

Menu Info		Name : March 2022 K-8 Pizza Fridays Menu			Options Provided : Hot, Hot Vegetarian, Cold Meals	
Age Group : K-8		Meal : Lunch/Almuerzo		Meal Pattern : NSLP / SSO		
		Tuesday, March 1, 2022	Wednesday, March 2, 2022	Thursday, March 3, 2022	Friday, March 4, 2022	
Week III		Good Ole Fashioned Hamburger	Mandarin Orange Chicken	Cheesy Lasagna Roll	Fresh Hot Delivered Pizza	
Hot Meal		w/ Pickle Rounds	Steamed Brown Rice	Mixed Spinach Salad & Dressing	Corneriffica Salad	
		Carrots w/Ranch	Celery & Ranch	Mixed Berry Cup	Crisp Varietal Apple	
		WG Cool Ranch Doritos	Fresh Pears	Elf Grahams	Choice Milk	
		Banana & Choice Milk	Choice Milk	Choice Milk		
		Hamburguesa con Pepinillo, Zanahoria,	Pollo a la Naranja, Arroz Integral,	Lasaña, Ensalada con Espinaca, Fruta	Pizza con Queso, Ensalada,	
		Doritos, Banano, Leche	Apio con Salsa, Pera, Leche	Mixta, Galletas, Leche	Manzana, Leche	
		Monday, March 7, 2022	Tuesday, March 8, 2022	Wednesday, March 9, 2022	Thursday, March 10, 2022	Friday, March 11, 2022
Week IV		Pizza Crunchers & Italian Dip	Mongolian Meatballs	Cheese Sticks w/ Marinera Sauce	Brunch Lunch	Fresh Hot Delivered Pizza
Hot Meal		Lime Black Bean Salad	WG Dinner Roll	Crisp Romaine Salad & Dressing	French Toast Sticks	Baby Carrots
		Fruited Applesauce	Mashed Potatoes	Crisp Varietal Apple & Fortune Cookie	Syrup	Mixed Berry Cup
		Choice Milk	Banana & Animal Crackers	Choice Milk	Sliced Cucumbers & Dip	Choice Milk
		Trocitos de Pizza con Salsa Italiana, Frijoles	Albondigas, Pan, Pure de Papa,	Palitos de Queso con Salsa Marinera,	Desayuno/Almuerzo, Tostada Francesa	Pizza con queso, Zanahoria,
		Negros, Salsa de Manzana, Leche	Banano, Galletas, Leche	Ensalada, Manzana, Galletas, Leche	con Almibar, Pepino, Pera, Leche	Fruta Mixta, Leche
		Monday, March 14, 2022	Tuesday, March 15, 2022	Wednesday, March 16, 2022	Thursday, March 17, 2022	Friday, March 18, 2022
Week V		Mozzarella Burger	Twisted Cheese Bread Sticks	Creamy Mac & Cheese	Chicken & Waffle	Fresh Hot Delivered Pizza
Hot Meal		WG Bakery Bun	Asian Slaw Mix	Fresh Broccoli & Dip	Chicken Tenders	Jicama Sticks w/Dip
		Sun Chips	Baby Carrots & Fortune Cookie	Mixed Berry Cup	WG Waffle w/Syrup	Crisp Varietal Apple
		CKC Baked Beans	Banana & Choice Milk	Vanilla Wafers	Fresh Sliced Cucumbers	Choice Milk
		Fruited Applesauce & Choice Milk		Choice Milk	Fresh Pears & Choice Milk	
		Hamburguesa con Queso, Chips,	Palitos de Pan con Queso, Col, Zanahoria,	Macarrones con Queso, Broccoli, Fruta,	Pollo y Waffle con Almibar,	Pizza con Queso, Jicama con Salsa,
		Frijoles, Salsa de Manzana, Leche	Galletas, Banano, Leche	Galletas, Leche	Pepino, Pera, Leche	Manzana, Leche
		Monday, March 21, 2022	Tuesday, March 22, 2022	Wednesday, March 23, 2022	Thursday, March 24, 2022	Friday, March 25, 2022
Week VI		Premium Chicken Nuggets	Grilled BBQ Chicken Sandwich	Cheeseburger	Cheese Quesadilla	Fresh Hot Delivered Pizza
Hot Meal		Cool Ranch Doritos & Baby Carrots	Mixed Salad Greens w/Dressing	Fresh Bakery Bun, Ketchup & Pickles	Seasoned Black Beans	Corntastic Salad
		Fruited Applesauce	Banana & Choice Milk	Creamy Coleslaw	Mixed Berry Cup & Choice Milk	Crisp Varietal Apple
		Choice Milk		Fresh Pears & Elf Grahams		Choice Milk
		Trocitos de Pollo, Doritos, Zanahoria,	Emparedado de Pollo BBQ, Ensalada,	Hamburguesa con Queso y pepinillos,	Quesadilla con Queso, Frijoles Negros,	Pizza con Queso, Ensalada con Maíz,
		Salsa de Manzana, Leche	Banano, Leche	Ensalada de Col, Pera, Galletas, Leche	Fruta Mixta, Leche	Manzana, Leche
		Monday, March 28, 2022	Tuesday, March 29, 2022	Wednesday, March 30, 2022	Thursday, March 31, 2022	
Week I		Louisiana Chicken Sandwich	All Beef Hot Dog	Twisted Cheese Breadsticks	Burrito Bowl	Aloo is a Hindi term for potato. And Theeka Aloo is a flavorful spiced potato dish that goes well, with almost anything as a side. It is usually eaten with rice or Indian flatbread. But to experience its natural flavors, eat it as it is.
Hot Meal		WG Bun, Pickle Rounds	WG Bun, Ketchup & Mustard	Crisp Mixed Greens Salad & Dressing	Brown Rice topped w/Seasoned Beef	
		w/ CKC New Orleans Sauce	Cool Ranch Doritos	Lemon Blueberry Crisps	Shred Chz, Lettuce & CKC Youza Sauce	
		Corntastic Salad, Carrot Slims & Sun Chips	Grape Tomatoes	Crisp Varietal Apple	Chilled Black Beans	
		Fruited Applesauce & Choice Milk	Banana & Choice Milk	Choice Milk	Fresh Pears & Choice Milk	
		Emparedado con Pollo y Pepinillo, Ensalada,	Perro Caliente, Doritos,	Palitos de Pan con Queso, Ensalada,	Burrito en Taza con Arroz, Carne, Queso	
		Zanahoria, Chips, Salsa de Manzana, Leche	Tomates Cereza, Banano, Leche	Galletas, Manzana, Leche	Lechuga, Frijoles Negros, Pera, Leche	
<i>Hot Veg and Cold meals are served with vegetables and fruit of the day</i>						

