

**Name : April 2023 Progeny Academy K-8 Grades Lunch Menu**

**Age Group : K-8 Grades**

**Meal : Lunch**

**Meal Pattern : NSLP**

Chef Spotlight - Jim Leahy, Client Relations Manager

**CHEESY, SHRIMPY AND BACON-Y HEAVENLY PASTA**

This is a family favorite that my mom used to make and I now make it for my girls and it has become one of their favorites! Normally when my mom would cook I wouldn't hover around the kitchen. However, this recipe had BACON and I would sneak whatever I could when she wasn't looking. My girls tried to do the same when they were little – I was on to them. However, knowing how bacon takes over one's mind, I would let them have a little here and there.

- Jim Leahy

**'THIN LINGUINI OR SPAGHETTI WITH AVOCADO, BACON AND SHRIMP' RECIPE IS ON PAGE 2**

| Week VI  | Monday, April 3, 2023                               | Tuesday, April 4, 2023                 | Wednesday, April 5, 2023   | Thursday, April 6, 2023              | Friday, April 7, 2023  |
|----------|---|--|----------------------------|--------------------------------------|------------------------|
|          | <b>Brunch Lunch</b>                                 | <b>Roasted Curry Chicken Drumstick</b> | <b>Cheeseburger</b>        | <b>Chicken Fritters w/ Ranch Dip</b> | <b>Fresh Hot Pizza</b> |
|          | Buttermilk Pancakes                                 | Dinner Roll                            | Fresh Bakery Bun & Ketchup | Veggie Crisps                        | Mixed Salad & Dressing |
| Hot Meal | Homemade Berry Burst Syrup                          | Creamy Mashed Potatoes                 | Baby Carrots & Dip         | Seasoned Black Beans                 | Crisp Apple            |
|          | Scrambled Eggs w/ Cheese                            | Chilled Pears                          | Cinnamon Grahams           | Fresh Orange                         | Choice Milk            |
|          | Fresh Broccoli, Cinnamon Apple Slices & Choice Milk | Choice Milk                            | Banana & Choice Milk       | Choice Milk                          |                        |

| Week I   | Monday, April 10, 2023              | Tuesday, April 11, 2023         | Wednesday, April 12, 2023     | Thursday, April 13, 2023           | Friday, April 14, 2023         |
|----------|-------------------------------------|---------------------------------|-------------------------------|------------------------------------|--------------------------------|
|          | <b>All Beef Hot Dog</b>             | <b>Sweet &amp; Sour Chicken</b> | <b>Meatballs w/Mozzarella</b> | <b>Crunchy Chicken Tender Wrap</b> | <b>Creamy Mac &amp; Cheese</b> |
|          | WG Bun, Ketchup & Mustard           | Steamed Seasoned Brown Rice     | Vanilla Wafers                | WG Tortilla, Chicken Tenders       | Bakery Roll                    |
| Hot Meal | Cheddar Cheese Crisps               | Crisp Broccoli & Dip            | Baby Carrots & Dip            | Shred Cheese, Boom Sauce & Lettuce | Steamed Mixed Veggies          |
|          | Baked Beans & Cinnamon Apple Slices | Chilled Pears                   | Banana                        | Steamed Seasoned Corn              | Crisp Apple                    |
|          | Choice Milk                         | Choice Milk                     | Choice Milk                   | Fresh Orange & Choice Milk         | Choice Milk                    |

| Week II  | Monday, April 17, 2023   | Tuesday, April 18, 2023           | Wednesday, April 19, 2023           | Thursday, April 20, 2023                     | Friday, April 21, 2023 |
|----------|--------------------------|-----------------------------------|-------------------------------------|--|------------------------|
|          | <b>BBQ Beef Sandwich</b> | <b>Golden Corn Dog w/ Ketchup</b> | <b>Burrito Bowl</b>                 | <b>Brunch Lunch</b>                          | <b>Fresh Hot Pizza</b> |
|          | Sun Chips                | Crinkle Fries & Ketchup           | Brown Rice topped w/Seasoned Beef   | Double Buttermilk Pancakes                   | Baby Carrots & Dip     |
| Hot Meal | CKC Baked Beans          | Chilled Pears                     | Shred Cheese, Youza Sauce & Lettuce | Homemade Berry Burst Syrup                   | Crisp Apple            |
|          | Cinnamon Apple Slices    | Choice Milk                       | Romaine Salad & Dressing            | Fruity Yogurt Cup                            | Choice Milk            |
|          | Choice Milk              |                                   | Banana & Choice Milk                | Sliced Cucumbers, Fresh Orange & Choice Milk |                        |

| Week III | Monday, April 24, 2023            | Tuesday, April 25, 2023 | Wednesday, April 26, 2023           | Thursday, April 27, 2023       | Friday, April 28, 2023          |
|----------|-----------------------------------|-------------------------|-------------------------------------|--------------------------------|---------------------------------|
|          | <b>Chicken Nuggets w/ Ketchup</b> | <b>Beef Pretzel Dog</b> | <b>Good Ole Fashioned Hamburger</b> | <b>Mandarin Orange Chicken</b> | <b>Chicken Enchilada Crunch</b> |
|          | Cheddar Cheese Crackers           | Fresh Broccoli & Dip    | w/Ketchup                           | Steamed Brown Rice             | Corn Chips, Shred Cheese        |
| Hot Meal | Baby Carrots & Dip                | Chilled Pears           | Mixed Berry Crackers                | Sliced Cucumbers & Ranch       | Seasoned Black Beans            |
|          | Cinnamon Apple Slices             | Choice Milk             | Steamed Seasoned Corn               | Fresh Orange                   | Crisp Apple                     |
|          | Choice Milk                       |                         | Banana & Choice Milk                | Fortune Cookie & Choice Milk   | Choice Milk                     |

\* 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.