

Name : May 2023 St Charles Borromeo Grades K-8 Lunch menu			Options Provided : Hot, Cold & Cold Vegetarian Meals		
Age Group : K-8 Grades		Meal : Lunch		Meal Pattern : NSLP	
Week IV	Monday, May 1, 2023	Tuesday, May 2, 2023	Wednesday, May 3, 2023	Thursday, May 4, 2023	Friday, May 5, 2023
Hot Meal	Mongolian Meatballs	Breaded Chicken Patty Sandwich	Greek Nachos ****(Student Favorite)****	Brunch Lunch	Fresh Baked Pizza
	Steamed Rice	Bakery Bun & Ketchup	Seasoned Meat, Corn Tortilla Chips	French Toast Sticks w/ Syrup	Sliced Cucumbers
	Crisp Broccoli & Dip	Steamed Seasoned Corn	Tatziki Sauce	Baby Carrots	Crisp Apple
	Cinnamon Apple Slices	Chilled Pears	Warm Lime Beans	Fresh Orange	Choice Milk
	Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	
Cold	Turkey Bun & Wowbutter Jelly Sandwiches are offered as options on all days				
Week V	Monday, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023
Hot Meal	Mozzarella Burger	Pomodoro Meatballs	Creamy Mac & Cheese	Sesame Chicken	Walking Taco
	WG Bakery Bun & Ketchup	WG Dinner Roll	Steamed Green Beans	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef
	Cheez-Its	Mashed Potatoes	Banana	Mixed Greens Salad & Dressing	w/ Shred Chz, Lettuce, Cilantro
	Baby Carrots & Dip	Chilled Pears	Fresh Bakery Roll	Fresh Orange	Black Bean Salad
	Cinnamon Apple Slices & Choice Milk	Choice Milk	Choice Milk	Fortune Cookie & Choice Milk	Crisp Apple & Choice Milk
Cold	Turkey Bun & Wowbutter Jelly Sandwiches are offered as options on all days				
Week VI	Monday, May 15, 2023	Tuesday, May 16, 2023	Wednesday, May 17, 2023	Thursday, May 18, 2023	Friday, May 19, 2023
Hot Meal	No School	BBQ Chicken Drumstick	Cheeseburger	Chicken Fritters w/ Ranch Dip	Fresh Baked Pizza
		WG Roll	Fresh Bakery Bun & Ketchup	Veggie Crisps	Mixed Salad w/Dressing
		Creamy Mashed Potatoes	Baby Carrots & Dip	Warm Seasoned Black Beans	Crisp Apple
		Chilled Pears	Banana	Carrot Slims	Choice Milk
		Choice Milk	Choice Milk	Fresh Orange & Choice Milk	
Cold	Turkey Bun & Wowbutter Jelly Sandwiches are offered as options on all days				
Week I	Monday, May 22, 2023	Tuesday, May 23, 2023	Wednesday, May 24, 2023	Thursday, May 25, 2023	Friday, May 26, 2023
Hot Meal	Creamy Mac & Cheese	All Beef Hot Dog	Crunchy Chicken Tender Wrap	Meatballs w/Mozzarella	Sweet & Sour Chicken
	Cinnamon Grahams	WG Bun, Ketchup & Mustard	WG Tortilla, Chicken Tenders	WG Bakery Roll	Steamed Seasoned Brown Rice
	Steamed Mixed Veggies	CKC Baked Beans	Shred Cheese, Boom Sauce & Lettuce	Baby Carrots & Dip	Crisp Fresh Broccoli
	Cinnamon Apple Slices	Chilled Pears	Steamed Seasoned Corn	Fresh Orange	Crisp Apple
	Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	Fortune Cookie & Choice Milk
Cold	Turkey Bun and Wowbutter Jelly Sandwich				
Week II	Monday, May 29, 2023	Tuesday, May 30, 2023	Wednesday, May 31, 2023	Chef Spotlight - Steve Schnaser - Finance Coordinator	
Hot Meal	No School	Golden Corn Dog w/ Ketchup	Burrito Bowl	Sweet and Tangy Pickled Onions	
		Crinkle Fries & Ketchup	Brown Rice topped w/Seasoned Beef	One of my favorite things to make isn't a main entrée – it's quick pickled onions! I have always loved pickles. My Grandma Ruby canned pickles every year and would always give us a jar or two. As an only child, I always did my best to eat the majority of them. Making quick pickling recipe always reminds me of her. -Steve	
		Chilled Pears	Shred Chz, Youza Sauce, Lettuce		
		Choice Milk	Romaine Salad & Dressing		
			Banana & Choice Milk		
Cold	Turkey Bun and Wowbutter Jelly Sandwich			'Pickled Red Onions' recipe is on Page 2	
*** Cold meals are served with vegetables, fruit of the day & milk.					

Pickled Red Onions		
Ingredients:	Steps	Serves 4-5
1.Red Onions, 2.Vinegar, 3.Sugar, 4.Salt and 5.Water. Use a glass canning jar with a screw on lid (I keep a lot of glass jars rather than recycling them). I like to play with different combinations of the Vinegar (rice vinegar, white vinegar or red wine vinegar (or a combination of vinegars) and sweeteners (Sugar, Maple Syrup or Agave sweetener).	1. Slice one large red onion and place into a glass mason jar and pack down gently. 2. Heat 3/4 cup vinegar, 1/4 cup water, 1 teaspoon salt, 1–2 tablespoons sweetener to a simmer. 3. Pour the hot liquid into the container to cover the onions. 4. Let the jar sit out at room temp for a while – at least 30 minutes. 5. Enjoy as a topping on meats, eggs, sandwiches or add to side dishes as well.	

June 2023 Menu (Subject to Change)

Week II		Thursday, June 1, 2023	Friday, June 2, 2023
	Benefits of Pickled Red Onions	Brunch Lunch	Fresh Baked Pizza
Hot Meal	Red onions are rich in folate, or vitamin B9, which can improve cardiovascular health and reduce your risk of a stroke. This pickled red onions contain many other vitamins and minerals such as calcium, potassium, magnesium and vitamin C.	Double Buttermilk Pancakes Homemade Berry Burst Syrup Fruity Yogurt Cup Sliced Cucumbers, Fresh Orange & Choice Milk	Baby Carrots & Dip Crisp Apple Choice Milk
Hot Veg		Turkey Bun and Wowbutter Jelly Sandwich	

Week III	Monday, June 5, 2023	Tuesday, June 6, 2023	Wednesday, June 7, 2023	Thursday, June 8, 2023	Friday, June 9, 2023
	Premium Chicken Nuggets	Mandarin Orange Chicken	Good Ole Fashioned Hamburger		
Hot Meal	Ketchup Baby Carrots & Dip Cheddar Cheese Crackers Cinnamon Apple Slices & Choice Milk	Steamed Brown Rice Fresh Broccoli & Ranch Chilled Pears Choice Milk	WG Bun & Ketchup Steamed Seasoned Corn Mixed Berry Crackers Banana & Choice Milk	1/2 day - no lunch	No School
Cold	Turkey Bun & Wowbutter Jelly Sandwiches are offered as options on all days				