

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 PEASE Academy Lunch Menu	Options Provided : Hot, Hot Vegetarian & Deli Salads
Grade Level / Age Group : 9-12 Grades	Meal Pattern : NSLP      Meal: Lunch
<b>November - 2023</b>	

	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023		
<b>Hot Meal</b>	<b>Murgh Kebab served with Dill/ Pine Nut Rice</b> <i>- Steve Michalski</i> <i>Recipe is on Page 2</i>	<b>Enchilada Nachos</b> Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce  Steamed Street Corn  Honey Grahams, Bananas & Choice Milk	<b>Butter Chicken</b> Steamed Seasoned Rice  Celery Sticks, Carrot Slims & Dip  Grapes Bunch  100% Fruit Juice & Choice Milk	<b>Spicy Cheesy Pasta Bake</b> Grahams Garden Greens Salad & Dressing Large Crisp Varietal Apple Choice Milk	<b>Week VI</b>
	<b>Hot Veg</b>	<b>Veggie Garden Burger &amp; Mayo</b>	<b>Bean &amp; Cheese Burrito</b>	<b>French Bread Pizza</b>	

	Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023	
<b>Hot Meal</b>	<b>All Beef Hot Dog</b> WG Hot Dog Bun, Ketchup & Mustard  CKC Baked Beans  Strawberry Bites & Cinnamon Apples  100% Fruit Juice & Choice Milk	<b>Bengali Chicken &amp; Potato Kathi Roll</b> WG Wrap, Chix & Potato Filling  Bengali Sauce (Yogurty Chutney)  Baby Carrots & Chilled Pears  Elf Grahams, 100% Fruit Juice & Choice Milk	<b>Mac &amp; Hot Cheetos</b> <i>Cheetos in the Mac or on the Side?? You decide :)</i>  Celery Sticks, Carrot Slims & Dip  Bananas & Choice Milk	<b>Sesame Chicken</b> Steamed Seasoned Brown Rice  Chilled Sweet Pea Salad  Grapes Bunch & 100% Fruit Juice  Choice Milk	<b>Twisted Cheese Stuffed Breadsticks</b> Italian Dip Mixed Greens Salad & Dressing Large Crisp Varietal Apple Choice Milk	<b>Week I</b>
	<b>Hot Veg</b>	<b>Veggie Burrito</b>	<b>Stuffed Dipping Bites w/Sauce</b>	<b>Cheese Calzone</b>	<b>Grilled Cheese Sandwich</b>	

	Monday, November 13, 2023	Tuesday, November 14, 2023	Wednesday, November 15, 2023	Thursday, November 16, 2023	Friday, November 17, 2023	
<b>Hot Meal</b>	<b>Flama Crunch Burger..(yep, we will send mayo)</b> Top your Burger with Flama Doritos  CKC Baked Beans  Cinnamon Apple Slices  100% Fruit Juice & Choice Milk	<b>Asian Chicken Dumplings</b> w/ Momo Sauce  Celery Sticks & Carrot Slims  Chilled Pears & 100% Fruit Juice  Choice Milk	<b>Beef Burrito Bowl</b> Seasoned Beef, Warm Rice Street Corn, Shred Lettuce, Chz & Crema Bananas Scooby Grahams & Choice Milk	<b>Mandarin Orange Chicken</b> Steamed Brown Rice Garden Greens Salad & Homemade Dressing Grapes Bunch & 100% Fruit Juice Choice Milk	<b>Cheese Pizza Quesadilla</b> Baby Carrots & Dip Vanilla Wafers Large Crisp Varietal Apple Choice Milk	<b>Week II</b>
	<b>Hot Veg</b>	<b>Bean &amp; Cheese Burrito</b>	<b>Pizza Crunchers</b>	<b>Cheesy Pull Aparts</b>	<b>French Pizza Bread</b>	