*Skim and 1% milk choices offered daily.
*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

Theeka Aloo (Chef Teja's Recipe)

<u>Ingredients:</u>	<u>Steps:</u>
<ul style="list-style-type: none"> •Doriander seeds (Dried seeds from matured coriander herb) – 1 tsp •Black Peppercorn – 1/2 tsp •Carom seeds (seeds from carom plant) – 1 tsp •Mustard seeds (Black round seeds from mustard plant)– 1 tsp •Dry red chili seeds – 1/2 tsp •Dry red chili – 4 <p>All the above whole spices can be bought from Indian or Asian stores.</p>	<ul style="list-style-type: none"> •Rock salt – to taste •Oil – 3 tbsp •Garlic, chopped to small pieces – 1 tsp •Onion, cut lengthwise – 1 cup •Cubed potatoes – 2 cups •Turmeric powder – ¼ tsp <p style="text-align: center;">Makes 4 servings</p>
	<ol style="list-style-type: none"> 1. Take a pan and add coriander seeds, pepper, carom seeds, mustard seeds and dry roast them on medium heat. 2. Add rock salt, dry red chili seeds, red chilies, and sauté them for ½ minute. Cool, transfer to blender and blend it coarsely into powder. This is the spice powder for our recipe. 3. Wash the potatoes and cut them into cubes, unpeeled. 4. In the pan, heat the oil and add garlic, onion, and sauté them till onions turn translucent. 5. Add turmeric and potato cubes and cover with the lid. Cook for 5 to 8 mins, till potatoes are nicely cooked. 6. Add the spice powder, mix well, and place the lid on. Cook for 2 mins on low heat. 7. Can be served with hot rice or Indian flatbread.

April 2022 Menu (Subject to Change)

Chef Spotlight - Teja Adapa (Database Analyst, CKC) Friday, April 1, 2022

Week I	Food is as much about the company, as it is about taste	Fresh Hot Delivered Pizza
Hot Meal	<p>I am a traditional home chef, mostly learnt from my mom and spent a while following her recipes without experimenting much. Theeka Aloo is the first recipe I tried watching YouTube videos as it felt as a risk free experiment, and I am glad I tried. It is quite flavorful and unique because of the blend of spices. It instantly became a hit in my family and thus became a staple of all potlucks, family & friends' get-togethers, I attend. I hope it becomes a hit with you as well.</p>	Sliced Cucumbers
Hot Veg		Fresh Citrus Fruit
Cold		Choice Milk
		Fresh Hot Cheese Pizza
		Banh Mi Chicken Sandwich w/Sauce

	Monday, April 4, 2022	Tuesday, April 5, 2022	Wednesday, April 6, 2022	Thursday, April 7, 2022	Friday, April 8, 2022
Week II	Golden Corn Dog w/ Ketchup	Yahya! Boneless Chicken Wings	Meatball Sub w/Mozzarella	Brunch Lunch	Fresh Hot Delivered Pizza
Hot Meal	Goldfish Pretzels CKC Baked Beans Fruited Applesauce Choice Milk	Honey Mustard Mild Buffalo Dressed Crisp Broccoli Crispy Mini Wafers Banana & Choice Milk	Ranchero Corn Salad Mixed Berry Animal Crackers Fresh Pears Choice Milk	Buttermilk Pancakes & Syrup Fruited Yogurt Cup Crisp Salad & Dressing Mixed Berry Cup & Choice Milk	Baby Carrots & Ranch Fresh Citrus Fruit Cinnamon Goldfish Choice Milk
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese	Veggie Lasagna Roll	Buttermilk Pancakes & Syrup w/Fruited Yogurt Cup	Fresh Hot Cheese Pizza
Cold	Wowbutter & Jelly Sandwich	Sesame Chicken Bun	Turkey & Cheese Wrap w/Mayo	CKC Crazy Good Chicken Bun	Asian Chicken Sticky Bun

Week III	Youza Chicken Bites Wrap	
Hot Meal	WG Tortilla & Chicken Bites w/ Shred Chz, Lettuce, Chopped Cilantro & CKC Youza Sauce Nacho Chz Doritos w/ Creamy Refried Bean Salsa Dip Fruited Applesauce & Choice Milk	
Hot Veg	Bean & Cheese Burrito	
Cold	Chicken & Cheese Torta Sandwich	

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