

Menu Name : Oakhill Montessori Community School Grades K-8 Lunch Menu	Options Provided : Hot, Hot Vegetarian & Deli Salads
Grade Level / Age Group : K-8 Grades	Meal Pattern : NSLP      Meal: Lunch

**October - 2023**

	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023	
<b>Hot Meal</b>	<b>"New" Cool Ranch Crunch Burger..</b> <small>(yep, we will send ketchup)</small>	<b>"New" Asian Chicken Dumplings</b>	<b>Soft Tortilla Taco</b>	<b>Mandarin Orange Chicken</b>	<b>Fresh Baked Pizza Slice</b>	<b>Week II</b>
	Top your Burger with Cool Ranch Chips	Momo Sauce	Seasoned Beef, Cheese & Crema	Steamed Brown Rice	Baby Carrots	
	CKC Baked Beans	Celery Sticks	Street Corn, Shredded Lettuce	Garden Greens Salad & Homemade Dressing	Crisp Varietal Apple	
	Cinnamon Apples & Choice Milk	Chilled Pears	Banana	Grapes Bunch	Choice Milk	
<b>Hot Veg</b>	<b>Bean &amp; Cheese Burrito</b>	<b>Pizza Crunchers</b>	<b>Cheesy Pull Aparts</b>	<b>French Pizza Bread</b>	<b>Fresh Baked Cheese Pizza Slice</b>	

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023	
<b>Hot Meal</b>	<b>Chicken Tenders &amp; Ketchup</b>	<b>CKC Sweet &amp; Sour Meatballs</b>	<b>"New" Smoky Texas Chicken Drumstick</b>	<b>Greek Nachos</b>	<b>Fresh Baked Pizza Slice</b>	<b>Week III</b>
	Cracker Crisps	Seasoned Rice	WG Bakery Roll	Seasoned Meat, Corn Tortilla Chips	Garden Greens Salad & Dressing	
	Street Corn Salad	Baby Carrots	Fresh Sliced Cucumbers	Tatziki Sauce	Crisp Varietal Apple	
	Cinnamon Apples	Chilled Pears	Banana	Banzo Salad	Choice Milk	
<b>Hot Veg</b>	<b>Veggie Hot Pocket &amp; Sauce</b>	<b>Cheesy Bites w/Italian Dip</b>	<b>Veggie Quesadilla</b>	<b>Cheese Nachos</b>	<b>Fresh Baked Cheese Pizza Slice</b>	

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023	
<b>Hot Meal</b>	<b>Chicken Corn Dog</b>	<b>"New" Korean BBQ Meatballs</b>	<b>"New" CKC Gyzo</b>	<b>Golden Chicken Patty Sandwich</b>	<b>Fresh Baked Pizza Slice</b>	<b>Week IV</b>
	Ketchup	Seasoned Rice	Greek Pita, Grilled Chix & Yogurt Sauce	Bakery Bun & Ketchup	Mixed Greens Salad & Dressing	
	CKC Baked Beans	Celery Sticks & Carrot Slims	Diced Tomatoes & Sliced Cucumbers	Steamed Corn	Crisp Varietal Apple	
	Cinnamon Apple Slices	Chilled Pears	Banana	Grapes Bunch	Choice Milk	
<b>Hot Veg</b>	<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelet</b>	<b>Egg Fried Rice</b>	<b>Stuffed Breadsticks w/ Dip</b>	<b>Veggie Garden Burger &amp; Mayo</b>	<b>Fresh Baked Cheese Pizza Slice</b>	

	Monday, October 23, 2023	Tuesday, October 24, 2023	Wednesday, October 25, 2023	Thursday, October 26, 2023	Friday, October 27, 2023	
<b>Hot Meal</b>	<b>Crunchy Chicken Tender Taco</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Walking Nachos</b>	<b>"New" Chicken Tikka Drumstick</b>	<b>Fresh Baked Pizza Slice</b>	<b>Week V</b>
	Wg Tortilla, Chicken Tenders	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Bakery Roll	Broccoli Florets & Dressing	
	Shred Lettuce, Shred Chz & Boom Sauce	Baby Carrots & Dip	w/ Shred Chz	Sliced Cucumbers & Homemade Dip	Crisp Varietal Apple	
	Seasoned Corn	Chilled Pears	Cheesy Refried Beans	Grapes Bunch	Choice Milk	
<b>Hot Veg</b>	<b>Cheesy Pull Aparts</b>	<b>Veggie Hot Pocket &amp; Dip</b>	<b>Bean Nachos</b>	<b>Egg Fried Rice</b>	<b>Fresh Baked Cheese Pizza Slice</b>	

