

Name : May 2023 K-8 Bagged Breakfast w/ Cereal					
Age Group : K-8		Meal : Breakfast		Meal Pattern : NSLP	
Week IV	Monday, May 1, 2023	Tuesday, May 2, 2023	Wednesday, May 3, 2023	Thursday, May 4, 2023	Friday, May 5, 2023
	<b>Assorted Big Bowl Cereal (2 Items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Whole Grain Chocolate Glazed Donut (2 items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Honey Bun (2 items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Mini Breakfast Bites (2 items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Mini Cinnis (2 items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					
Week V	Monday, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023
	<b>Assorted Big Bowl Cereal (2 items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Chocolate Chip Muffin (2 items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Maple Waffle Snaps (2 items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>"New" Mini Pancake Puffs (2 items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Whole Grain Chocolate Donut (2 items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					
Week VI	Monday, May 15, 2023	Tuesday, May 16, 2023	Wednesday, May 17, 2023	Thursday, May 18, 2023	Friday, May 19, 2023
	<b>Assorted Big Bowl Cereal (2 items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Orange Dream Muffin (2 items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Cinnamon Crumb Loaf (2 items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Sliced Plain Bagel &amp; Cream Cheese (2 items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>4 Pack Mini Breakfast Bites (2 items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					
Week I	Monday, May 22, 2023	Tuesday, May 23, 2023	Wednesday, May 24, 2023	Thursday, May 25, 2023	Friday, May 26, 2023
	<b>Assorted Big Bowl Cereal (2 items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Whole Grain Apple Donut (2 Items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Mini Cinnamon Rolls (2 items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Glazed Honey Bun (2 items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Assorted Single Bowl Cereal (1 item)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					
Week II	Monday, May 29, 2023	Tuesday, May 30, 2023	Wednesday, May 31, 2023	Chef Spotlight - Steve Schnaser - Finance Coordinator	
	<b>Big Bowl Trix Cereal (2 Items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>4 Pack Mini Breakfast Bites (2 items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Whole Grain Chocolate Donut (2 items)</b>  100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Sweet and Tangy Pickled Onions</b>  One of my favorite things to make isn't a main entrée – it's quick pickled onions! I have always loved pickles. My Grandma Ruby canned pickles every year and would always give us a jar or two. As an only child, I always did my best to eat the majority of them. Making quick pickling recipe always reminds me of her. -Steve	
Chef's Choice may be offered			'Pickled Red Onions' recipe is on Page 2		

\* 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.

Pickled Red Onions		
Ingredients:	Steps	Serves 4-5
1.Red Onions, 2.Vinegar, 3.Sugar, 4.Salt and 5.Water. Use a glass canning jar with a screw on lid (I keep a lot of glass jars rather than recycling them). I like to play with different combinations of the Vinegar (rice vinegar, white vinegar or red wine vinegar (or a combination of vinegars) and sweeteners (Sugar, Maple Syrup or Agave sweetener).	1. Slice one large red onion and place into a glass mason jar and pack down gently. 2. Heat 3/4 cup vinegar, 1/4 cup water, 1 teaspoon salt, 1-2 tablespoons sweetener to a simmer. 3. Pour the hot liquid into the container to cover the onions. 4. Let the jar sit out at room temp for a while – at least 30 minutes. 5. Enjoy as a topping on meats, eggs, sandwiches or add to side dishes as well.	

**June 2023 Menu (Subject to Change)**

Week II	Thursday, June 1, 2023		Friday, June 2, 2023
Breakfast	<b>Benefits of Pickled Red Onions</b>		<b>"New" Mini Pancake Puffs (2 items)</b>
Three items meet USDA Requirements (One item must be fruit)	Red onions are rich in folate, or vitamin B9, which can improve cardiovascular health and reduce your risk of a stroke.		100% 4.23 oz Fruit Juice (1 item)
	This pickled red onions contain many other vitamins and minerals such as calcium, potassium, magnesium and vitamin C.		100% 4.23 oz Fruit Juice (1 item)
		Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
	<b>Chef's Choice may be offered</b>		

Week III	Monday, June 5, 2023	Tuesday, June 6, 2023	Wednesday, June 7, 2023	Thursday, June 8, 2023	Friday, June 9, 2023
	<b>Big Bowl Trix Cereal (2 Items)</b>	<b>Orange Dream Muffin (2 items)</b>	<b>Apple Frudel (2 items)</b>	<b>Cinnamon Crumb Loaf (2 items)</b>	<b>Maple Waffle Snaps (2 items)</b>
Hot Meal	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
	<b>Chef's Choice may be offered</b>				

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