

Menu Name : September 2023 Oakhill Montessori Community School Grades K-8 Lunch Menu
Grade Level / Age Group : K-8 Grades

Options Provided : Hot, Hot Vegetarian & Deli Salads
Meal Pattern : NSLP Meal: Lunch

Hot Meal	Chef Spotlight				Friday, September 1, 2023	Week III
	<i>JOSEPH SWINNEY - SUMMER CAMP OPERATIONS MANAGER</i>					
	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 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 Seasoned Rice Celery Sticks & Carrot Slims Chilled Pears Choice Milk	"New" CKC Gyzo Greek Pita, Grilled Chix & Yogurt Sauce Diced Tomatoes & Sliced Cucumbers Banana Choice Milk	Golden Chicken Patty Sandwich Bakery Bun & Ketchup Steamed Corn Grapes Bunch Choice Milk	Fresh Baked Pizza Slice Mixed Greens Salad & Dressing Crisp Varietal Apple Choice Milk	
Hot Veg		Egg Fried Rice	Stuffed Breadsticks w/ Dip	Veggie Garden Burger & Mayo	Fresh Baked Cheese Pizza Slice	

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 Chicken Tender Taco Wg Tortilla, Chicken Tenders Shred Lettuce, Shred Chz & Boom Sauce Seasoned Corn Cinnamon Apples & Choice Milk	Sweet & Sour Chicken Steamed Seasoned Rice Baby Carrots & Dip Chilled Pears Choice Milk	Walking Nachos Nacho Chz Doritos, Seasoned Beef w/ Shred Chz Cheesy Refried Beans Banana & Choice Milk	"New" Chicken Tikka Drumstick WG Bakery Roll Sliced Cucumbers & Homemade Dip Grapes Bunch Choice Milk	Fresh Baked Pizza Slice Broccoli Florets & Dressing Crisp Varietal Apple Choice Milk	
Hot Veg	Cheesy Pull Aparts	Veggie Hot Pocket & Dip	Bean Nachos	Egg Fried Rice	Fresh Baked Cheese Pizza Slice	

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 Ketchup WG Dinner Roll CKC Baked Beans Cinnamon Apples & Choice Milk	Swedish Meatballs (Homemade Gravy) Wg Dinner Roll Steamed Carrots w/ Parsley Chilled Pears Emoji Chat Snax & Choice Milk	"New" Butter Chicken Steamed Seasoned Rice Celery Sticks Banana Choice Milk	Enchilada Nachos Top your Fritos Corn chips with delicious Chicken Enchilada Shred cheese & boom sauce Steamed Street Corn Grapes Bunch & Choice Milk	Fresh Baked Pizza Slice Garden Greens Salad & Dressing Crisp Varietal Apple Choice Milk	
Hot Veg	Grilled Cheese Sandwich	Veggie Quesadilla	Veggie Garden Burger & Mayo	Bean & Cheese Burrito	Fresh Baked Cheese Pizza Slice	

Hot Meal	Monday, September 25, 2023	Tuesday, September 26, 2023	Wednesday, September 27, 2023	Thursday, September 28, 2023	Friday, September 29, 2023	Week I
	"New" Mac & Cheetos <i>Cheetos in the Mac or on the Side?? You decide :)</i> Celery Sticks Cinnamon Apples & Choice Milk	"New" Bengali Chicken & Potato Kathi Roll WG Wrap, Chix & Potato Filling Bengali Sauce (Yogurty Chutney) Baby Carrots Chilled Pears & Choice Milk	All Beef Hot Dog WG Bun, Ketchup CKC Baked Beans & Cucumber Slices Strawberry Bites Banana & Choice Milk	Sesame Chicken Steamed Seasoned Brown Rice Chilled Sweet Pea Salad Grapes Bunch Choice Milk	Fresh Baked Pizza Slice Mixed Greens Salad & Dressing Crisp Varietal Apple Choice Milk	
Hot Veg	Cheese Calzone	Stuffed Dipping Bites w/ Sauce	Veggie Burrito	Grilled Cheese Sandwich	Fresh Baked Cheese Pizza Slice	

Hot Meal	Grilled Chicken Caesar Salad Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains.	Grilled Chicken Asian Salad Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls added to complete the WG requirement.	Grilled Chicken SW Taco Salad 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.	Classic Chef Salad 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.	Quinoa Power Bowl Salad 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.	Deli Salads
	(Vegetarian choices come with eggs & cheese in the place of meat)					

*** 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)

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	"New" Cool Ranch Crunch Burger <small>*(yep, we will send ketchup)</small>	"New" Asian Chicken Dumplings	Soft Tortilla Taco	Mandarin Orange Chicken	Fresh Baked Pizza Slice	Week II
	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	
Hot Veg	Bean & Cheese Burrito	Pizza Crunchers	Cheesy Pull Aparts	French Pizza Bread	Fresh Baked Cheese Pizza Slice	

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023	
Hot Meal	Chicken Tenders & Ketchup	CKC Sweet & Sour Meatballs	"New" Smoky Texas Chicken Drumstick	Greek Nachos	Fresh Baked Pizza Slice	Week III
	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	
Hot Veg	Veggie Hot Pocket & Sauce	Cheesy Bites w/Italian Dip	Veggie Quesadilla	Cheese Nachos	Fresh Baked Cheese Pizza Slice	

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023	
Hot Meal	Chicken Corn Dog	"New" Korean BBQ Meatballs	"New" CKC Gyro	Golden Chicken Patty Sandwich	Fresh Baked Pizza Slice	Week IV
	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	
Hot Veg	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet	Egg Fried Rice	Stuffed Breadsticks w/ Dip	Veggie Garden Burger & Mayo	Fresh Baked Cheese Pizza Slice	