

Menu Name : September 2023 Frassati Catholic Academy Grades PreK-8 Lunch Menu

Grade Level / Age Group : K-8 Grades

Meal Pattern : NSLP

Meal: Lunch

Hot Meal	Chef Spotlight				Friday, September 1, 2023	Week III
	JOSEPH SWINNEY - SUMMER CAMP OPERATIONS MANAGER					
	Chicken Salad Sandwich					
	One of my Family favorites for springtime would be my Chicken Salad recipe and its perfect for BBQ's and picnics. I have even brought some on the boat when fishing and recently I was able to make it into a vegetarian recipe by substituting lightly smashed Chickpea instead of the Chicken chunks. - Joseph					
Hot Meal	Monday, September 4, 2023	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Thursday, September 7, 2023	Friday, September 8, 2023	Week IV
		"New" Korean BBQ Meatballs	Corn Dog	"New" CKC Chicken Gyro	Fresh Baked Pizza Slice	
		Seasoned Rice	Ketchup	Greek Pita, Grilled Chicken	Mixed Greens Salad & Dressing	
		Celery Sticks	CKC Baked Beans, Carrot Slims	Tomatoes w/Greek Sauce	Crisp Varietal Apple	
		Chilled Pears	Banana	Sliced Cucumbers, Grapes Bunch	Choice Milk	
		Choice Milk	Vanilla Wafers & Choice Milk	Choice Milk		
Hot Meal	Monday, September 11, 2023	Tuesday, September 12, 2023	Wednesday, September 13, 2023	Thursday, September 14, 2023	Friday, September 15, 2023	Week V
	Crunchy Tender Fritter Wrap	Sweet & Sour Chicken	Walking Taco	"New" Chicken Tikka Drumstick	Fresh Baked Pizza Slice	
	Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Dinner Roll	Broccoli Florets & Dip	
	Shred Lettuce & Steamed Corn	Baby Carrots & Dip	w/ Shred Chz	Sliced Cucumbers	Crisp Varietal Apple	
	Cinnamon Apples	Chilled Pears	Cheesy Refried Beans	Grapes Bunch	Choice Milk	
	Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk		
Hot Meal	Monday, September 18, 2023	Tuesday, September 19, 2023	Wednesday, September 20, 2023	Thursday, September 21, 2023	Friday, September 22, 2023	Week VI
	Premium Chicken Nuggets w/ Dip	Swedish Meatballs (Homemade Gravy)	Enchilada Nachos	"New" Butter Chicken	Fresh Baked Pizza Slice	
	WG Roll	Wg Dinner Roll	Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce	Steamed Seasoned Rice	Garden Greens Salad & Dressing	
	CKC Baked Beans	Steamed Carrots		Celery Sticks & Dip	Crisp Varietal Apple	
	Baby Carrots	Chilled Pears	Steamed Corn	Grapes Bunch	Choice Milk	
	Cinnamon Apples & Choice Milk	Vanilla Wafers & Choice Milk	Banana & Choice Milk	Choice Milk		
Hot Meal	Monday, September 25, 2023	Tuesday, September 26, 2023	Wednesday, September 27, 2023	Thursday, September 28, 2023	Friday, September 29, 2023	Week I
	All Beef Hot Dog	"New" Bengali Chicken & Potato Kathi Roll	Cheese Stuffed Calzone	Sesame Chicken	Fresh Baked Pizza Slice	
	WG Hot Dog Bun, Ketchup	WG Wrap, Chix & Potato Filling	Celery Sticks	Steamed Seasoned Brown Rice	Mixed Greens Salad & Dressing	
	CKC Baked Beans & Carrot Slims	Bengali Sauce (Yogurty Chutney)	Banana	Chilled Sweet Pea Salad	Crisp Varietal Apple	
	Animal Crackers & Cinnamon Apples	Baby Carrots	Choice Milk	Sliced Cucumbers	Choice Milk	
	Choice Milk	Chilled Pears & Choice Milk	Honey Grahams	Grapes Bunch & Choice Milk		

## CHICKEN SALAD SANDWICH

Ingredients	Steps	Serves 2-3
<ul style="list-style-type: none"> <li>• ¼ cup Mayonnaise</li> <li>• 1/2lbs Chicken (chunked)</li> <li>• 1 cup Grapes (halved)</li> <li>• 1 Gala Apple (diced)</li> <li>• ½ cup Red Onion (finely diced)</li> <li>• 1/3 cup Celery (finely diced)</li> <li>• 2 tablespoon Honey Mustard</li> <li>• ¼ teaspoon Garlic Powder</li> <li>• 1/4 teaspoon Black Pepper</li> <li>• ½ teaspoon salt</li> <li>• ¼ teaspoon smoked paprika</li> </ul>	<ol style="list-style-type: none"> <li>1 Break down cooked chicken into chunks.</li> <li>2 Dice apple, onion, celery, slice grapes in half.</li> <li>3 Combine everything, mix till well incorporated.</li> <li>4 Serve on croissant with lettuce.</li> </ol>	

### October 2023 Menu (Subject to Change)

	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023	
Hot Meal	<b>"New" Cool Ranch Crunch Burger..(yep, we will send ketchup)</b>	<b>"New" Asian Chicken Dumplings</b>	<b>Beef Burrito Bowl</b>	<b>Mandarin Orange Chicken</b>	<b>Fresh Baked Pizza Slice</b>	Week II
	Top your Burger with Cool Ranch Chips	w/ Momo Sauce	Seasoned Beef, Warm Rice & Chz	Steamed Brown Rice	Baby Carrots	
	CKC Baked Beans & Carrot Slims	Celery Sticks & Carrots	Seasoned Corn & Crema	Garden Greens Salad & Homemade Dressing	Crisp Varietal Apple	
	Cinnamon Apples	Chilled Pears	Banana	Grapes Bunch	Choice Milk	
	Choice Milk	Choice Milk	Choice Milk	Choice Milk		
	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023	
Hot Meal	<b>Chicken Tenders &amp; Dip</b>	<b>Greek Nachos</b>	<b>"New" Smoky Texas Chicken Drumstick</b>	<b>CKC Sweet &amp; Sour Meatballs</b>	<b>Fresh Baked Pizza Slice</b>	Week III
	Elf Grahams	Seasoned Meat, Corn Tortilla Chips	WG Dinner Roll	Seasoned Rice	Garden Greens Salad & Dressing	
	Steamed Corn	Tatziki Sauce	Cucumber Slices	Baby Carrots	Crisp Varietal Apple	
	Cinnamon Apple Slices	Banzo Salad, Carrots	Banana & Choice Milk	Grapes Bunch	Choice Milk	
	Choice Milk	Chilled Pears & Choice Milk	Grahams	Choice Milk		
	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023	
Hot Meal	<b>Chicken Patty Sandwich</b>	<b>"New" Korean BBQ Meatballs</b>	<b>Corn Dog</b>	<b>"New" CKC Chicken Gyro</b>	<b>Fresh Baked Pizza Slice</b>	Week IV
	Bakery Bun & Mayo	Seasoned Rice	Ketchup	Greek Pita, Grilled Chicken	Mixed Greens Salad & Dressing	
	Steamed Corn	Celery Sticks	CKC Baked Beans, Carrot Slims	Tomatoes w/Greek Sauce	Crisp Varietal Apple	
	Cinnamon Apple Slices	Chilled Pears	Banana	Sliced Cucumbers, Grapes Bunch	Choice Milk	
	Choice Milk	Choice Milk	Vanilla Wafers & Choice Milk	Choice Milk		