

Menu Name : September 2023 St Charles Borromeo School Grades K-8 Lunch Menu

Grade Level / Age Group : K-8 Grades

Options Provided : Hot, Cold and Cold Vegetarian Meals

Meal Pattern : NSLP

Meal: Lunch

Hot Meal	Chef Spotlight		Friday, September 1, 2023	Week III
	JOSEPH SWINNEY - SUMMER CAMP OPERATIONS MANAGER			
	Chicken Salad Sandwich			
	<i>One of my Family favorites for springtime would be my Chicken Salad recipe and its perfect for BBQ's and picnics. I have even brought some on the boat when fishing and recently I was able to make it into a vegetarian recipe by substituting lightly smashed Chickpea instead of the Chicken chunks. - Joseph</i>			
Cold & Cold Veg				

Hot Meal	Monday, September 4, 2023	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Thursday, September 7, 2023	Friday, September 8, 2023	Week IV
		"New" Korean BBQ Meatballs	Corn Dog	"New" CKC Chicken Gyro	Fresh Baked Pizza Slice	
		Seasoned Rice	Ketchup	Greek Pita, Grilled Chicken	Garden Greens Salad & Dressing	
		Celery Sticks & Carrot Slims	CKC Baked Beans	Diced Tomatoes & Sliced Cucumbers	Crisp Varietal Apple	
		Chilled Pears	Banana	Grapes Bunch	Choice Milk	
		Choice Milk	Wafers & Choice Milk	Choice Milk		
Cold & Cold Veg	Turkey Bun & Wowbutter-Jelly Sandwiches are offered as options Every day					

Hot Meal	Monday, September 11, 2023	Tuesday, September 12, 2023	Wednesday, September 13, 2023	Thursday, September 14, 2023	Friday, September 15, 2023	Week V
	Crunchy Tender Fritter Wrap	Sweet & Sour Chicken	Walking Nachos	"New" Chicken Tikka Drumstick	SouthWest Chx Empanada Hot Pocket	
	Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Roll	Broccoli Florets & Dressing	
	Cool Ranch Doritos	Baby Carrots	w/ Shred Chz	Sliced Cucumbers & Homemade Dip	Crisp Varietal Apple	
	Shred Lettuce & Steamed Corn	Chilled Pears	Cheesy Refried Beans	Grapes Bunch	Choice Milk	
	Cinnamon Apples & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk		
Cold & Cold Veg	Turkey Bun & Wowbutter-Jelly Sandwiches are offered as options Every day					

Hot Meal	Monday, September 18, 2023	Tuesday, September 19, 2023	Wednesday, September 20, 2023	Thursday, September 21, 2023	Friday, September 22, 2023	Week VI
	Premium Chicken Nuggets w/ Youza Sauce	Swedish Meatballs (Homemade Gravy)	Enchilada Nachos	"New" Butter Chicken	Fresh Baked Pizza Slice	
	WG Bakery Roll	Wg Dinner Roll	Top your Fritos Corn chips with delicious Chicken Enchilada	Steamed Seasoned Rice	Garden Greens Salad & Dressing	
	CKC Baked Beans	Steamed Carrots	Shred Cheese, Lettuce & Boom Sauce	Celery Sticks	Crisp Varietal Apple	
	Cinnamon Apple Slices	Chilled Pears	Steamed Street Corn	Grapes Bunch	Choice Milk	
	Choice Milk	Vanilla Wafers & Choice Milk	Banana & Choice Milk	Choice Milk		
Cold & Cold Veg	Turkey Bun & Wowbutter-Jelly Sandwiches are offered as options Every day					

