

Menu Name : September 2023 K-8 Allergen Free

Grade Level / Age Group : K-8

Meal Pattern : NSLP

Meal: Lunch

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)

Chef Spotlight

Friday, September 1, 2023

JOSEPH SWINNEY - SUMMER CAMP OPERATIONS MANAGER

Chicken Salad Sandwich

Chicken & Potatoes

Steamed Rice

Crisp Broccoli

Fruit of the Day

Milk Substitute

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

Hot Meal

Week III

Monday, September 4, 2023

Tuesday, September 5, 2023

Wednesday, September 6, 2023

Thursday, September 7, 2023

Friday, September 8, 2023

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

Hot Meal

Week IV

Monday, September 11, 2023

Tuesday, September 12, 2023

Wednesday, September 13, 2023

Thursday, September 14, 2023

Friday, September 15, 2023

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

Hot Meal

Week V

Monday, September 18, 2023

Tuesday, September 19, 2023

Wednesday, September 20, 2023

Thursday, September 21, 2023

Friday, September 22, 2023

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

Hot Meal

Week VI

Monday, September 25, 2023

Tuesday, September 26, 2023

Wednesday, September 27, 2023

Thursday, September 28, 2023

Friday, September 29, 2023

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

Hot Meal

Week I

Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Participants) etc

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	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

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023
Hot Meal	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/Rice	Beef Meatballs
	Baby Carrots	Brown Rice	Seasoned Chicken & Peppers	Brown Rice
	Fruit of the Day	Steamed Corn	Served w/ Brown Rice	Steamed Green Beans
	Corn Chips	Fruit of the Day	Black Beans	Fruit of the Day
	Milk Substitute	Milk Substitute	Fruit of the Day & Milk Substitute	Milk Substitute