

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
<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>Apple Cinnamon 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>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>	<p><b>Low Sugar WG Cinnamon Roll (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></p> <p><b>Low Sugar Whole Grain Chocolate 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>				

Breakfast

Week V

Monday, December 11, 2023	Tuesday, December 12, 2023
<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>Whole Grain 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>
<i>Chef's Choice may be offered</i>	

Breakfast

Week VI

Menu Name : MTS Secondary Grades 7-8 Lunch Menu	Options Provided : Hot, Hot Vegetarian & Cold Meals	
Grade Level / Age Group : 6-8 Grades	Meal Pattern : NSLP	Meal: Lunch
<b>November - 2023</b>		

<b>Hot Meal</b>	Wednesday, November 1, 2023		Thursday, November 2, 2023		Friday, November 3, 2023	
	<b>Enchilada Nachos</b>		<b>Butter Chicken</b>		<b>Cheesy Pasta Bake</b>	
	Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce		Steamed Seasoned Rice		Animal Crackers	
	Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar	
Banana & Choice Milk		Grapes Bunch		Large Crisp Varietal Apple		
Choice Milk		Choice Milk		Choice Milk		
Hot Veg	<b>Veggie Garden Burger &amp; Mayo</b>		<b>Bean &amp; Cheese Burrito</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>	

<b>Hot Meal</b>	Monday, November 6, 2023		Tuesday, November 7, 2023		Wednesday, November 8, 2023		Thursday, November 9, 2023		Friday, November 10, 2023	
	<b>All Beef Hot Dog</b>		<b>Bengali Chicken &amp; Potato Kathi Roll</b>		<b>Mac &amp; Cheetos</b>		<b>Sesame Chicken</b>		<b>Twisted Cheesy Breadsticks</b>	
	WG Hot Dog Bun, Ketchup		WG Wrap, Chix & Potato Filling		<i>Cheetos in the Mac or on the Side?? You decide :)</i>		Steamed Seasoned Brown Rice		Cold Italian Dip	
	Assorted Salad Bar		Bengali Sauce (Yogurty Chutney)		Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar	
Strawberry Bites		Assorted Salad Bar		Assorted Salad Bar		Grapes Bunch		Crisp Varietal Apple		
Pineapple Tidbits & Choice Milk		Chilled Pears & Choice Milk		Banana & 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>	Monday, November 13, 2023		Tuesday, November 14, 2023		Wednesday, November 15, 2023		Thursday, November 16, 2023		Friday, November 17, 2023	
	<b>Cool Ranch Crunch Burger..(yep, we will send ketchup)</b>		<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, Chz & Crema		Steamed Brown Rice		Assorted Salad Bar	
	Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar		Crisp Varietal Apple	
Pineapple Tidbits & Choice Milk		Chilled Pears		Banana		Grapes Bunch		Choice Milk		
Choice Milk		Choice Milk		Choice Milk		Choice Milk		Vanilla Wafers		
Hot Veg	<b>Bean &amp; Cheese Burrito</b>		<b>Sicilian Chz Calzone</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>	Monday, November 20, 2023		Tuesday, November 21, 2023		Wednesday, November 22, 2023		Thursday, November 23, 2023		Friday, November 24, 2023	
	<b>Spicy Chicken Tenders &amp; Dip</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 Dinner Roll		Seasoned Rice		Italian Dip	
	Assorted Salad Bar		Tatziki Sauce		Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar	
Pineapple Tidbits		Assorted Salad Bar & Chilled Pears		Banana		Grapes Bunch		Crisp Varietal Apple		
Choice Milk		Choice Milk		Grahams & 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>	Monday, November 27, 2023		Tuesday, November 28, 2023		Wednesday, November 29, 2023		Thursday, November 30, 2023	
	<b>Spicy 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	
	Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar	
Pineapple Tidbits		Chilled Pears		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 &amp; Strawberry Bites</b>		<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelet</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
<b>Hot Meal</b>	<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>	<b>Week IV</b>
Hot Veg	-Steve	<b>Brunch Lunch</b>
Cold		<b>Grilled Cheese Sandwich</b>
		<b>Grilled Chicken &amp; Cheese Bun</b>