	Monday, November 20, 2023	Tuesday, November 21, 2023	Wednesday, November 22, 2023	Thursday, November 23, 2023	Friday, November 24, 2023	
<b>Hot Meal</b>	<b>Spicy Chicken Tenders &amp; Dip</b> Hot Cheetos  Street Corn  Cinnamon Apple Slices  100% Fruit Juice & Choice Milk	<b>Greek Nachos</b> Seasoned Meat, Corn Tortilla Chips  Tatziki Sauce & Cholula  Banzo Salad & Chilled Pears  Vanilla Chat Snax, 100% Fruit Juice & Choice Milk	<b>Smoky Texas Chicken Drumstick</b> WG Dinner Roll & Sweet Chili Doritos  Cucumber Slices, Baby Carrots w/ Dip  Bananas Choice Milk	<b>CKC Sweet &amp; Sour Meatballs</b> Seasoned Rice  Baby Carrots  Grapes Bunch  100% Fruit Juice & Choice Milk	<b>Garlic Dusted French Bread Pizza</b> Italian Dip Garden Greens Salad & Dressing Large Crisp Varietal Apple Choice Milk	<b>Week III</b>
	<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>	

	Monday, November 27, 2023	Tuesday, November 28, 2023	Wednesday, November 29, 2023	Thursday, November 30, 2023	
<b>Hot Meal</b>	<b>Spicy Chicken Patty Sandwich</b> Bakery Bun & Mayo  Sweet Chili Doritos & Spicy Street Corn  Cinnamon Apple Slices  100% Fruit Juice & Choice Milk	<b>Korean BBQ Meatballs</b> Seasoned Rice & Fresh Green Onions  Celery Sticks, Carrot Slims & Dip  Chilled Pears & 100% Fruit Juice  Choice Milk	<b>Corn Dog</b> Ketchup  Flamas & CKC Baked Beans  Bananas Choice Milk	<b>CKC Chicken Gyro</b> Greek Pita, Grilled Chicken  Tomatoes w/Greek Sauce  Sliced Cucumbers, Grapes Bunch  100% Fruit Juice & Choice Milk	<b>Week IV</b>
	<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>	

	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	Classic Chef Salad	Quinoa Power Bowl Salad	
<b>(Vegetarian choices come with eggs &amp; cheese in the place of meat)</b>	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains.	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls added to complete the WG requirement.	Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	We just time-travelled and brought back this timeless gem. It's simple. It's classic. It's vintage. This Egg, Turkey, Tomatoes and Salad combo is sure to appeal eyes and taste buds. WG rolls fill the grain part.	Not just vintage, we cover current trends too. This salad has "New-age Superfood" Quinoa as its base. Not stopping there, it becomes more powerful with Beans, Corn, Egg and Spinach.	<b>Deli Salads</b>

\*\*\* 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)

### 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.Marinade 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	<i>Friends Are Forever</i>	
	<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! Remember Friends are Friends Forever</p>	<p><b>Brunch Lunch</b></p> <p>French Toast Sticks w/ Syrup</p> <p>Mixed Greens Salad &amp; Dressing</p> <p>Large Crisp Varietal Apple</p> <p>Choice Milk</p> <p><b>Grilled Cheese Sandwich</b></p>
Hot Veg	-Steve	

	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>Shred Lettuce / Cool Ranch Doritos</p> <p>Seasoned Corn / Cinnamon Apples</p> <p>100% Fruit Juice &amp; Choice Milk</p>	<p><b>General Tso's Chicken</b></p> <p>Steamed Seasoned Rice</p> <p>Baby Carrots &amp; Dip</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, Shredded Lettuce &amp; Choula</p> <p>Cheesy Refried Beans</p> <p>Chat Snax, Bananas &amp; Choice Milk</p>	<p><b>Spicy Chicken Tikka Drumstick</b></p> <p>Seasoned Rice</p> <p>Crisp Broccoli &amp; Carrot Slims</p> <p>Grapes Bunch &amp; 100% Fruit Juice</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>Sliced Cucumbers &amp; Dip</p> <p>Mixed Berry Crackers, Large Crisp Varietal Apple &amp; Choice Milk</p>
	Hot Veg	<b>Cheesy Pull Aparts &amp; Doritos</b>	<b>Veggie Hot Pocket &amp; Dip</b>	<b>Bean Taco Wrap</b>	<b>Egg Fried Rice &amp; WG Roll</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>CKC Baked Beas</p> <p>Baby Carrots &amp; Dip</p> <p>Cinnamon Apples, 100% Fruit Juice &amp; Choice Milk</p>	<p><b>Swedish Meatballs (Homemade Gravy)</b></p> <p>Wg Dinner Roll</p> <p>Steamed Carrots</p> <p>Chilled Pears &amp; 100% Fruit Juice</p> <p>Vanilla Wafers &amp; Choice Milk</p>
	Hot Veg	<b>Grilled Cheese Sandwich</b>