

Menu Info		Name : June 2022 St Charles Borromeo School Lunch Menu			Options Provided : Hot & Cold Lunches	
		Age Group : K-8	Meal : Lunch	Meal Pattern : NSLP / SSO		
		Chef Spotlight - Edward Harr (Offsite Food Service Manager)	Wednesday, June 1, 2022	Thursday, June 2, 2022	Friday, June 3, 2022	
Week IV	<p><b>Families Bonded Through Kitchen</b></p> <p>One meal I like to make, that everyone in my household enjoys, is a big pot of Chili. It's a simple dish, but so delicious with your choice of meat and various combination of vegetables, to let simmer allowing all those flavors to fuse together. I always make sure to cook enough so that I can send some to other family members to enjoy. I don't follow an exact recipe so the flavor is different for each batch that I make but nevertheless tasty each time. I love spicy foods so when I make chili, I always make a separate small pot for myself which almost always has added Habaneros, Jalapenos, and Carolina Reaper powder.</p>	<p><b>Stir Fry Chicken Bowl</b></p> <p>Stir Fry Chicken on Top of Rice</p> <p>Crisp Romaine Salad &amp; Dressing</p> <p>Fresh Pears</p> <p>Fortune Cookie &amp; Choice Milk</p>	<p><b>Brunch Lunch</b></p> <p>French Toast Sticks</p> <p>Berries, Syrup</p> <p>Sliced Cucumbers</p> <p>Fresh Orange &amp; Choice Milk</p>	<p><b>BBQ Roasted Chicken Drumstick</b></p> <p>Dinner Roll &amp; CKC Baked Beans</p> <p>Crisp Apple</p> <p>Lemon Blueberry Bites</p> <p>Choice Milk</p>		
Lunch						
Cold Options						<p><b>Turkey Bun and Wowbutter &amp; Jelly Sandwich are offered as Cold options Every Day - Both meals are served with Vegetables &amp; Fruit of the Day</b></p>
		Monday, June 6, 2022	Tuesday, June 7, 2022	Wednesday, June 8, 2022	Thursday, June 9, 2022	Friday, June 10, 2022
Week V	<p><b>Mozzarella Burger</b></p> <p>WG Bakery Bun &amp; Ketchup</p> <p>Sun Chips</p> <p>CKC Baked Beans</p> <p>Applesauce Cup &amp; Choice Milk</p>	<p><b>Asian Sesame Chicken Wrap</b></p> <p>WG Tortilla, Chicken Bites</p> <p>Asian Slaw Mix</p> <p>Baby Carrots &amp; Fortune Cookie</p> <p>Banana &amp; Choice Milk</p>	<p><b>Creamy Mac &amp; Cheese</b></p> <p>Fresh Broccoli &amp; Dip</p> <p>Fresh Pears</p> <p>Vanilla Wafers</p> <p>Choice Milk</p>	<p><b>NO Lunch 11:30 Dismissal</b></p>		
Lunch						
Cold Options						<p><b>Turkey Bun and Wowbutter &amp; Jelly Sandwich are offered as Cold options Every Day - Both meals are served with Vegetables &amp; Fruit of the Day</b></p>
		Monday, June 13, 2022	Tuesday, June 14, 2022	Wednesday, June 15, 2022	Thursday, June 16, 2022	Friday, June 17, 2022
Week VI						
Lunch						
Cold Options						
		Monday, June 20, 2022	Tuesday, June 21, 2022	Wednesday, June 22, 2022	Thursday, June 23, 2022	Friday, June 24, 2022
Week I						
Lunch						
Cold Options						
		Monday, June 27, 2022	Tuesday, June 28, 2022	Wednesday, June 29, 2022	Thursday, June 30, 2022	
Week II					<p><b>Chef Edward Harr's Chili recipe is on Page 2</b></p>	
Lunch						
Cold Options						

\* Skim and 1% milk choices offered daily.  
 \* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.  
 \* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

**Ched Edward Harr's Chili Recipe**

<p><b>Ingredients</b></p> <p>Servings : 6 to 8</p> <p>(My ingredients keep changing every time I cook, so I am trying to capture the most basic version here)</p> <p><b>Main Batch:</b></p> <ol style="list-style-type: none"> <li>1. <input type="checkbox"/> <b>Ground Beef or Shredded Chicken</b> – 2 Pounds</li> <li>2. <input type="checkbox"/> <b>Kidney Bean / Pinto Bean</b> – 1 can drained and rinsed</li> <li>3. <input type="checkbox"/> <b>Whole Kernel Corn</b> – 1 can drained and rinsed</li> <li>4. <input type="checkbox"/> <b>Diced Red and Green Bell Peppers</b> – About 1 cup chopped</li> <li>5. <input type="checkbox"/> <b>Diced Tomatoes</b> – 2 medium sized, chopped</li> <li>6. <input type="checkbox"/> <b>Diced Red Onion</b> – 1/2 medium sized, diced</li> <li>7. <input type="checkbox"/> <b>Chopped Cilantro</b> – ½ cup finely chopped</li> <li>8. <input type="checkbox"/> <b>Variety of Seasonings</b> (Your Choice...my choice of seasonings ranges anywhere from garlic powder 2 tsp, cumin powder 2 tsp, chili powder 1 Tbls, salt 1 Tbls)</li> <li>9. <input type="checkbox"/> <b>Optional Toppings</b> include Shred cheese, Sour cream, saltine crackers etc.</li> </ol>	<p><b>Ingredients (Continued)</b></p> <p><b>Spicy Batch:</b> (Including the main batch Ingredients)</p> <ol style="list-style-type: none"> <li>1. <input type="checkbox"/> <b>Diced Habanero</b> - 1 tsp</li> <li>2. <input type="checkbox"/> <b>Diced Jalapeno</b> - 1 tsp</li> <li>3. <input type="checkbox"/> <b>Carolina Reaper Powder</b> (Just a pinch)</li> </ol> <p><b>Steps:</b></p> <ul style="list-style-type: none"> <li>* Heat a large skillet over medium heat until hot. Add diced red onion and sauté for a few minutes till lightly golden.</li> <li>* Add chopped bell peppers next and continue to sauté for about 2 minutes. Add ground beef/shredded chicken; cook for 8 to 10 minutes.</li> <li>* Stir occasionally, until browned. If using beef crumble, break into crumbles while stirring.</li> <li>* Stir in the other ingredients (except toppings) and bring to a boil.</li> <li>(Cilantro is best added at the end if you enjoy fresh flavor. If you add it while cooking it loses a lot of the flavor people love about cilantro)</li> <li>* Reduce heat and simmer for about 20 minutes, uncovered, stirring occasionally.</li> </ul>	
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Menu Info		July 2022 Menu (Subject to Change)				
						Friday, July 1, 2022
Week II						
Lunch						
Cold Options						
		Monday, July 4, 2022	Tuesday, July 5, 2022	Wednesday, July 6, 2022	Thursday, July 7, 2022	Friday, July 8, 2022
Week III						
Lunch						
Cold Options						
		Monday, July 11, 2022	Tuesday, July 12, 2022			
Week IV						
Lunch						
Cold Options						

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\* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.