	Monday, December 4, 2023	Tuesday, December 5, 2023	Wednesday, December 6, 2023	Thursday, December 7, 2023	Friday, December 8, 2023	
<b>Hot Meal</b>	<p><b>Spicy Crunchy Tender Roll-up</b></p> <p>Wg Tortilla, Chix Tenders, Boom Sauce</p> <p>Cool Ranch Doritos</p> <p>Assorted Salad Bar</p> <p>Pineapple Tidbits &amp; Choice Milk</p>	<p><b>General Tso Chicken</b></p> <p>Steamed Seasoned Rice</p> <p>Assorted Salad Bar</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>Assorted Salad Bar</p> <p>Banana &amp; Choice Milk</p>	<p><b>Spicy Chicken Tikka Drumstick</b></p> <p>Seasoned Rice</p> <p>Assorted Salad Bar</p> <p>Grapes Bunch</p> <p>Choice Milk</p>	<p><b>"New" Beef Sambusa Wrap</b></p> <p>Beef Sambusa Meat on a Wrap</p> <p>Yogurt Sauce</p> <p>Assorted Salad Bar</p> <p>Mixed Berry Crackers, Large Crisp</p> <p>Varietal Apple &amp; Choice Milk</p>	<b>Week V</b>
Hot Veg	<b>Cheesy Pull Aparts</b>	<b>Veggie Hot Pocket &amp; Dip</b>	<b>Bean Taco Wrap</b>	<b>Egg Fried Rice &amp; WG Dinner Roll</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	
<b>Hot Meal</b>	<p><b>Premium Chicken Nuggets w/ Youza Sauce</b></p> <p>WG Bakery Roll</p> <p>Assorted Salad Bar</p> <p>Pineapple Tidbits</p> <p>Choice Milk</p>	<p><b>Swedish Meatballs (Homemade Gravy)</b></p> <p>Wg Dinner Roll</p> <p>Assorted Salad Bar</p> <p>Chilled Pears</p> <p>Vanilla Wafers &amp; Choice Milk</p>	<b>Week VI</b>
Hot Veg	<b>Grilled Cheese Sandwich</b>	<b>Veggie Quesadilla</b>	
Cold	<b>Wowbutter &amp; Jelly sandwich</b>	<b>Honey Mustard Chicken Bun</b>	

Menu Name : MTS Secondary School Grades 9-12 Lunch menu	Options Provided : Hot, Hot Vegetarian & Cold Meals	
Grade Level / Age Group : 9-12 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>Cheesy Pasta Bake</b>		
	Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce			Steamed Seasoned Rice			Animal Crackers		
	Assorted Salad Bar			Assorted Salad Bar			Assorted Salad Bar		
<b>Hot Veg</b>	<b>Veggie Garden Burger &amp; Mayo</b>			<b>Bean &amp; Cheese Burrito</b>			<b>French Bread Pizza</b>		
	<b>Turkey Bun w/ Mayo</b>			<b>Chicken Caesar Wrap &amp; Strawberry Bites</b>			<b>Grilled Chicken &amp; Cheese Bun</b>		
<i>Murgh Kebab served with Dill/ Pine Nut Rice</i> - Steve Michalski Recipe is on Page 2			Grapes Bunch			Large Crisp Varietal Apple			
Honey Grahams, Bananas & Choice Milk			100% Fruit Juice & Choice Milk			Choice Milk			
<b>Cold</b>									

