

Name : February 2023 K-8 Allergen Free Menu					
Age Group : K-8		Meal : Lunch		Meal Pattern : NSLP/SSO	
No Dairy No Gluten (No Wheat) No Egg No Soy No Fish				No Shell Fish No Sesame (Seeds & Oil) No Peanuts No Tree Nuts No Sunflower (Seeds, Oil & Butter)	
Week III	Wednesday, February 1, 2023		Thursday, February 2, 2023		Friday, February 3, 2023
Hot Meal	Chettinad Cuisine belongs to a region called 'Chettinad' in South India. It is a cuisine that is famous for its aroma, made with freshly ground spices.	<b>Chicken Fajita w/Rice</b>	<b>Beef Meatballs</b>	<b>Chicken &amp; Potatoes</b>	
		Seasoned Chicken & Peppers	Brown Rice	Steamed Rice	
		Served w/ Brown Rice	Steamed Green Beans	Crisp Broccoli	
		Black Beans	Fruit of the Day	Fruit of the Day	
		Fruit of the Day & Milk Substitute	Milk Substitute	Milk Substitute	
Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Hot Meal	<b>Yummy Beef &amp; Scallion</b>	<b>Chicken Sukkhar</b>	<b>Beef Fried Rice</b>	<b>Spice Rubbed Chicken Fillet</b>	<b>Beef Taco Meat Over Rice</b>
	Golden Corn Chips	Steamed Rice	Steamed Peas	Steamed Rice	Serve Seasoned Beef on Brown Rice
	Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day	Fresh Broccoli	Black Beans & Carrots
	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	Fruit of the Day & Corn Chips
	Milk Substitute	Milk Substitute		Milk Substitute	Milk Substitute
Week V	Monday, February 13, 2023	Tuesday, February 14, 2023	Wednesday, February 15, 2023	Thursday, February 16, 2023	Friday, February 17, 2023
Hot Meal	<b>Chicken Supreme</b>	<b>Beef Nachos</b>	<b>Marinated Grilled Chicken Fillet</b>	<b>Chicken Pilaf</b>	<b>Beef &amp; Potatoes</b>
	Steamed Rice	Taco Beef & Golden Corn Chips	Brown Rice	Sliced Cucumbers	Steamed Rice
	Fresh Baby Carrots	Black Bean & Corn	Crisp Broccoli	Fruit of the Day	Steamed Peas
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day
	Milk Substitute	Milk Substitute	Milk Substitute		Milk Substitute
Week VI	Monday, February 20, 2023	Tuesday, February 21, 2023	Wednesday, February 22, 2023	Thursday, February 23, 2023	Friday, February 24, 2023
Hot Meal	<b>Chicken Fried Rice</b>	<b>Beef &amp; Broccoli</b>	<b>Chicken Fajita w/Rice</b>	<b>Beef Meatballs</b>	<b>Chicken &amp; Potatoes</b>
	Baby Carrots	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice
	Fruit of the Day	Steamed Corn	Served w/ Brown Rice	Steamed Green Beans	Crisp Broccoli
	Corn Chips	Fruit of the Day	Black Beans	Fruit of the Day	Fruit of the Day
	Milk Substitute	Milk Substitute	Fruit of the Day & Milk Substitute	Milk Substitute	Milk Substitute
Week I	Monday, February 27, 2023	Tuesday, February 28, 2023	Chef Spotlight - Annapoorna Meyyappan, Product and Data Analyst		
Hot Meal	<b>Yummy Beef &amp; Scallion</b>	<b>Chicken Sukkhar</b>	<b>Simple and Luscious Cold Indian Dessert</b>		
	Golden Corn Chips	Steamed Rice	The delicacy of "Chettinad Fruit Kheer" brings me the nostalgia of having grand lunch with a variety of dishes served on a banana leaf in all Chettinad marriages. It is a simple dessert but a rich drink made from delectable amalgamation of nuts and fruits. I will share the recipe picking a sleeve from my mom's cookbook and I am sure it will be your sumptuous dessert. -- Annapoorna Meyyappan		
	Black Bean & Fresh Carrots	Steamed Green Beans			
	Fruit of the Day	Fruit of the Day			
	Milk Substitute	Milk Substitute			
'Chettinad Fruit Kheer' recipe is on Page 2					
Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Participants ) etc					

\* Skim and 1% milk choices offered daily.  
\* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.  
\* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

**Chettinad Fruit Kheer Recipe**

<b>Ingredients:</b> <ul style="list-style-type: none"> <li>•Raw whole Almonds - 1/2 cup</li> <li>•Raw whole Cashews - 1/2 cup</li> <li>•Shelled Pistachios - 1/2 cup</li> <li>•Sugar - 2 1/2 cups</li> <li>•Chilled condensed Milk - 2 cups</li> <li>•Water - 1 cup</li> <li>•Ice cubes - 20 pieces</li> <li>•Cardamom powder - 1/2 tsp</li> <li>•Apple, Banana, Orange, Grapes, Pineapple (peeled and chopped) - 1 cup</li> <li>•Fresh Pomegranate kernels - 1/4 cup</li> </ul>	<b>Serves 4 - 5</b>	<b>Steps:</b> <ul style="list-style-type: none"> <li>•Seperately soak almonds, cashews and pistachios in water for about 4 hours, peel the skin and grind them to smooth paste.</li> <li>•Add half a cup of water and ice cubes to the paste and mix thoroughly.</li> <li>•In a pan, bring remaining half a cup of water to boil and add sugar. Stir it until the sugar gets dissolved and cool it to room temperature.</li> <li>•Now our sugar syrup is ready. Add this syrup to nuts paste.</li> <li>•Add chopped fruits to it and mix it well.</li> <li>•Add chilled condensed milk and cardamom powder to it.</li> <li>•Sprinkle few finely chopped pistachios on the top and serve chilled.</li> </ul>
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**March 2023 Menu (Subject to Change)**

Week I	Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023		
Hot Meal	<b>Beef Fried Rice</b>  Steamed Peas  Fruit of the Day  Milk Substitute	<b>Spice Rubbed Chicken Fillet</b>  Steamed Rice  Fresh Broccoli  Fruit of the Day  Milk Substitute	<b>Beef Taco Meat Over Rice</b>  Serve Seasoned Beef on Brown Rice  Black Beans & Carrots  Fruit of the Day & Corn Chips  Milk Substitute		
Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Hot Meal	<b>Chicken Supreme</b>  Steamed Rice  Fresh Baby Carrots  Fruit of the Day  Milk Substitute	<b>Beef Nachos</b>  Taco Beef & Golden Corn Chips  Black Bean & Corn  Fruit of the Day  Milk Substitute	<b>Marinated Grilled Chicken Fillet</b>  Brown Rice  Crisp Broccoli  Fruit of the Day  Milk Substitute	<b>Chicken Pilaf</b>  Sliced Cucumbers  Fruit of the Day  Milk Substitute	<b>Beef &amp; Potatoes</b>  Steamed Rice  Steamed Peas  Fruit of the Day  Milk Substitute
Week III	Monday, March 13, 2023	Tuesday, March 14, 2023			
Hot Meal	<b>Chicken Fried Rice</b>  Baby Carrots  Fruit of the Day  Corn Chips  Milk Substitute	<b>Beef &amp; Broccoli</b>  Brown Rice  Steamed Corn  Fruit of the Day  Milk Substitute			

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