

Menu Name : September 2023 Upper Mississippi Academy Grades 6-8 Lunch Menu
Grade Level / Age Group : 6-8 Grades

Options Provided : Hot, Hot Vegetarian
Meal Pattern : NSLP Meal: Lunch

Hot Meal	Chef Spotlight				Friday, September 1, 2023
	<i>JOSEPH SWINNEY - SUMMER CAMP OPERATIONS MANAGER</i>				Garlic Dusted French Bread Pizza
	Chicken Salad Sandwich				Italian Dip
	<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>				Garden Greens Salad & Dressing
					Crisp Varietal Apple
Hot Veg					Choice Milk
					Cheesy Pull Aparts

Hot Meal	Monday, September 4, 2023	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Thursday, September 7, 2023	Friday, September 8, 2023	Week IV
	Chicken Corn Dog	"New" Korean BBQ Meatballs	"New" CKC Gyro	Spicy Chicken Patty Sandwich	Brunch Lunch	
	Ketchup	Seasoned Rice	Greek Pita, Grilled Chix & Yogurt Sauce	Bakery Bun & Mayo	French Toast Sticks w/ Syrup	
	CKC Baked Beans	Celery Sticks & Carrot Slims	Diced Tomatoes & Sliced Cucumbers	Steamed Corn	Mixed Greens Salad & Dressing	
	Cinnamon Apple Slices	Chilled Pears	Banana	Grapes Bunch	Crisp Varietal Apple	
	Vanilla Wafers & Choice Milk	Choice Milk	Choice Milk	Choice Milk	Choice Milk	
Hot Veg	Buttermilk Pancakes w/ Syrup & Yogurt	Egg Fried Rice & Strawberry Bites	Stuffed Breadsticks w/ Dip	Grilled Cheese Sandwich	Grilled Cheese Sandwich	

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 Spicy Chicken Tender Taco	General Tso Chicken	Walking Nachos	"New" Chicken Tikka Drumstick	Buffalo Chicken Hot Pocket	
	Wg Tortilla, Chicken Tenders	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Bakery Roll	Ranch Dip	
	Shred Chz & Boom Sauce	Baby Carrots & Dip	w/ Shred Chz	Sliced Cucumbers & Homemade Dip	Broccoli Florets & Dip	
	Seasoned Corn	Chilled Pears	Cheesy Refried Beans	Grapes Bunch	Crisp Varietal Apple	
	Cinnamon Apples & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	Choice Milk	
Hot Veg	Cheesy Pull Aparts	Veggie Hot Pocket & Dip	Bean Nachos	Egg Fried Rice & Elf Grahams	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet	

Hot Meal	Monday, September 18, 2023	Tuesday, September 19, 2023	Wednesday, September 20, 2023	Thursday, September 21, 2023	Friday, September 22, 2023	Week VI
	Buffalo Chicken Nuggets	Swedish Meatballs (Homemade Gravy)	"New" Butter Chicken	Enchilada Nachos	Brunch Lunch	
	Ranch Dip	Bakery Roll	Steamed Seasoned Rice	Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce	Buttermilk Pancakes & Syrup	
	WG Dinner Roll	Steamed Carrots	Celery Sticks	Steamed Corn	Yogurt Cup	
	CKC Baked Beans & Carrot Slims	Chilled Pears	Banana	Grapes Bunch & Choice Milk	Garden Greens Salad & Dressing	
	Cinnamon Apples & Choice Milk	Vanilla Wafers & Choice Milk	Choice Milk		Crisp Varietal Apple & Choice Milk	
Hot Veg	Grilled Cheese Sandwich	Veggie Quesadilla	Veggie Garden Burger	Bean & Cheese Burrito	French Bread Pizza	

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 & Hot Cheetos	"New" Bengali Chicken & Potato Kathi Roll	All Beef Hot Dog	Sesame Chicken	Twisted Cheese Stuffed Breadsticks	
	<i>Cheetos in the Mac or on the Side?? You decide :)</i>	WG Wrap, Chix & Potato Filling	WG Bun, Ketchup	Steamed Seasoned Brown Rice	Italian Dip	
	Celery Sticks	Bengali Sauce (Yogurty Chutney)	CKC Baked Beans & Cucumber Slices	Chilled Sweet Pea Salad	Mixed Greens Salad & Dressing	
	Cinnamon Apples & Choice Milk	Baby Carrots	Strawberry Bites	Carrot Slims	Crisp Varietal Apple	
		Chilled Pears & Choice Milk	Banana & Choice Milk	Grapes Bunch & Choice Milk	Choice Milk	
Hot Veg	Cheese Calzone	Stuffed Dipping Bites w/ Sauce	Veggie Burrito	Grilled Cheese Sandwich	Buttermilk Pancakes w/ Syrup & Yogurt Cup	

*** Hot Veg meals are served with vegetables, fruit of the day & 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" Flama Crunch Burger..(yep, we will send mayo)	"New" Asian Chicken Dumplings	Soft Tortilla Taco	Mandarin Orange Chicken	Turkey Pepperoni Pizza Calzone	Week II
	Top your Burger with Flama Doritos	Momo Sauce	Seasoned Beef & WG Wrap	Steamed Brown Rice	Baby Carrots	
	CKC Baked Beans & Carrot Slims	Celery Sticks & Baby Carrots	Shredded Lettuce, Cheese & Crema	Garden Greens Salad & Dressing	Crisp Varietal Apple	
	Cinnamon Apples & Choice Milk	Chilled Pears	Steamed Corn	Grapes Bunch	Choice Milk	
Hot Veg	Bean & Cheese Burrito	Pizza Crunchers	Cheesy Pull Aparts	French Pizza Bread	Grilled Cheese Sandwich	

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	
Hot Meal	Chicken Tenders & Ketchup	CKC Sweet & Sour Meatballs	"New" Smoky Texas Chicken Drumstick	Greek Nachos	Week III
	Cracker Crisps	Seasoned Rice	WG Bakery Roll	Seasoned Meat, Corn Tortilla Chips	
	Street Corn Salad	Baby Carrots	Fresh Sliced Cucumbers	Tatziki Sauce	
	Cinnamon Apples	Chilled Pears	Banana	Banzo Salad & Carrots	
Hot Veg	Veggie Hot Pocket & Sauce	Cheesy Bites w/Italian Dip	Veggie Quesadilla	Cheese Nachos	