



**Name : May 2023 St Charles Borromeo School PreK Lunch Menu**

**Age Group : Childcare (Ages 3-5)**

**Meal : Lunch**

**Meal Pattern : Preschool**

Week IV	Monday, May 1, 2023	Tuesday, May 2, 2023	Wednesday, May 3, 2023	Thursday, May 4, 2023	Friday, May 5, 2023
	<b>Old Fashioned Sloppy Joe</b>	<b>Breaded Chicken Patty Sandwich</b>	<b>Italian Dunkers</b>	<b>Brunch Lunch</b>	<b>Fresh Baked Pizza</b>
	Whole Grain Bun	Bakery Bun & Ketchup	Dippin' Sauce	Buttermilk Pancake	Crisp Salad & Dressing
Hot Meal	Steamed Mixed Veggies	Steamed Green Beans	Steamed Peas	<b>Homemade</b> Berry Burst Syrup	Cinnamon Apple Slices
	Diced Chilled Pears	Sliced Chilled Peaches	Banana	Scrambled Eggs & Cheese, Tater Tots & Ketchup	Milk
	Milk	Milk	Milk	Orange Wedges or Mandarin Oranges & Milk	
Week V	Monday, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023
	<b>Mozzarella Burger</b>	<b>Pomodoro Meatballs</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Teriyaki Chicken</b>	<b>Cheese Quesadilla</b>
	Fresh Bakery Bun & Ketchup	WG Dinner Roll	Fresh Greens & Dressing	Steamed Seasoned Rice	Fresh Broccoli & Dip
Hot Meal	CKC Baked Beans	Mashed Potatoes	Banana	Steamed Carrots	Cinnamon Apple Slices
	Diced Chilled Pears	Sliced Chilled Peaches	Milk	Orange Wedges	Milk
	Milk	Milk		Milk	
Week VI	Monday, May 15, 2023	Tuesday, May 16, 2023	Wednesday, May 17, 2023	Thursday, May 18, 2023	Friday, May 19, 2023
	<b>No School</b>	<b>Macaroni &amp; Meatsauce</b>	<b>Stuffed Cheese Stick Pack w/ Dip</b>	<b>Cheeseburger</b>	<b>Fresh Baked Pizza</b>
Hot Meal		Steamed Sweet Peas	Steamed Mixed Veggies	Whole Grain Bun & Ketchup	Mixed Green Salad & Dressing
		Chilled Peaches	Banana	CKC Baked Beans	Cinnamon Apple Slices
		Milk	Milk	Orange Wedges	Milk
				Milk	
Week I	Monday, May 22, 2023	Tuesday, May 23, 2023	Wednesday, May 24, 2023	Thursday, May 25, 2023	Friday, May 26, 2023
	<b>Popcorn Chicken</b>	<b>Brunch Lunch</b>	<b>Taco Rice Bowl</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Sweet &amp; Sour Chicken</b>
	Ketchup	Buttermilk Pancake	Brown Rice topped w/Seasoned Beef	Mixed Dinner Salad w/Dressing	Steamed Seasoned Brown Rice
Hot Meal	Whole Grain Dinner Roll	<b>Homemade</b> Berry Burst Syrup	Served with Shred Chz, Cilantro & Crema	Orange Wedges	Crisp Broccoli & Dip
	Steamed Green Beans	Scrambled Eggs & Steamed Carrots	Steamed Green Peas	Milk	Cinnamon Apple Slices
	Diced Chilled Pears & Milk	Chilled Peaches & Milk	Banana & Milk		Milk
Week II	Monday, May 29, 2023	Tuesday, May 30, 2023	Wednesday, May 31, 2023	Chef Spotlight - Steve Schnaser - Finance Coordinator	
	<b>No School</b>	<b>Soft Shell Chicken Taco</b>	<b>Meatball Sub w/Mozzarella</b>	<b>Sweet and Tangy Pickled Onions</b>	
Hot Meal		WG Tortilla, Seasoned Chicken & Cheese	Steamed Green Beans	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	
		Steamed Mixed Veggies	Banana		
		Sliced Chilled Peaches	Milk		
		Milk		'Pickled Red Onions' recipe is on Page 2	

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
	<b>Benefits of Pickled Red Onions</b>	<b>Brunch Lunch</b>	<b>Fresh Baked Pizza</b>
		French Toast Sticks & Syrup	Mixed Green Salad & Dressing
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.	Tater Tots & Ketchup	Cinnamon Apple Slices
		Orange Wedges	Milk
		Milk	

Week III	Monday, June 5, 2023	Tuesday, June 6, 2023	Wednesday, June 7, 2023	Thursday, June 8, 2023	Friday, June 9, 2023
	<b>Premium Chicken Nuggets</b>	<b>Mandarin Orange Chicken</b>	<b>Good Ole Fashioned Hamburger</b>		
	Ketchup	Steamed Brown Rice	Ketchup		
Hot Meal	Steamed Green Beans	Crisp Broccoli w/ Dip	Steamed Mixed Veggies		
	Diced Chilled Pears	Sliced Chilled Peaches	Banana		
	Milk	Milk	Milk		
				<b>1/2 day - no lunch</b>	<b>No School</b>