

Name : February 2023 North Metro Flex Academy K-8 Grades Lunch Menu
Age Group : K-8 Grades **Meal : Lunch** **Meal Pattern : NSLP**

Week III	Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023
Hot Meal	Good Ole Fashioned Hamburger	Mandarin Orange Chicken	Fresh Hot Pizza
	w/Ketchup	Steamed Brown Rice	Sliced Cucumbers
	Cinnamon Goldfish	Fresh Broccoli & Ranch	Crisp Apple
	Cornerrific Salad	Fresh Orange	Choice Milk
	Banana & Choice Milk	Choice Milk	

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.

Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Hot Meal	Mongolian Meatballs	Brunch Lunch	Greek Nachos ****(Student Favorite)****	Chicken Patty Sandwich	Fresh Hot Pizza
	Steamed Rice	French Toast Sticks & Syrup	Seasoned Meat, Corn Tortilla Chips	Bakery Bun, Ketchup	Mixed Greens Salad & Dressing
	Corn Salad	Baby Carrots w/ Ranch	Tatziki Sauce & Bean Salsa	Sliced Cucumbers	Crisp Apple
	Variety Applesauce	Tropical Fruit Mix	Banana	Fresh Orange	Choice Milk
	Choice Milk	Choice Milk	Choice Milk	Choice Milk	

Week V	Monday, February 13, 2023	Tuesday, February 14, 2023	Wednesday, February 15, 2023	Thursday, February 16, 2023	Friday, February 17, 2023
Hot Meal	Mozzarella Burger	Creamy Mac & Cheese	Sesame Chicken	Walking Taco	Fresh Hot Pizza
	WG Bakery Bun & Ketchup	Vanilla Wafers	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	Baby Carrots
	Cool Ranch Doritos	Fresh Broccoli & Dip	Sliced Cucumbers	w/ Shredded Chz, Lettuce, Cilantro	Crisp Apple
	Cornerrific Salad	Tropical Fruit Mix	Banana	Chzy Refried Beans & Fresh Orange	Choice Milk
	Variety Applesauce & Choice Milk	Choice Milk	Fortune Cookie & Choice Milk	Choice Milk	

Week VI	Monday, February 20, 2023	Tuesday, February 21, 2023	Wednesday, February 22, 2023	Thursday, February 23, 2023	Friday, February 24, 2023
Hot Meal	Golden Corn Dog w/ Ketchup	Roasted Curry Chicken Drumstick	Classic Hamburger	Chicken Fritters w/ Ranch Dip	Fresh Hot Pizza
	Goldfish Pretzels	WG Roll	Fresh Bakery Bun & Ketchup	Cool Ranch Doritos	Mixed Salad Greens & Dressing
	Baby Carrots	Creamy Mashed Potatoes	Coleslaw	Seasoned Black Beans	Crisp Apple
	Variety Applesauce	Tropical Fruit Mix	Banana	Fresh Orange	Choice Milk
	Choice Milk	Choice Milk	Choice Milk	Choice Milk	

Week I	Monday, February 27, 2023	Tuesday, February 28, 2023	Chef Spotlight - Annapoorna Meyyappan, Product and Data Analyst		
Hot Meal	All Beef Hot Dog	Sweet & Sour Chicken	Simple and Luscious Cold Indian Dessert		
	WG Bun, Ketchup & Mustard	Steamed Seasoned Brown Rice	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.		
	Cool Ranch Doritos	Crisp Broccoli & Dip	-- Annapoorna Meyyappan		
	Baked Beans & Variety Applesauce	Tropical Fruit Mix	'Chettinad Fruit Kheer' recipe is on Page 2		
	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.

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"> •Seperately 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		
Hot Meal	Chicken Tinga Walking Taco Frito Corn Chips, Seasoned Chicken, Fresh Chopped Cilantro Crema & Corn Salsa Banana Honey Grahams & Choice Milk	Burrito Bowl Brown Rice topped w/Seasoned Beef Shred Chz, Southwest Slaw Fresh Orange Choice Milk	Fresh Hot Pizza Baby Carrots Crisp Apple Choice Milk		
Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Hot Meal	BBQ Beef Sandwich Sun Chips CKC Baked Beans Variety Applesauce Choice Milk	Hawaiian Chicken Seasoned Rice, Fresh Cilantro Fresh Broccoli & Dip Tropical Fruit Mix Choice Milk	Meatball Sub w/Mozzarella Corn Salad Banana Choice Milk	Brunch Lunch Buttermilk Pancakes & Syrup Scrambled Eggs w Cheese Celery Sticks & Fresh Orange Choice Milk	Fresh Hot Pizza Baby Carrots & Dip Crisp Apple Choice Milk
Week III	Monday, March 13, 2023	Tuesday, March 14, 2023			
Hot Meal	Chicken Nuggets w/ Ketchup Sun Chips Seasoned Black Beans Variety Applesauce Choice Milk	Cheesy Lasagna Roll WG Dinner Roll Grape Tomatoes & Dip Tropical Fruit Mix Choice Milk			

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