

Menu Name : Stonebridge World School PreK Lunch Menu	Options Provided : Hot & Hot Vegetarian
Grade Level / Age Group : PreK Grades/Grados PreK	Meal Pattern : Preschool Meal: Lunch/Almuerzo

October/Octubre - 2023

	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023	
Hot Meal	Cheeseburger/Hamburguesa con Queso	Chicken & Egg Fried Rice/Arroz con Pollo & Huevo	Soft Tortilla Taco/Taco	Orange Chicken/Pollo a la Naranja	Fresh Pizza/Pizza de Queso	Week II
	Bun & Ketchup/Pan & Salsa de Tomate	Broccoli & Dip/Broccoli & Salsa	Beef & Cheese/Carne & Queso	Brown Rice/Arroz Integral	Cucumbers & Dip/Pepinos & Salsa	
	CKC Baked Beans/Frijoles Horneados	Chilled Pears /Peras	Steamed Mixed Veggies/Vegetales Mixto	Green Beans/Judias Verdes	Crisp Varietal Apple/Manzana	
	Cinnamon Apple/Manzana con Canela	Choice Milk/Leche	Banana/Banano	Orange Wedges/Naranja	Choice Milk/Leche	
	Choice Milk/Leche		Choice Milk/Leche			

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023	
Hot Meal	Brunch Lunch/Desayuno Almuerzo	Sweet & Sour Meatballs/Albondigas Agridulce	Cheese Hot Pocket/Bolsa de Queso	Greek Rice Bowl/Taza de Arroz	Fresh Pizza/Pizza de Queso	Week III
	Pancake & Syrup/Pancaques & Almibar	Seasoned Rice/Arroz	Salad & Dressing/Ensalada & Salsa	Rice & Meat/Arroz & Carne	Broccoli & Dip/Broccoli & Salsa	
	Yogurt & Cheese/Yogur & Queso	Sweet Pea Salad/Ensalada de Arveja	Banana /Banano	Tatziki Sauce/Salsa	Crisp Varietal Apple/Manzan	
	Tater Tots & Ketchup/Trocitos de Papa	Chilled Pears/Peras	Choice Milk/Leche	Mixed Veggies/Verduras Mixtas	Choice Milk/Leche	
	Apple & Milk/Manzana & Leche	Choice Milk/Leche		Orange & Milk/Naranja & Leche		

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023	
Hot Meal	Popcorn Chicken/Trocitos de Pollo	Meatballs/Albondigas	<u>NO SCHOOL</u> <u>NO HAY CLASES</u>	<u>NO SCHOOL</u> <u>NO HAY CLASES</u>	<u>NO SCHOOL</u> <u>NO HAY CLASES</u>	Week IV
	Carrots & Green Beans/Zanahoria & Judias Verdes	WG Dinner Roll/Pan				
	Cinnamon Apple/Manzana con Canela	Mixed Veggies?Verduras Mixtas				
	Choice Milk/Leche	Chilled Pears/Peras				
	Choice Milk/Leche					

	Monday, October 23, 2023	Tuesday, October 24, 2023	Wednesday, October 25, 2023	Thursday, October 26, 2023	Friday, October 27, 2023	
Hot Meal	Tender Fritters/Trocitos de Pollo	Sweet & Sour Chicken/Pollo Agridulce	Taco Rice Bowl/Taza Taco	Chicken Tikka/Pollo Tikka	Fresh Pizza/Pizza de Queso	Week V
	Chix Tenders & Ketchup	Steamed Seasoned Rice/Arroz	Beef & Shred Chz/Carne & Arroz	WG Bakery Roll/Pan	Salad & Dressing/Ensalada & Salsa	
	Green Beans/Judias Verdes	Sweet Pea Salad/Ensalada de Arveja	Seasoned Rice/Arroz	Mashed Potatoes/Puré de Papa	Crisp Varietal Apple/Manzana	
	Cinnamon Apples/Manzana con Canela	Chilled Pears/Peras	Cheesy Refried Beans/Frijoles con Queso	Orange Wedges/Naranjas	Choice Milk/Leche	
	Choice Milk/Leche	Choice Milk/Leche	Banana & Milk/Banano & Leche	Choice Milk/Leche		

