

Menu Name : Upper Mississippi Academy Grades 6-8 Lunch Menu	Options Provided : Hot & Hot Veg
Grade Level / Age Group : 6-8 Grades	Meal Pattern : NSLP Meal: Lunch

October - 2023

	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.. <i>(yep, we will send mayo)</i>	"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	Friday, October 13, 2023	
Hot Meal	Chicken Tenders & Ketchup	CKC Sweet & Sour Meatballs	"New" Smoky Texas Chicken Drumstick	Greek Nachos	Garlic Dusted French Bread Pizza	Week III
	Cracker Crisps	Seasoned Rice	WG Bakery Roll	Seasoned Meat, Corn Tortilla Chips	Italian Dip	
	Street Corn Salad	Baby Carrots	Fresh Sliced Cucumbers	Tatziki Sauce	Garden Greens Salad & Dressing	
	Cinnamon Apples	Chilled Pears	Banana	Banzo Salad & Carrots	Crisp Varietal Apple	
Hot Veg	Veggie Hot Pocket & Sauce	Cheesy Bites w/Italian Dip	Veggie Quesadilla	Cheese Nachos	Cheesy Pull Aparts	

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023	
Hot Meal	Chicken Corn Dog	"New" Korean BBQ Meatballs	"New" CKC Gyro	Spicy Chicken Patty Sandwich	Brunch Lunch	Week IV
	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	
Hot Veg	Buttermilk Pancakes w/ Syrup & Yogurt	Egg Fried Rice & Strawberry Bites	Stuffed Breadsticks w/ Dip	Grilled Cheese Sandwich	Grilled Cheese Sandwich	

	Monday, October 23, 2023	Tuesday, October 24, 2023	Wednesday, October 25, 2023	Thursday, October 26, 2023	Friday, October 27, 2023	
Hot Meal	Crunchy Spicy Chicken Tender Taco	General Tso Chicken	Walking Nachos	"New" Chicken Tikka Drumstick	Buffalo Chicken Hot Pocket	Week V
	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	
Hot Veg	Cheesy Pull Aparts	Veggie Hot Pocket & Dip	Bean Nachos	Egg Fried Rice & Elf Grahams	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet	

	Monday, October 30, 2023	Tuesday, October 31, 2023	Chef Spotlight	
Hot Meal	Buffalo Chicken Nuggets	Swedish Meatballs (Homemade Gravy)	Dave Kayoum - Director of Business Development <i>Tuna & Peas on Buttered Saltines</i> <i>My wife and I literally grew up in the same neighborhood. I love that my wife always asks my mom how to make my favorite recipes. My children and I have loved the tradition of family recipes! I continue to make this simple favorite meal to this day. It is one of my favorites 'Go-to' meals and I think it will remain a family tradition for my children and theirs. I love the stories I have gotten to share with my kids when making a family traditional recipe. It's best to spend time with your kids reminiscing about fond best food memories while making and teaching them how to make something so simple and full of tradition. - Dave</i>	Week VI
	Ranch Dip	Bakery Roll		
	WG Dinner Roll	Steamed Carrots		
	Hot Veg	Grilled Cheese Sandwich	Veggie Quesadilla	<i>Tuna & Peas on Buttered Saltines recipe is on Page 2</i>

*** Hot Veg meals are served with vegetables, fruit of the day & milk.

TUNA & PEAS ON BUTTERED SALTINES

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> •2 Cups Cold Milk •¼ Cup White Flour •2 TBLS Salted Butter •2 Cans Tuna, packed in water •1 Cup Frozen Thawed Sweet Green Peas •Ground Black Pepper •Saltine Crackers •Butter 	<ol style="list-style-type: none"> 1. Preparing White sauce: On low heat, melt 2 TBLS butter. Whisk ½ cup of white flour into the cold milk till smooth (slurry). Add the slurry slowly to the melted butter and stir on medium heat till sauce thickens. Turn heat down to low. 2. Flaking Tuna: Open and drain water from the tuna cans as best as you can. Dump tuna out into a bowl. Grasp a handful of tuna and rub it between your palms, like you are trying to warm your hands. This is called flaking tuna. It fluffs the tuna up. Don't over flake, but rub palms together about 10 times into a bowl. 3. Add tuna and peas to white sauce and heat on low till 165. 4. While all is heating in saucepan, butter your saltines. Once mixture is hot, pour over buttered saltine and sprinkle black ground pepper on top. Bon Appetite ! 	

November 2023 Menu (Subject to Change)

	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023
Hot Meal	"New" Butter Chicken Steamed Seasoned Rice Celery Sticks Banana Choice Milk	Enchilada Nachos Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce Steamed Corn Grapes Bunch & Choice Milk	Brunch Lunch Buttermilk Pancakes & Syrup Colby Cheese Omelet Garden Greens Salad & Dressing Crisp Varietal Apple & Choice Milk
	Veggie Garden Burger Bean & Cheese Burrito French Bread Pizza		
Hot Veg			

While this recipe is incredibly simple, it was a Kayoum family tradition that my grandmother used to make for her five daughters. This yummy comfort meal was common in my mom's family when she grew up and became a nostalgic favorite of mine and my siblings when we grew up. It is a favorite in my home and a true comfort food meal.

	Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023
Hot Meal	"New" Mac & Hot Cheetos Cheetos in the Mac or on the Side?? You decide :) Celery Sticks Cinnamon Apples & Choice Milk	"New" Bengali Chicken & Potato Kathi Roll WG Wrap, Chix & Potato Filling Bengali Sauce (Yogurty Chutney) Baby Carrots Chilled Pears & Choice Milk	All Beef Hot Dog WG Bun, Ketchup CKC Baked Beans & Cucumber Slices Strawberry Bites Banana & Choice Milk	Sesame Chicken Steamed Seasoned Brown Rice Chilled Sweet Pea Salad Carrot Slims Grapes Bunch & Choice Milk	Twisted Cheese Stuffed Breadsticks Italian Dip Mixed Greens Salad & Dressing Crisp Varietal Apple Choice Milk
	Cheese Calzone Stuffed Dipping Bites w/ Sauce Veggie Burrito Grilled Cheese Sandwich Buttermilk Pancakes w/ Syrup & Yogurt Cup				
Hot Veg					