Hot Meal	Monday, September 25, 2023	Tuesday, September 26, 2023	Wednesday, September 27, 2023	Thursday, September 28, 2023	Friday, September 29, 2023	Week I
	All Beef Hot Dog	"New" Bengali Chicken & Potato Kathi Roll	Cheese Stuffed Calzone	Sesame Chicken	Twisted Cheesy Breadsticks	
	WG Hot Dog Bun, Ketchup	WG Wrap, Chix & Potato Filling	Celery Sticks	Steamed Seasoned Rice	Cold Italian Dip	
	CKC Baked Beans & Celery Sticks	Bengali Sauce (Yogurty Chutney)	Banana	Chilled Sweet Peas Salad	Mixed Greens Salad & Dressing	
	Cinnamon Apple Slices	Baby Carrots	Choice Milk	Sliced Cucumbers	Crisp Varietal Apple	
	Choice Milk	Chilled Pears & Choice Milk		Grapes Bunch & Choice Milk	Choice Milk	
Cold & Cold Veg	Turkey Bun & Wowbutter-Jelly Sandwiches are offered as options Every day					

*** Cold & Cold Veg meals are served with vegetables, fruit of the day & milk.

CHICKEN SALAD SANDWICH

Ingredients	Steps	Serves 2-3
<ul style="list-style-type: none"> •¼ cup Mayonnaise •1/2lbs Chicken (chunked) •1 cup Grapes (halved) •1 Gala Apple (diced) •½ cup Red Onion (finely diced) •1/3 cup Celery (finely diced) •2 tablespoon Honey Mustard •¼ teaspoon Garlic Powder •1/4 teaspoon Black Pepper •½ teaspoon salt •¼ teaspoon smoked paprika 	<ol style="list-style-type: none"> 1. Break down cooked chicken into chunks. 2. Dice apple, onion, celery, slice grapes in half. 3. Combine everything, mix till well incorporated. 4. Serve on croissant with lettuce. 	

October 2023 Menu (Subject to Change)

	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023	
Hot Meal	"New" Cool Ranch Crunch Burger..(yep, we will send Mayo)	"New" Asian Chicken Dumplings	Soft Tortilla Taco	Mandarin Orange Chicken	Fresh Baked Pizza Slice	Week II
	Top your Burger with Cool Ranch Doritos	w/ Momo Sauce	Seasoned Beef, Cheese & Crema	Steamed Brown Rice	Baby Carrots	
	CKC Baked Beans & Carrot Slims	Celery Sticks	Street Corn, Shredded Lettuce	Garden Greens Salad & Homemade Dressing	Crisp Varietal Apple	
	Cinnamon Apple Slices	Chilled Pears	Banana	Grapes Bunch	Choice Milk	
	Choice Milk	Choice Milk	Choice Milk	Choice Milk		
Cold & Cold Veg	Turkey Bun & Wowbutter-Jelly Sandwiches are offered as options Every day					

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023	
Hot Meal	Chicken Tenders & Dip	Greek Nachos	"New" Smoky Texas Chicken Drumstick	CKC Sweet & Sour Meatballs	Garlic Dusted French Bread Pizza	Week III
	Cracker Crisps	Seasoned Meat, Corn Tortilla Chips	WG Bakery Roll	Seasoned Rice	Garden Greens Salad & Dressing	
	Street Corn Salad	Tatziki Sauce	Garden Greens Salad & Dressing	Baby Carrots	Crisp Varietal Apple	
	Cinnamon Apple Slices	Banzo Salad & Carrot Slims	Banana	Grapes Bunch	Choice Milk	
	Choice Milk	Chilled Pears & Choice Milk	Grahams & Choice Milk	Choice Milk		
Cold & Cold Veg	Turkey Bun & Wowbutter-Jelly Sandwiches are offered as options Every day					

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023	
Hot Meal	Chicken Patty Sandwich	"New" Korean BBQ Meatballs	Corn Dog	"New" CKC Chicken Gyro	Fresh Baked Pizza Slice	Week IV
	Bakery Bun & Ketchup	Seasoned Rice	Ketchup	Greek Pita, Grilled Chicken	Garden Greens Salad & Dressing	
	Steamed Corn	Celery Sticks & Carrot Slims	CKC Baked Beans	Diced Tomatoes & Sliced Cucumbers	Crisp Varietal Apple	
	Cinnamon Apple Slices	Chilled Pears	Banana	Grapes Bunch	Choice Milk	
	Choice Milk	Choice Milk	Wafers & Choice Milk	Choice Milk		
Cold & Cold Veg	Turkey Bun & Wowbutter-Jelly Sandwiches are offered as options Every day					