	Monday, October 30, 2023	Tuesday, October 31, 2023	Chef Spotlight			
<b>Hot Meal</b>	<b>Premium Chicken Nuggets</b>	<b>Swedish Meatballs (Homemade Gravy)</b>	<b>Dave Kayoum - Director of Business Development</b>			<b>Week VI</b>
	Ketchup	Wg Dinner Roll	<i>Tuna &amp; Peas on Buttered Saltines</i>			
	WG Dinner Roll	Steamed Carrots w/ Parsley	<i>My wife and I literally grew up in the same neighborhood. I love that my wife always asks my mom how to make my favorite recipes. My children and I have loved the tradition of family recipes! I continue to make this simple favorite meal to this day. It is one of my favorites 'Go-to' meals and I think it will remain a family tradition for my children and theirs. I love the stories I have gotten to share with my kids when making a family traditional recipe. It's best to spend time with your kids reminiscing about fond best food memories while making and teaching them how to make something so simple and full of tradition. - Dave</i>			
	CKC Baked Beans	Chilled Pears				
<b>Hot Veg</b>	<b>Grilled Cheese Sandwich</b>	<b>Veggie Quesadilla</b>	<i>Tuna &amp; Peas on Buttered Saltines recipe is on Page 2</i>			

	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	Classic Chef Salad	Quinoa Power Bowl Salad	
<b>(Vegetarian choices come with eggs &amp; cheese in the place of meat)</b>	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains.	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls added to complete the WG requirement.	Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	We just time-travelled and brought back this timeless gem. It's simple. It's classic. It's vintage. This Egg, Turkey, Tomatoes and Salad combo is sure to appeal eyes and taste buds. WG rolls fill the grain part.	Not just vintage, we cover current trends too. This salad has "New-age Superfood" Quinoa as its base. Not stopping there, it becomes more powerful with Beans, Corn, Egg and Spinach.	<b>Deli Salads</b>

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

\*\*\* Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)

### TUNA & PEAS ON BUTTERED SALTINES

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> <li>•2 Cups Cold Milk</li> <li>•¼ Cup White Flour</li> <li>•2 TBLS Salted Butter</li> <li>•2 Cans Tuna, packed in water</li> <li>•1 Cup Frozen Thawed Sweet Green Peas</li> <li>•Ground Black Pepper</li> <li>•Saltine Crackers</li> <li>•Butter</li> </ul>	<ol style="list-style-type: none"> <li>1. <b>Preparing White sauce:</b> On low heat, melt 2 TBLS butter. Whisk ½ cup of white flour into the cold milk till smooth (slurry). Add the slurry slowly to the melted butter and stir on medium heat till sauce thickens. Turn heat down to low.</li> <li>2. <b>Making Tuna:</b> Open and drain water from the tuna cans as best as you can. Dump tuna out into a bowl. Grasp a handful of tuna and rub it between your palms, like you are trying to warm your hands. This is called flaking tuna. It fluffs the tuna up. Don't over flake, but rub palms together about 10 times into a bowl.</li> <li>3. <b>Add tuna and peas to white sauce and heat on low till 165.</b></li> <li>4. <b>While all is heating in saucepan, butter your saltines. Once mixture is hot, pour over buttered saltine and sprinkle black ground pepper on top. Bon Appetite !</b></li> </ol>	

#### November 2023 Menu (Subject to Change)

	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023
Hot Meal	<b>"New" Butter Chicken</b> Steamed Seasoned Rice Celery Sticks Banana Choice Milk	<b>Enchilada Nachos</b> Top your Fritos Corn chips with delicious Chicken Enchilada Shred cheese & boom sauce Steamed Street Corn Grapes Bunch & Choice Milk	<b>Fresh Baked Pizza Slice</b> Garden Greens Salad & Dressing Crisp Varietal Apple Choice Milk
	<i>While this recipe is incredibly simple, it was a Kayoum family tradition that my grandmother used to make for her five daughters. This yummy comfort meal was common in my mom's family when she grew up and became a nostalgic favorite of mine and my siblings when we grew up. It is a favorite in my home and a true comfort food meal.</i>		
Hot Veg	<b>Veggie Garden Burger &amp; Mayo</b>	<b>Bean &amp; Cheese Burrito</b>	<b>Fresh Baked Cheese Pizza Slice</b>

	Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023
Hot Meal	<b>"New" Mac &amp; Cheetos</b> Cheetos in the Mac or on the Side?? You decide :) Celery Sticks Cinnamon Apples & Choice Milk	<b>"New" Bengali Chicken &amp; Potato Kathi Roll</b> WG Wrap, Chix & Potato Filling Bengali Sauce (Yogurty Chutney) Baby Carrots Chilled Pears & Choice Milk	<b>All Beef Hot Dog</b> WG Bun, Ketchup CKC Baked Beans & Cucumber Slices Strawberry Bites Banana & Choice Milk	<b>Sesame Chicken</b> Steamed Seasoned Brown Rice Chilled Sweet Pea Salad Grapes Bunch Choice Milk	<b>Fresh Baked Pizza Slice</b> Mixed Greens Salad & Dressing Crisp Varietal Apple Choice Milk
	Hot Veg	<b>Cheese Calzone</b>	<b>Stuffed Dipping Bites w/ Sauce</b>	<b>Veggie Burrito</b>	<b>Grilled Cheese Sandwich</b>