

Name : February 2023 St Charles Borromeo School PreK Lunch Menu
Age Group : Childcare (Ages 3-5) **Meal : Lunch** **Meal Pattern : Preschool**

Week III	Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023
Hot Meal	Good Ole Fashioned Hamburger	Cheesy Meatballs	Authentic Chicken Stir Fry
	Ketchup	WG Roll	Seasoned Rice
	Steamed Mixed Veggies	Garden Salad & Dressing	Glazed Carrots
	Banana	Orange Wedges	Apple Slices
	Milk	Milk	Milk

Chettinad Cuisine belongs to a region called 'Chettinad' in South India. It is a cuisine that is famous for its aroma, made with freshly ground spices.

Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Hot Meal	Old Fashioned Sloppy Joe	Breaded Chicken Patty Sandwich	Italian Dunkers	Brunch Lunch	Fresh Baked Pizza
	Whole Grain Bun	Bakery Bun & Ketchup	Dippin' Sauce	Buttermilk Pancake & Syrup	Crisp Salad & Dressing
	Steamed Mixed Veggies	Steamed Green Beans	Steamed Peas	Scrambled Eggs & Cheese	Apple Slices
	Diced Chilled Pears	Sliced Chilled Peaches	Banana	Tater Tots & Ketchup	Milk
	Milk	Milk	Milk	Orange Wedges & Milk	

Week V	Monday, February 13, 2023	Tuesday, February 14, 2023	Wednesday, February 15, 2023	Thursday, February 16, 2023	Friday, February 17, 2023
Hot Meal	Mozzarella Burger	Pomodoro Meatballs	Creamy Mac & Cheese	Teriyaki Chicken	No School
	Fresh Bakery Bun & Ketchup	WG Dinner Roll	Fresh Greens & Dressing	Steamed Seasoned Rice	
	CKC Baked Beans	Mashed Potatoes	Banana	Steamed Carrots	
	Diced Chilled Pears	Sliced Chilled Peaches	Milk	Orange Wedges	
	Milk	Milk		Milk	

Week VI	Monday, February 20, 2023	Tuesday, February 21, 2023	Wednesday, February 22, 2023	Thursday, February 23, 2023	Friday, February 24, 2023
Hot Meal	No School	Sheet Pan Curry Chicken	Cheesy Lasagna Roll	Cheeseburger	Fresh Baked Pizza
		Bakery Roll	Steamed Sweet Peas	Whole Grain Bun & Ketchup	Mixed Green Salad & Dressing
		Creamy Mashed Potatoes	Banana	CKC Baked Beans	Apple Slices
		Chilled Peaches	Milk	Orange Wedges	Milk
		Milk		Milk	

Week I	Monday, February 27, 2023	Tuesday, February 28, 2023	Chef Spotlight - Annapoorna Meyyappan, Product and Data Analyst		
Hot Meal	Popcorn Chicken	Brunch Lunch	Simple and Luscious Cold Indian Dessert		
	Ketchup	Buttermilk Pancake & Syrup	The delicacy of "Chettinad Fruit Kheer" brings me the nostalgia of having grand lunch with a variety of dishes served on a banana leaf in all Chettinad marriages. It is a simple dessert but a rich drink made from delectable amalgamation of nuts and fruits. I will share the recipe picking a sleeve from my mom's cookbook and I am sure it will be your sumptuous dessert. -- Annapoorna Meyyappan		
	Whole Grain Dinner Roll	Scrambled Eggs			
	Fresh Broccoli & Dip	Steamed Carrots			
	Diced Chilled Pears & Milk	Chilled Peaches & Milk			
'Chettinad Fruit Kheer' recipe is on Page 2					

* 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.