

Name : September 2023 Oakhill Montessori School PreK Lunch Menu
Grade Level / Age Group : Childcare (Ages 3-5)

Options Provided : Hot, Hot Vegetarian
Meal Pattern : Preschool Meal: Lunch

Chef Spotlight		Friday, September 1, 2023
Hot Meal	JOSEPH SWINNEY - SUMMER CAMP OPERATIONS MANAGER	
	Chicken Salad Sandwich	
Hot Veg Meal	<p><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></p>	

	Monday, September 4, 2023	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Thursday, September 7, 2023	Friday, September 8, 2023
Hot Meal		Meatballs & Ketchup WG Dinner Roll Steamed Mixed Veggies Chilled Pears Choice Milk	"New" CKC Gyzo Bowl Mashed Potatoes, Grilled Chicken Top w/Greek Sauce WG Dinner Roll Banana & Choice Milk	Golden Chicken Patty Sandwich Bakery Bun & Ketchup Sliced Cucumbers & Dip Orange Wedges Choice Milk	Fresh Baked Pizza Slice Tater Tots & Ketchup Crisp Varietal Apple Choice Milk
Hot Veg Meal		Egg Fried Rice Steamed Mixed Veggies Chilled Pears	Stuffed Breadsticks w/ Dip Steamed Peas Banana	Veggie Garden Burger & Mayo Sliced Cucumbers & Dip Orange Wedges	Fresh Baked Cheese Pizza Slice Tater Tots & Ketchup Crisp Varietal Apple

	Monday, September 11, 2023	Tuesday, September 12, 2023	Wednesday, September 13, 2023	Thursday, September 14, 2023	Friday, September 15, 2023
Hot Meal	Crunchy Tender Fritters Chix Tenders & Ketchup Steamed Green Beans Cinnamon Apples Choice Milk	Sweet & Sour Chicken Steamed Seasoned Rice Chilled Sweet Pea Salad Chilled Pears Choice Milk	Taco Rice Bowl Taco Beef & Shred Chz Served with Mild Seasoned Rice Cheesy Refried Beans Banana & Choice Milk	"New" Chicken Tikka WG Bakery Roll Mashed Potatoes Orange Wedges Choice Milk	Fresh Baked Pizza Slice Garden Greens Salad & Dressing Crisp Varietal Apple Choice Milk
Hot Veg Meal	Cheesy Pull Aparts Steamed Green Beans Cinnamon Apples	Veggie Hot Pocket & Dip Chilled Sweet Pea Salad Chilled Pears	Bean Nachos Cheesy Refried Beans Banana	Egg Fried Rice Mashed Potatoes Orange Wedges	Fresh Baked Cheese Pizza Slice Garden Greens Salad & Dressing Crisp Varietal Apple

	Monday, September 18, 2023	Tuesday, September 19, 2023	Wednesday, September 20, 2023	Thursday, September 21, 2023	Friday, September 22, 2023
Hot Meal	Premium Chicken Nuggets Ketchup Steamed Green Beans Cinnamon Apples Choice Milk	Swedish Meatballs (Homemade Gravy) Wg Dinner Roll Mashed Potatoes Chilled Pears Choice Milk	"New" Butter Chicken Steamed Seasoned Rice Sliced Cucumbers & Dip Banana Choice Milk	Enchilada Rice Bowl Top your Steamed Rice w/ delicious Enchilada Chicken & Shred Cheese Mixed Greens Salad Orange Wedges Choice Milk	Fresh Baked Pizza Slice Tator Tots w/Ketchup Crisp Varietal Apple Choice Milk
Hot Veg Meal	Grilled Cheese Sandwich Steamed Green Beans Cinnamon Apples	Veggie Quesadilla Mashed Potatoes Chilled Pears	Veggie Garden Burger & Mayo Sliced Cucumbers & Dip Banana	Bean & Cheese Burrito Mixed Greens Salad Orange Wedges	Fresh Baked Cheese Pizza Slice Tator Tots w/Ketchup Crisp Varietal Apple

	Monday, September 25, 2023	Tuesday, September 26, 2023	Wednesday, September 27, 2023	Thursday, September 28, 2023	Friday, September 29, 2023
Hot Meal	Creamy Mac & Cheese Steamed Peas & Carrots Cinnamon Apples Choice Milk	"New" Chicken & Potato Bowl Chix & Potato w/Bengali Sauce Soft Bakery Roll Steamed Broccoli Normandy Chilled Pears & Choice Milk	Chicken Tenders w/Ketchup Mashed Sweet Potatoes Banana Choice Milk	Sesame Chicken Steamed Seasoned Brown Rice Chilled Sweet Pea Salad Orange Wedges Choice Milk	Fresh Baked Pizza Slice Mixed Greens Salad & Dressing Crisp Varietal Apple Choice Milk
Hot Veg Meal	Cheese Calzone Steamed Peas & Carrots Cinnamon Apples	Stuffed Dipping Bites w/ Sauce Steamed Broccoli Normandy Chilled Pears	Veggie Burrito Steamed Carrots Banana	Grilled Cheese Sandwich Chilled Sweet Pea Salad Orange Wedges	Fresh Baked Cheese Pizza Slice Mixed Greens Salad & Dressing Crisp Varietal Apple

CHICKEN SALAD SANDWICH

Ingredients	Steps	Serves 2-3
<ul style="list-style-type: none"> • ¼ cup Mayonnaise • 1/2 lbs 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			
Hot	Bean & Cheese Burrito	Pizza Crunchers	Cheesy Pull Aparts	French Pizza Bread	Fresh Baked Cheese Pizza Slice	
Veg	CKC Baked Beans	Crisp Broccoli & Dip	Steamed Mixed Veggies	Steamed Green Beans	Sliced Cucumbers & Dip	
Meal	Cinnamon Apple Slices	Chilled Pears	Banana	Orange Wedges	Crisp Varietal Apple	

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023	
Hot Meal	Brunch Lunch	"New" CKC Sweet & Sour Meatballs	Cheese Hot Pocket	Greek Rice Bowl	Fresh Baked Pizza Slice	Week III
	Buttermilk Pancake & Berry Burst Syrup	Seasoned Rice	Garden Greens Salad & Dressing	Steamed Rice & Seasoned Meat	Crisp Broccoli & Dip	
	Fruited Yogurt Cup & String Cheese	Chilled Sweet Pea Salad	Banana	Tatziki Sauce	Crisp Varietal Apple	
	Tater Tots & Ketchup	Chilled Pears	Choice Milk	Steamed Mixed Veggies	Choice Milk	
Cinnamon Apple Slices & Choice Milk	Choice Milk		Orange Wedges & Choice Milk			
Hot	Veggie Hot Pocket & Sauce	Cheesy Bites w/Italian Dip	Veggie Quesadilla	Cheese Nachos	Fresh Baked Cheese Pizza Slice	
Veg	Tater Tots & Ketchup	Chilled Sweet Pea Salad	Garden Greens Salad & Dressing	Steamed Mixed Veggies	Crisp Broccoli & Dip	
Meal	Cinnamon Apple Slices	Chilled Pears	Banana	Orange Wedges	Crisp Varietal Apple	

	Monday, October 16, 2023					
Hot Meal	Popcorn Chicken & Ketchup					Week IV
	Steamed Carrots & Green Beans					
	Cinnamon Apple Slices					
	Choice Milk					
Hot	Buttermilk Pancake w/ Syrup & Colby Cheese Omelet					
Veg	Steamed Carrots & Green Beans					
Meal	Cinnamon Apple Slices					