

Name : February 2023 K-8 Bagged Breakfast w/ Cereal					
Age Group : K-8		Meal : Breakfast		Meal Pattern : NSLP	
Week III	Wednesday, February 1, 2023				
Breakfast	Apple Frudel (2 items)		Assorted Big Bowl Cereal (2 Items)		Assorted Large Breakfast Bread (2 items)
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)
Three items meet USDA Requirements (One item must be fruit)	Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)
Chettinad Cuisine belongs to a region called 'Chettinad' in South India. It is a cuisine that is famous for its aroma, made with freshly ground spices.					
Chef's Choice may be offered					
Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Breakfast	Assorted Big Bowl Cereal (2 items)	Cream Cheese Stuffed Bagel (2 items)	WG Cinnamon Roll (2 items)	Soft Fruited Oatmeal Breakfast Bar (2 items)	Assorted Single Bowl Cereal (1 Items)
	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)
Three items meet USDA Requirements (One item must be fruit)	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)
WG Blueberry Cake Donut (1 item)					
Chef's Choice may be offered					
Week V	Monday, February 13, 2023	Tuesday, February 14, 2023	Wednesday, February 15, 2023	Thursday, February 16, 2023	Friday, February 17, 2023
Breakfast	Assorted Big Bowl Cereal (2 items)	Chocolate Chip Muffin (2 items)	Maple Waffle Snaps (2 items)	WG Cinnamon Roll (2 items)	"New" Whole Grain Chocolate Donut (2 items)
	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)
Three items meet USDA Requirements (One item must be fruit)	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)
Chef's Choice may be offered					
Week VI	Monday, February 20, 2023	Tuesday, February 21, 2023	Wednesday, February 22, 2023	Thursday, February 23, 2023	Friday, February 24, 2023
Breakfast	Assorted Big Bowl Cereal (2 items)	"New" Orange Dream Muffin (2 items)	"New" Cinnamon Crumb Loaf (2 items)	"New" Sliced Plain Bagel & Cream Cheese (2 items)	"New" 4 Pack Mini Breakfast Bites (2 items)
	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)
Three items meet USDA Requirements (One item must be fruit)	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)
Chef's Choice may be offered					
Week I	Monday, February 27, 2023	Tuesday, February 28, 2023	Chef Spotlight - Annapoorna Meyyappan, Product and Data Analyst		
Breakfast	Assorted Big Bowl Cereal (2 items)	Whole Grain Apple Donut (2 Items)	Simple and Luscious Cold Indian Dessert		
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	The delicacy of "Chettinad Fruit Kheer" brings me the nostalgia of having grand lunch with a variety of dishes served on a banana leaf in all Chettinad marriages. It is a simple dessert but a rich drink made from delectable amalgamation of nuts and fruits. I will share the recipe picking a sleeve from my mom's cookbook and I am sure it will be your sumptuous dessert.		
Three items meet USDA Requirements (One item must be fruit)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	-- Annapoorna Meyyappan		
Chef's Choice may be offered		'Chettinad Fruit Kheer' 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.

Chettinad Fruit Kheer Recipe

Ingredients :	Serves 4 - 5	Steps:
<ul style="list-style-type: none"> •Raw whole Almonds - 1/2 cup •Raw whole Cashews - 1/2 cup •Shelled Pistachios - 1/2 cup •Sugar - 2 1/2 cups •Chilled condensed Milk - 2 cups •Water - 1 cup •Ice cubes - 20 pieces •Cardamom powder - 1/2 tsp •Apple, Banana, Orange, Grapes, Pineapple (peeled and chopped) - 1 cup •Fresh Pomegranate kernels - 1/4 cup 		<ul style="list-style-type: none"> •Separately soak almonds, cashews and pistachios in water for about 4 hours, peel the skin and grind them to smooth paste. •Add half a cup of water and ice cubes to the paste and mix thoroughly. •In a pan, bring remaining half a cup of water to boil and add sugar. Stir it until the sugar gets dissolved and cool it to room temperature. •Now our sugar syrup is ready. Add this syrup to nuts paste. •Add chopped fruits to it and mix it well. •Add chilled condensed milk and cardamom powder to it. •Sprinkle few finely chopped pistachios on the top and serve chilled.

March 2023 Menu (Subject to Change)

Week I	Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Breakfast Three items meet USDA Requirements (One item must be fruit)	Assorted Stuffed Cream Cheese Bagel (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	"New" Chocolate Glazed Donut (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	2 Breakfast Brekki's (2 items) 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, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Breakfast Three items meet USDA Requirements (One item must be fruit)	Celebrate National School Breakfast Week				
	"New" Big Bowl Trix Cereal (2 Items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	"New" 4 Pack Mini Breakfast Bites (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	"New" Whole Grain Chocolate Donut (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	"New" Sliced Plain Bagel & Cream Cheese (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	"New" Orange Dream Muffin (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					

Week III	Monday, March 13, 2023	Tuesday, March 14, 2023	Wednesday, March 15, 2023	Thursday, March 16, 2023	Friday, March 17, 2023
Breakfast Three items meet USDA Requirements (One item must be fruit)	"New" Big Bowl Trix Cereal (2 Items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Sliced Raisin Bagel w/ Cream Cheese (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Apple Frudel (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	"New" Cinnamon Crumb Loaf (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	"New" Chocolate Chip Muffin (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
	Chef's Choice may be offered				

Week IV	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023
Breakfast Three items meet USDA Requirements (One item must be fruit)	Assorted Big Bowl Cereal (2 Items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	"New" Whole Grain Chocolate Glazed Donut (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Honey Bun (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Assorted Cream Cheese Stuffed Bagel (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	2 Breakfast Brekki's (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
	Chef's Choice may be offered				

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