

Name : March 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 I	Chef Spotlight - Shannon Lilga, Human Resources Generalist		Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Hot Meal	Easier than you think to make and the results are so WORTH IT! We make homemade marshmallows for our Christmas Eve, along with hot chocolate and cookies before bed. We even leave a nice cup of hot cocoa and marshmallows for Santa. Now that our family is older, we still make the marshmallows and enjoy them with adult hot chocolate and use them to make s'mores dip to enjoy while we play a game or watch a movie. - Shannon		Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat Over Rice
	'Homemade Marshmallows' recipe is on Page 2		Steamed Peas	Steamed Rice	Serve Seasoned Beef on Brown Rice
			Fruit of the Day	Fresh Broccoli	Black Beans & Carrots
			Milk Substitute	Fruit of the Day	Fruit of the Day & Corn Chips
				Milk Substitute	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	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes
	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 III	Monday, March 13, 2023	Tuesday, March 14, 2023	Wednesday, March 15, 2023	Thursday, March 16, 2023	Friday, March 17, 2023
Hot Meal	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/Rice	Beef Meatballs	Chicken & Potatoes
	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 IV	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023
Hot Meal	Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat Over Rice
	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, March 27, 2023	Tuesday, March 28, 2023	Wednesday, March 29, 2023	Thursday, March 30, 2023	Friday, March 31, 2023
Hot Meal	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes
	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

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.

Homemade Marshmallows		
Ingredients:	Steps	Serves 6-7
<ul style="list-style-type: none"> •1 cup cold water, divided •3 0.25 ounce packets unflavoured gelatin •1 ½ cup granulated sugar •1 cup light corn syrup •¼ teaspoon fine salt •2 teaspoons vanilla extract •2/3 cup confectioners' sugar, divided 	<ol style="list-style-type: none"> 1. Add 1/2 cup of water and all of gelatin to the bowl of a stand mixer (or extra large mixing bowl and then use a handheld electric mixer*). Let set for 10 minutes, so the gelatin blooms. 2. While the gelatin blooms, add the granulated sugar, corn syrup, remaining 1/2 cup water, and salt to a medium saucepan and cook over medium-low heat. Whisk constantly until the sugar is dissolved. Let it simmer and bubble for about 3 minutes until the syrup becomes clear. 3. Once the gelatin has bloomed, pour in the hot syrup mixture into the stand mixer bowl. When the syrup comes into contact with the gelatin, it may bubble up which is fine. 4. With the whisk attachment, whisk on low for about 2 minutes. Do not increase speed until the gelatin and syrup have mixed, as it will fly out and cause burns. 5. Once they are mixed, increase speed to high and whisk for 10 minutes or until it is really fluffy and increased in size. 6. Add the vanilla extract and whisk for an additional minute. 7. Generously dust a 9x13-inch pan with confectioners' sugar (use about 1/4 cup). This ensures the marshmallows do not stick and are easy to remove. If your confectioners' sugar is lumpy, I recommend sifting it. 8. Pour the marshmallow mixture into the pan, and spread it into an even layer with a rubber spatula. 9. Dust the top of the marshmallows with about 2 tablespoons confectioners' sugar, cover with plastic wrap, and let set for at least 8 hours, but preferably overnight. 10. Once the marshmallows are set, dust a cutting board or flat surface with 1/4 cup or more of confectioners' sugar to prevent them from sticking. 11. Cut the marshmallows into 1-inch squares. You should end up with 28 large marshmallows. Serve and enjoy**. 	

April 2023 Menu (Subject to Change)

Week VI	Monday, April 3, 2023	Tuesday, April 4, 2023	Wednesday, April 5, 2023	Thursday, April 6, 2023	Friday, April 7, 2023
	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/Rice	Beef Meatballs	Chicken & Potatoes
Hot Meal	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, April 10, 2023	Tuesday, April 11, 2023	NOTES
	Yummy Beef & Scallion	Chicken Sukkhar	
Hot Meal	Golden Corn Chips	Steamed Rice	<p>*While a stand mixer is not essential, if you have one, now is the time to use it. If not, use a handheld electric mixer noting you may have to whip the mixture longer than the indicated times. **These marshmallows toast up beautifully just like, or better than, store bought ones. They are perfect for smores especially since they are square.</p> <p>Storage: Marshmallows may be stored in an airtight container or ziptop baggie for up to 2 weeks at room temp.</p>
	Black Bean & Fresh Carrots	Steamed Green Beans	
	Fruit of the Day	Fruit of the Day	
	Milk Substitute	Milk Substitute	

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