

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

Age Group : K-8 Grades

Meal : Lunch

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
Hot Meal	<b>Mongolian Meatballs</b>	<b>Brunch Lunch</b>	<b>Greek Nachos</b> ****(Student Favorite)****	<b>Chicken Patty Sandwich</b>	<b>Fresh Hot Pizza</b>
	Steamed Rice	French Toast Sticks & Syrup	Seasoned Meat, Corn Tortilla Chips	Bakery Bun, Ketchup	Sliced Cucumbers & Dressing
	Crisp Broccoli & Dip	Baby Carrots w/ Ranch	Tatziki Sauce	Steamed Seasoned Corn	Crisp Apple
	Chilled Apple Slices	Chilled pears	Cheesy Refried Beans & Banana	Fresh Orange	Choice Milk
	Choice Milk	Choice Milk	Choice Milk	Choice Milk	
Week V	Monday, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023
Hot Meal	<b>Mozzarella Burger</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Sesame Chicken</b>	<b>Walking Taco</b>	<b>Fresh Hot Pizza</b>
	WG Bakery Bun & Ketchup	WG Roll	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	Baby Carrots & Dip
	Cool Ranch Doritos	Steamed Green Beans	Mixed Greens Salad & Dressing	w/ Shredded Chz, Lettuce, Cilantro	Crisp Apple
	Steamed Seasoned Corn	Chilled pears	Banana	Chzy Refried Beans & Fresh Orange	Choice Milk
	Chilled Apple Slices & Choice Milk	Choice Milk	Fortune Cookie & Choice Milk	Choice Milk	
Week VI	Monday, May 15, 2023	Tuesday, May 16, 2023	Wednesday, May 17, 2023	Thursday, May 18, 2023	Friday, May 19, 2023
Hot Meal	<b>Brunch Lunch</b>	<b>BBQ 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
	Homemade Berry Burst Syrup	Creamy Mashed Potatoes	Baby Carrots & Dip	Warm Seasoned Black Beans	Crisp Apple
	Scrambled Eggs w/ Cheese	Chilled Pears	Wheat Crackers	Fresh Orange	Choice Milk
	Fresh Broccoli, Chilled Apple Slices & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	
Week I	Monday, May 22, 2023	Tuesday, May 23, 2023	Wednesday, May 24, 2023	Thursday, May 25, 2023	Friday, May 26, 2023
Hot Meal	<b>All Beef Hot Dog</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Meatballs w/Mozzarella</b>	<b>Crunchy Chicken Tender Wrap</b>	<b>Fresh Hot Pizza</b>
	WG Bun, Ketchup & Mustard	Steamed Seasoned Brown Rice	WG Bakery Roll	WG Tortilla, Chicken Tenders	Steamed Mixed Veggies
	Cheez-Its	Crisp Broccoli & Dip	Baby Carrots & Dip	Shred Cheese, Boom Sauce & Lettuce	Crisp Apple
	Baked Beans	Chilled Pears	Banana	Steamed Seasoned Corn	Choice Milk
	Chilled Apple Slices & Choice Milk	Choice Milk	Choice Milk	Fresh Orange & Choice Milk	
Week II	Monday, May 29, 2023	Tuesday, May 30, 2023	Wednesday, May 31, 2023	Chef Spotlight - Steve Schnaser - Finance Coordinator	
Hot Meal	<b>BBQ Beef Sandwich</b>	<b>Golden Corn Dog w/ Ketchup</b>	<b>Burrito Bowl</b>	<b>Sweet and Tangy Pickled Onions</b>	
	Sun Chips	Crinkle Fries & Ketchup	Brown Rice topped w/Seasoned Beef	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.	
	CKC Baked Beans	Chilled Pears	Shred Cheese, Youza Sauce & Lettuce	Making quick pickling recipe always reminds me of her.	
	Chilled Apple Slices	Choice Milk	Romaine Salad & Dressing	-Steve	
	Choice Milk		Banana & Choice Milk	'Pickled Red Onions' recipe is on Page 2	
Deli Salads <i>(Vegetarian choices come with eggs &amp; cheese in the place of meat)</i>	<b>Grilled Chicken Caesar Salad</b>	<b>Grilled Chicken Asian Salad</b>	<b>Grilled Chicken SW Taco Salad</b>	<b>"New" Classic Chef Salad</b>	<b>"New" Quinoa Power Bowl Salad</b>
	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls added to complete the WG requirement	Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	We just time-travelled and brought back this timeless gem. It's simple. It's classic. It's vintage. This Egg, Turkey, Tomatoes and Salad combo is sure to appeal eyes and taste buds. WG rolls fill the grain part.	Not just vintage, we cover current trends too. This salad has "New-age Superfood" Quinoa as its base. Not stopping there, it becomes more powerful with Beans, Corn, Egg and Spinach.

\*\*\* Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)

<b>Pickled Red Onions</b>		
<b>Ingredients:</b>	<b>Steps</b>	<b>Serves 4-5</b>
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)**

<b>Week II</b>	<b>Thursday, June 1, 2023</b>		<b>Friday, June 2, 2023</b>
	<b>Brunch Lunch</b>		<b>Fresh Hot Pizza</b>
		Double Buttermilk Pancakes	Baby Carrots & Dip
Hot Meal	<b>Benefits of Pickled Red Onions</b>  Red onions are rich in folate, or vitamin B9, which can improve cardiovascular health and reduce your risk of a stroke. This pickled red onions contain many other vitamins and minerals such as calcium, potassium, magnesium and vitamin C.	Homemade Berry Burst Syrup	Crisp Apple
		Fruity Yogurt Cup	Choice Milk
		Sliced Cucumbers, Fresh Orange & Choice Milk	

<b>Week III</b>	<b>Monday, June 5, 2023</b>	<b>Tuesday, June 6, 2023</b>	<b>Wednesday, June 7, 2023</b>	<b>Thursday, June 8, 2023</b>	<b>Friday, June 9, 2023</b>
	<b>Chicken Nuggets w/ Ketchup</b>	<b>Beef Pretzel Dog w/ Ketchup</b>	<b>Good Ole Fashioned Hamburger</b>	<b>Mandarin Orange Chicken</b>	<b>Fresh Hot Pizza</b>
Hot Meal	Cheddar Cheese Crackers	Fresh Broccoli & Dip	w/Ketchup	Steamed Brown Rice	Baby Carrots & Dip
	Seasoned Black Beans	Chilled Pears	Mixed Berry Crackers	Sliced Cucumbers & Ranch	Crisp Apple
	Chilled Apple Slices	Choice Milk	Steamed Seasoned Corn	Fresh Orange	Choice Milk
	Choice Milk		Banana & Choice Milk	Fortune Cookie & 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.