>Delicious Mini Pancake Bites (2 items)</b>	<b>Low Sugar WG Cinnamon Roll (2 items)</b>	<i>* Student Favorite*</i> <b>Low Sugar Whole Grain Chocolate Cake Donut (2 items)</b>
	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	<b>Assorted Big Bowl Cereal (2 items)</b>	<b>Whole Grain Chocolate Chip Muffin (2 items)</b>
	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 : MTS Elementary Grades K-6 Lunch Menu	Options Provided : Hot, Hot Vegetarian & Cold Meals	
Grade Level / Age Group : K-8 Grades	Meal Pattern : NSLP	Meal: Lunch
<b>November - 2023</b>		

<b>Hot Meal</b>	<b>Wednesday, November 1, 2023</b>			<b>Thursday, November 2, 2023</b>			<b>Friday, November 3, 2023</b>		
	<b>Enchilada Nachos</b>			<b>Butter Chicken</b>			<b>Brunch Lunch</b>		
	Top your Fritos Corn chips with delicious Chicken Enchilada			Steamed Seasoned Rice			Buttermilk Pancakes & Syrup		
	Shred Cheese, Lettuce & Boom Sauce			Celery Sticks			Fruited Yogurt Cup		
Steamed Street Corn			Grapes Bunch			Garden Greens Salad & Dressing			
Banana & Choice Milk			Choice Milk			Crisp Varietal Apple & Choice Milk			
Hot Veg	<b>Bean &amp; Cheese Burrito</b>			<b>Veggie Graden Burger</b>			<b>French Bread Pizza</b>		
Cold	<b>Turkey Bun w/ Mayo</b>			<b>Chicken Caesar Wrap</b>			<b>Grilled Chicken &amp; Cheese Bun</b>		

*Murgh Kebab served with Dill/ Pine Nut Rice*  
- Steve Michalski  
Recipe is on Page 2

<b>Hot Meal</b>	<b>Monday, November 6, 2023</b>		<b>Tuesday, November 7, 2023</b>		<b>Wednesday, November 8, 2023</b>		<b>Thursday, November 9, 2023</b>		<b>Friday, November 10, 2023</b>	
	<b>All Beef Hot Dog</b>		<b>Bengali Chicken &amp; Potato Kathi Roll</b>		<b>Sicilian Cheese Calzone</b>		<b>Sesame Chicken</b>		<b>Twisted Cheesy Breadsticks</b>	
	WG Hot Dog Bun, Ketchup		WG Wrap, Chix & Potato Filling		Celery Sticks		Steamed Seasoned Rice		Cold Italian Dip	
	CKC Baked Beans & Carrot Slims		Bengali Sauce (Yogurty Chutney)		Banana		Chilled Sweet Peas Salad		Mixed Greens Salad & Dressing	
Cinnamon Apple Slices		Baby Carrots		Choice Milk		Grapes Bunch		Crisp Varietal Apple		
Strawberry Bites & Choice Milk		Chilled Pears & Choice Milk				Choice Milk		Choice Milk		
Hot Veg	<b>Veggie Burrito</b>		<b>Stuffed Dipping Bites w/Sauce</b>		<b>Cheese Calzone</b>		<b>Grilled Cheese Sandwich</b>		<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelet</b>	
Cold	<b>Wowbutter &amp; Jelly sandwich</b>		<b>Honey Mustard Chicken Bun</b>		<b>Turkey Bun w/ Mayo</b>		<b>Chicken Caesar Wrap</b>		<b>Grilled Chicken &amp; Cheese Bun</b>	

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

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

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

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

### MURGH KEBAB WITH DILL/ PINE NUT RICE

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

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 style="text-align: center;">-Steve</p>	<p><b>Brunch Lunch</b></p> <p>French Toast Sticks w/ Syrup</p> <p>Mixed Greens Salad &amp; Dressing</p> <p>Crisp Varietal Apple</p> <p>Choice Milk</p> <p style="text-align: center; color: red;"><b>Grilled Cheese Sandwich</b></p> <p style="text-align: center;"><b>Grilled Chicken &amp; Cheese Bun</b></p>
Hot Veg		
Cold		

	Monday, December 4, 2023	Tuesday, December 5, 2023	Wednesday, December 6, 2023	Thursday, December 7, 2023	Friday, December 8, 2023
Hot Meal	<p><b>Crunchy Tender Roll-up</b></p> <p>Wg Tortilla, Chix Tenders, Boom Sauce</p> <p>Shred Lettuce &amp; Steamed Corn</p> <p>Cinnamon Apple Slices</p> <p>Choice Milk</p>	<p><b>Sweet &amp; Sour Chicken</b></p> <p>Steamed Seasoned Rice</p> <p>Baby Carrots</p> <p>Chilled Pears</p> <p>Choice Milk</p>	<p><b>Walking Taco</b></p> <p>Nacho Chz Doritos, Seasoned Beef</p> <p>w/ Shred Chz</p> <p>Cheesy Refried Beans</p> <p>Banana &amp; Choice Milk</p>	<p><b>Chicken Tikka Drumstick</b></p> <p>WG Bakery Roll</p> <p>Broccoli Florets &amp; Dip</p> <p>Grapes Bunch</p> <p>Berry Crackers &amp; Choice Milk</p>	<p><b>"New" Beef Sambusa Wrap</b></p> <p>Beef Sambusa Meat on a Wrap</p> <p>Yogurt Sauce</p> <p>Sliced Cucumbers &amp; Dip</p> <p>Crisp Varietal Apple &amp; Choice Milk</p>
Hot Veg	<b>Cheesy Pull Aparts</b>	<b>Veggie Hot Pocket &amp; Dip</b>	<b>Bean Taco Wrap</b>	<b>Egg Fried Rice</b>	<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelet</b>
Cold	<b>Wowbutter &amp; Jelly sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/ Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

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