

Menu Name : September 2023 St Charles Borromeo School PreK Lunch Menu

Grade Level / Age Group : Pre K

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>					
Hot Meal	Monday, September 4, 2023	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Thursday, September 7, 2023	Friday, September 8, 2023	Week IV
		Meatballs & Ketchup	Cheesy Pull Aparts	"New" CKC Gyro Bowl	Fresh Baked Pizza Slice	
		WG Dinner Roll	Steamed Peas	Mashed Potatoes, Grilled Chicken	Tater Tots & Ketchup	
		Steamed Mixed Veggies	Banana	Top w/Greek Sauce	Crisp Varietal Apple	
		Chilled Pears	Choice Milk	WG Dinner Roll	Choice Milk	
		Choice Milk		Orange Wedges & Choice Milk		
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 Fritters	Sweet & Sour Chicken	Taco Rice Bowl	"New" Chicken Tikka	SouthWest Chx Empanada Hot Pocket	
	Chix Tenders & Ketchup	Steamed Seasoned Rice	Taco Beef & Shred Chz	WG Bakery Roll	Garden Greens Salad & Homemade Dressing	
	Steamed Green Beans	Chilled Sweet Pea Salad	Served with Mild Seasoned Rice	Mashed Potatoes	Crisp Apple Slices	
	Cinnamon Apples	Chilled Pears	Cheesy Refried Beans	Orange Wedges	Choice Milk	
	Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk		
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	Swedish Meatballs (Homemade Gravy)	Enchilada Rice Bowl	"New" Butter Chicken	Fresh Baked Pizza Slice	
	Ketchup	Wg Dinner Roll	Top your Steamed Rice w/ delicious Enchilada Chicken & Shred Cheese	Steamed Seasoned Rice	Tater Tots & Ketchup	
	Steamed Green Beans	Mashed Potatoes	Mixed Greens Salad	Sliced Cucumbers & Dip	Crisp Varietal Apple	
	Cinnamon Apples	Chilled Pears	Banana	Orange Wedges	Choice Milk	
	Choice Milk	Choice Milk	Choice Milk	Choice Milk		
Hot Meal	Monday, September 25, 2023	Tuesday, September 26, 2023	Wednesday, September 27, 2023	Thursday, September 28, 2023	Friday, September 29, 2023	Week I
	Stuffed Dipping Bites	"New" Chicken & Potato Bowl	Cheese Calzone	Sesame Chicken	Twisted Cheesy Breadsticks	
	Italian Cold Sauce	Chix & Potato w/Bengali Sauce	Celery Sticks & Dip	Steamed Seasoned Brown Rice	Cold Italian Dip	
	Steamed Peas & Carrots	Soft Bakery Roll	Banana	Chilled Sweet Pea Salad	Mixed Greens Salad & Dressing	
	Cinnamon Apples	Steamed Broccoli Normandy	Choice Milk	Orange Wedges	Crisp Apple Slices	
	Choice Milk	Chilled Pears & Choice Milk		Choice Milk	Choice 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	Classic Cheeseburger	Chicken & Egg Fried Rice	Soft Tortilla Taco	Mandarin Orange Chicken	Fresh Baked Pizza Slice	Week II
	WG Bun & Ketchup	Crisp Broccoli & Dip	Seasoned Beef & Shredded Cheese	Mild Seasoned Brown Rice	Sliced Cucumbers & Dip	
	CKC Baked Beans	Chilled Pears	Steamed Mixed Veggies	Steamed Green Beans	Crisp Varietal Apple	
	Cinnamon Apple Slices	Choice Milk	Banana	Orange Wedges	Choice Milk	
	Choice Milk		Choice Milk	Choice Milk		
	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023	
Hot Meal	Brunch Lunch	Greek Rice Bowl	Cheese Hot Pocket	"New" CKC Sweet & Sour Meatballs	Garlic Dusted French Bread Pizza	Week III
	Buttermilk Pancake & Berry Burst Syrup	Steamed Rice & Seasoned Meat	Garden Greens Salad & Dressing	Seasoned Rice	Crisp Broccoli & Dip	
	Fruited Yogurt Cup & String Cheese	Tatziki Sauce	Banana	Chilled Sweet Pea Salad	Crisp Varietal Apple	
	Tater Tots & Ketchup	Steamed Mixed Veggies	Choice Milk	Orange Wedges	Choice Milk	
	Cinnamon Apple Slices & Choice Milk	Chilled Pears & Choice Milk		Choice Milk		
	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023	
Hot Meal	Golden Chicken Patty Sandwich	Meatballs & Ketchup	Cheesy Pull Aparts	"New" CKC Gyro Bowl	Fresh Baked Pizza Slice	Week IV
	Bakery Bun & Ketchup	WG Dinner Roll	Steamed Peas	Mashed Potatoes, Grilled Chicken	Tater Tots & Ketchup	
	Steamed Carrots & Green Beans	Steamed Mixed Veggies	Banana	Top w/Greek Sauce	Crisp Varietal Apple	
	Cinnamon Apple Slices	Chilled Pears	Choice Milk	WG Dinner Roll	Choice Milk	
	Choice Milk	Choice Milk		Orange Wedges & Choice Milk		