	Monday, October 30, 2023	Tuesday, October 31, 2023				
Hot Meal	Chicken Nuggets de Pollo	Swedish Meatballs/Albondigas				Week VI
	Ketchup /Salsa de Tomate	Wg Dinner Roll/Pan				
	Green Beans/Judias Verdes	Mashed Potatoes/Puré de Papas				
	Cinnamon Apples/Manzana	Chilled Pears/Peras				
	Choice Milk/Leche	Choice Milk/Leche				

TUNA & PEAS ON BUTTERED SALTINES

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> •2 Cups Cold Milk •¼ Cup White Flour •2 TBLS Salted Butter •2 Cans Tuna, packed in water •1 Cup Frozen Thawed Sweet Green Peas •Ground Black Pepper •Saltine Crackers •Butter 	<ol style="list-style-type: none"> 1. Preparing White sauce: On low heat, melt 2 TBLS butter. Whisk ½ cup of white flour into the cold milk till smooth (slurry). Add the slurry slowly to the melted butter and stir on medium heat till sauce thickens. Turn heat down to low. 2. Making Tuna: Open and drain water from the tuna cans as best as you can. Dump tuna out into a bowl. Grasp a handful of tuna and rub it between your palms, like you are trying to warm your hands. This is called flaking tuna. It fluffs the tuna up. Don't over flake, but rub palms together about 10 times into a bowl. 3. Add tuna and peas to white sauce and heat on low till 165. 4. While all is heating in saucepan, butter your saltines. Once mixture is hot, pour over buttered saltine and sprinkle black ground pepper on top. Bon Appetite ! 	

November 2023 Menu (Subject to Change)

	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023	
Hot Meal	"New" Butter Chicken Steamed Seasoned Rice Sliced Cucumbers & Dip Banana Choice Milk	Enchilada Rice Bowl Top your Steamed Rice w/ delicious Enchilada Chicken & Shred Cheese Mixed Greens Salad Orange Wedges Choice Milk	Fresh Hot Delivered Pizza Tator Tots w/Ketchup Crisp Varietal Apple Choice Milk	Week VI
Hot Veg Meal	Veggie Garden Burger & Mayo Sliced Cucumbers & Dip Banana	Bean & Cheese Burrito Mixed Greens Salad Orange Wedges	Fresh Hot Cheese Pizza Tator Tots w/Ketchup Crisp Varietal Apple	

While this recipe is incredibly simple, it was a Kayoum family tradition that my grandmother used to make for her five daughters. This yummy comfort meal was common in my mom's family when she grew up and became a nostalgic favorite of mine and my siblings when we grew up. It is a favorite in my home and a true comfort food meal.

	Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023	
Hot Meal	Creamy Mac & Cheese Steamed Peas & Carrots Cinnamon Apples Choice Milk	"New" Chicken & Potato Bowl Chix & Potato w/Bengali Sauce Soft Bakery Roll Steamed Broccoli Normandy Chilled Pears & Choice Milk	Chicken Tenders w/Ketchup Mashed Sweet Potatoes Banana Choice Milk	Sesame Chicken Steamed Seasoned Brown Rice Chilled Sweet Pea Salad Orange Wedges Choice Milk	Fresh Hot Delivered Pizza Mixed Greens Salad & Dressing Crisp Varietal Apple Choice Milk	Week I
Hot Veg Meal	Cheese Calzone Steamed Peas & Carrots Cinnamon Apples	Stuffed Dipping Bites w/ Sauce Steamed Broccoli Normandy Chilled Pears	Veggie Burrito Steamed Carrots Banana	Grilled Cheese Sandwich Chilled Sweet Pea Salad Orange Wedges	Fresh Hot Cheese Pizza Mixed Greens Salad & Dressing Crisp Varietal Apple	