

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

Week V	Monday, January 2, 2023	Tuesday, January 3, 2023	Wednesday, January 4, 2023	Thursday, January 5, 2023	Friday, January 6, 2023
Hot Meal	Mozzarella Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Cornerrific Salad Variety Applesauce & Choice Milk	Creamy Mac & Cheese Vanilla Wafers Fresh Broccoli & Dip Tropical Fruit Mix Choice Milk	Sesame Chicken Steamed Seasoned Rice Sliced Cucumbers Banana Fortune Cookie & Choice Milk	Walking Taco Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Lettuce, Cilantro Chzy Refried Beans & Fresh Orange Choice Milk	Fresh Hot Pizza Baby Carrots Crisp Apple Choice Milk

Week VI	Monday, January 9, 2023	Tuesday, January 10, 2023	Wednesday, January 11, 2023	Thursday, January 12, 2023	Friday, January 13, 2023
Hot Meal	Golden Corn Dog w/ Ketchup Goldfish Pretzels Baby Carrots Variety Applesauce Choice Milk	Roasted Curry Chicken Drumstick WG Roll Creamy Mashed Potatoes Tropical Fruit Mix Choice Milk	Classic Hamburger Fresh Bakery Bun & Ketchup Coleslaw Banana Choice Milk	Chicken Fritters w/ Ranch Dip Cool Ranch Doritos Seasoned Black Beans Fresh Orange Choice Milk	Fresh Hot Pizza Mixed Salad Greens & Dressing Crisp Apple Choice Milk

Week I	Monday, January 16, 2023	Tuesday, January 17, 2023	Wednesday, January 18, 2023	Thursday, January 19, 2023	Friday, January 20, 2023
Hot Meal	All Beef Hot Dog WG Bun, Ketchup & Mustard Cool Ranch Doritos Baked Beans & Variety Applesauce Choice Milk	Sweet & Sour Chicken Steamed Seasoned Brown Rice Crisp Broccoli & Dip Tropical Fruit Mix Choice Milk	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, January 23, 2023	Tuesday, January 24, 2023	Wednesday, January 25, 2023	Thursday, January 26, 2023	Friday, January 27, 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, January 30, 2023	Tuesday, January 31, 2023	Chef Spotlight - Shawn Mueller, Procurement Manager		
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	Heart and Soul Warming Winter Food Growing up, this meal was made religiously in our home. Tater Tot hotdish is a simple, yet delicious meal. It is great right out of the oven, or when reheated before or after you go out skating on the pond or for any other fun winter activity. Warm up this winter with some Hotdish. --Shawn Mueller 'Tater Tot Hotdish' 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.

Tater Tot Hotdish Recipe

Ingredients :	Serves 4-6	Steps:
<ul style="list-style-type: none"> •1 bag Tater Tots- 32oz •1 pound Lean Ground Beef (or Chicken/Turkey) •1 Onion •2 cups mixed vegetables •10.5 ounces Cream of Mushroom Soup •0.5 cup sour cream •0.5 cup milk •0.5 teaspoon garlic •Salt and Pepper to taste •2.5 cups Cheddar cheese shredded 		<ul style="list-style-type: none"> •Preheat oven to 400 degrees. •Grease your casserole dish. •Brown ground beef, onion over medium heat and drain the fat. •While your beef is cooking, mix together Soup, Sour cream, Milk, Garlic and 0.5 cup of the cheese. •Once your beef is browned, pour into the greased casserole and add the soup mixture on top. Layer the tater tots on top of the beef and soup mix. •Sprinkle the rest of the Cheddar Cheese. •Cook covered for 30 minutes, remove foil and cook an additional 15-20 minutes until bubbly.

February 2023 Menu (Subject to Change)

Week III	Wednesday, February 1, 2023		Thursday, February 2, 2023		Friday, February 3, 2023	
Hot Meal	Good Ole Fashioned Hamburger w/Ketchup Cinnamon Goldfish Cornnerrifica Salad Banana & Choice Milk		Mandarin Orange Chicken Steamed Brown Rice Fresh Broccoli & Ranch Fresh Orange Choice Milk		Fresh Hot Pizza Sliced Cucumbers Crisp Apple Choice Milk	
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 Steamed Rice Corn Salad Variety Applesauce Choice Milk	Brunch Lunch French Toast Sticks & Syrup Baby Carrots w/ Ranch Tropical Fruit Mix Choice Milk	Greek Nachos ****(Student Favorite)**** Seasoned Meat, Corn Tortilla Chips Tatziki Sauce & Bean Salsa Banana Choice Milk	Chicken Patty Sandwich Bakery Bun, Ketchup Sliced Cucumbers Fresh Orange Choice Milk	Fresh Hot Pizza Mixed Greens Salad & Dressing Crisp Apple Choice Milk	

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