<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>Mac &amp; Cheetos</b>		<b>Sesame Chicken</b>		<b>Twisted Cheese Stuffed Breadsticks</b>	
	WG Hot Dog Bun, Ketchup & Mustard		WG Wrap, Chix & Potato Filling		<i>Cheetos in the Mac or on the Side?? You decide :)</i>		Steamed Seasoned Brown Rice		Italian Dip	
	Assorted Salad Bar		Bengali Sauce (Yogurty Chutney)		Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar	
<b>Hot Veg</b>	<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>	
	<b>Wowbutter &amp; Jelly sandwich</b>		<b>Honey Mustard Chicken Bun</b>		<b>Turkey Bun w/ Mayo</b>		<b>Chicken Caesar Wrap &amp; Strawberry Bites</b>		<b>Grilled Chicken &amp; Cheese Bun</b>	
Strawberry Bites & Pineapple Tidbits		Assorted Salad Bar & Chilled Pears		Bananas & Choice Milk		Grapes Bunch & 100% Fruit Juice		Large Crisp Varietal Apple		
100% Fruit Juice & Choice Milk		Elf Grahams, 100% Fruit Juice & Choice Milk				Choice Milk		Choice Milk		
<b>Cold</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>Flama Crunch Burger..(yep, we will send mayo)</b>		<b>Asian Chicken Dumplings</b>		<b>Soft Tortilla Taco</b>		<b>Mandarin Orange Chicken</b>		<b>Cheese Pizza Quesadilla</b>	
	Top your Burger with Flama Doritos		w/ Momo Sauce		Seasoned Beef, Crema & Chz		Steamed Brown Rice		Assorted Salad Bar	
	Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar		Vanilla Wafers	
<b>Hot Veg</b>	<b>Bean &amp; Cheese Burrito</b>		<b>Sicilian Chz Calzone</b>		<b>Cheesy Pull Aparts</b>		<b>French Pizza Bread</b>		<b>Grilled Cheese Sandwich</b>	
	<b>Wowbutter &amp; Jelly sandwich</b>		<b>Honey Mustard Chicken Bun</b>		<b>Turkey Bun w/ Mayo</b>		<b>Chicken Caesar Wrap &amp; Strawberry Bites</b>		<b>Grilled Chicken &amp; Cheese Bun</b>	
Pineapple Tidbits		Chilled Pears & 100% Fruit Juice		Bananas		Grapes Bunch & 100% Fruit Juice		Large Crisp Varietal Apple		
100% Fruit Juice & Choice Milk		Choice Milk		Mixed Berry Crackers & Choice Milk		Choice Milk		Choice Milk		
<b>Cold</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>Spicy Chicken Tenders &amp; Dip</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>	
	Hot Cheetos		Seasoned Meat, Corn Tortilla Chips		WG Dinner Roll & Sweet Chili Doritos		Seasoned Rice		Italian Dip	
	Assorted Salad Bar		Tatziki Sauce & Cholula		Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar	
<b>Hot Veg</b>	<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>	
	<b>Wowbutter &amp; Jelly sandwich</b>		<b>Honey Mustard Chicken Bun</b>		<b>Turkey Bun w/ Mayo</b>		<b>Chicken Caesar Wrap &amp; Strawberry Bites</b>		<b>Grilled Chicken &amp; Cheese Bun</b>	
Pineapple Tidbits & 100% Fruit Juice		Assorted Salad Bar & 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		
<b>Cold</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>Spicy Chicken Patty Sandwich</b>		<b>Korean BBQ Meatballs</b>		<b>Corn Dog</b>		<b>CKC Chicken Gyro</b>	
	Bakery Bun & Mayo		Seasoned Rice & Fresh Green Onions		Ketchup		Greek Pita, Grilled Chicken	
	Sweet Chili Doritos		Assorted Salad Bar		Flamas & Assorted Salad Bar		Assorted Salad Bar	
<b>Hot Veg</b>	<b>Veggie Garden Burger &amp; Mayo</b>		<b>Egg Fried Rice &amp; Grahams</b>		<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelet</b>		<b>Stuffed Breadsticks w/ Dip</b>	
	<b>Wowbutter &amp; Jelly sandwich</b>		<b>Honey Mustard Chicken Bun</b>		<b>Turkey Bun w/ Mayo</b>		<b>Chicken Caesar Wrap &amp; Strawberry Bites</b>	
Assorted Salad Bar		Chilled Pears & 100% Fruit Juice		Bananas		Grapes Bunch		
Pineapple Tidbits, 100% Fruit Juice & Choice Milk		Choice Milk		Choice Milk		100% Fruit Juice & Choice Milk		
<b>Cold</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>	Week IV
Hot Veg	-Steve	<p><b>Brunch Lunch</b></p> <p>French Toast Sticks w/ Syrup</p> <p>Assorted Salad Bar</p> <p>Large Crisp Varietal Apple</p> <p>Choice Milk</p> <p style="color: red; text-align: center;"><b>Grilled Cheese Sandwich</b></p> <p style="text-align: center;"><b>Grilled Chicken &amp; Cheese Bun</b></p>
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>Spicy Crunchy Tender Roll-up</b></p> <p>Wg Tortilla, Chix Tenders, Boom Sauce</p> <p>Cool Ranch Doritos, Assorted Salad Bar</p> <p>Pineapple Tidbits</p> <p>100% Fruit Juice &amp; Choice Milk</p>	<p><b>General Tso's Chicken</b></p> <p>Steamed Seasoned Rice</p> <p>Assorted Salad Bar</p> <p>Chilled Pears &amp; 100% Fruit Juice</p> <p>Choice Milk</p>	<p><b>Walking Taco</b></p> <p>Nacho Chz Doritos, Seasoned Beef</p> <p>w/ Shred Chz, Cholula</p> <p>Assorted Salad Bar</p> <p>Chat Snax, Bananas &amp; Choice Milk</p>	<p><b>Spicy Chicken Tikka Drumstick</b></p> <p>Seasoned Rice</p> <p>Assorted Salad Bar</p> <p>Grapes Bunch &amp; 100% Fruit Juice</p> <p>Choice Milk</p>	Week V
Hot Veg	<b>Cheesy Pull Aparts</b>	<b>Veggie Hot Pocket &amp; Dip</b>	<b>Bean Taco Wrap</b>	<b>Egg Fried Rice &amp; WG Dinner Roll</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 &amp; Strawberry Bites</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>Flamas</p> <p>Assorted Salad Bar</p> <p>Pineapple Tidbits</p> <p>100% Fruit Juice &amp; Choice Milk</p>	<p><b>Swedish Meatballs (Homemade Gravy)</b></p> <p>Wg Dinner Roll</p> <p>Assorted Salad Bar</p> <p>Chilled Pears &amp; 100% Fruit Juice</p> <p>Vanilla Wafers &amp; Choice Milk</p>	Week VI
Hot Veg	<b>Grilled Cheese Sandwich</b>	<b>Veggie Quesadilla</b>	
Cold	<b>Wowbutter &amp; Jelly sandwich</b>	<b>Honey Mustard Chicken Bun</b>	