

Menu Name : Spectrum High School Grades 6-8 Lunch Menu
Grade Level / Age Group : 6-8 Grades

Options Provided : Hot & Cold Meals
Meal Pattern : NSLP Meal: Lunch

November - 2023

		Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023		
Hot Meal	<p><i>Murgh Kebab served with Dill/ Pine Nut Rice</i> - Steve Michalski Recipe is on Page 2</p>	<p>Butter Chicken Steamed Seasoned Rice Celery Sticks Banana Choice Milk</p>	<p>Enchilada Nachos Top your Fritos Corn chips with delicious Chicken Enchilada Shred cheese & boom sauce Steamed Street Corn Grapes Bunch & Choice Milk</p>	<p>Cheesy Pasta Bake Grahams Garden Greens Salad & Dressing Crisp Varietal Apple Choice Milk</p>	Week VI	
		Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun		
Cold						

		Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023		
Hot Meal	<p>Mac & Cheetos <i>Cheetos in the Mac or on the Side?? You decide :)</i> Celery Sticks Cinnamon Apples & Choice Milk</p>	<p>Bengali Chicken & Potato Kathi Roll WG Wrap, Chix & Potato Filling Bengali Sauce (Yogurty Chutney) Baby Carrots Chilled Pears & Choice Milk</p>	<p>All Beef Hot Dog WG Bun, Ketchup CKC Baked Beans Strawberry Bites Banana & Choice Milk</p>	<p>Sesame Chicken Steamed Seasoned Brown Rice Chilled Sweet Pea Salad Grapes Bunch Choice Milk</p>	<p>Twisted Cheesy Breadsticks Cold Italian Dip Mixed Greens Salad & Dressing Crisp Varietal Apple Choice Milk</p>	Week I		
		Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap			Grilled Chicken & Cheese Bun
Cold								

		Monday, November 13, 2023	Tuesday, November 14, 2023	Wednesday, November 15, 2023	Thursday, November 16, 2023	Friday, November 17, 2023		
Hot Meal	<p>Cool Ranch Crunch Burger..(yep, we will send ketchup) Top your Burger with Cool Ranch Chips CKC Baked Beans Cinnamon Apples & Choice Milk</p>	<p>Asian Chicken Dumplings Momo Sauce Celery Sticks Chilled Pears Choice Milk</p>	<p>Soft Tortilla Taco Seasoned Beef, Cheese & Crema Street Corn, Shredded Lettuce Banana Choice Milk</p>	<p>Mandarin Orange Chicken Steamed Brown Rice Garden Greens Salad & Homemade Dressing Grapes Bunch Choice Milk</p>	<p>Cheese Pizza Quesadilla Baby Carrots Vanilla Wafers Crisp Varietal Apple Choice Milk</p>	Week II		
		Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap			Grilled Chicken & Cheese Bun
Cold								

		Monday, November 20, 2023	Tuesday, November 21, 2023	Wednesday, November 22, 2023	Thursday, November 23, 2023	Friday, November 24, 2023		
Hot Meal	<p>Chicken Tenders & Ketchup Cracker Crisps Street Corn Salad Cinnamon Apples Choice Milk</p>	<p>CKC Sweet & Sour Meatballs Seasoned Rice Baby Carrots Chilled Pears Choice Milk</p>	<p>Smoky Texas Chicken Drumstick WG Bakery Roll Fresh Sliced Cucumbers Banana Grahmas & Choice Milk</p>	<p>Greek Nachos Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Banzo Salad Grapes Bunch & Choice Milk</p>	<p>Garlic Dusted French Bread Pizza Italian Dip Garden Greens Salad & Dressing Crisp Varietal Apple Choice Milk</p>	Week III		
		Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap			Grilled Chicken & Cheese Bun
Cold								

		Monday, November 27, 2023	Tuesday, November 28, 2023	Wednesday, November 29, 2023	Thursday, November 30, 2023		
Hot Meal	<p>Chicken Corn Dog Ketchup CKC Baked Beans Cinnamon Apple Slices Vanilla Wafers & Choice Milk</p>	<p>Korean BBQ Meatballs Seasoned Rice & Fresh Green Onions Celery Sticks & Carrot Slims Chilled Pears Choice Milk</p>	<p>CKC Gyro Greek Pita, Grilled Chix & Yogurt Sauce Diced Tomatoes & Sliced Cucumbers Banana Choice Milk</p>	<p>Golden Chicken Patty Sandwich Bakery Bun & Ketchup Steamed Corn Grapes Bunch Choice Milk</p>	Week IV		
		Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo			Chicken Caesar Wrap
Cold							

*** Cold meals are served with vegetables, fruit of the day & milk.

MURGH KEBAB WITH DILL/ PINE NUT RICE

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> • 4lbs chicken breast cut into chunks. • ½ cup oil • 1 tbsp Butter • 1 tbsp Lemon Pepper • 1 tbsp Paprika • 1 whole Onion • 2 red peppers • 1-pint grape tomatoes • 12 metal/wood skewers • Rice and chicken broth (use your own taste for amount) • Salt • Fresh Dill • Pine Nuts 	<p>To make Dill Rice:</p> <ol style="list-style-type: none"> 1.Sauté diced onions in butter. 2. Add rice, chicken broth and fresh dill, then simmer until tender and fragrant. <p>To make Pine Nut Rice:</p> <ol style="list-style-type: none"> 1.Cook rice until fluffy. 2.Sauté pine nuts in butter until golden and toss them with the cooked rice. 3.Add salt and pepper to taste. <p>Murgh Kebab:</p> <ol style="list-style-type: none"> 1.Marinade chicken in oil, lemon pepper, paprika for a couple hours. 2.Place meat and veggies on skewers and grill 8-10 minutes until chicken is done. 3.Serve with Dill/Pine Nut Rice. 	

December 2023 Menu (Subject to Change)

Chef Spotlight - Steve Michalski - Procurement Support		Friday, December 1, 2023
Hot Meal	<p><i>Friends Are Forever</i></p> <p>46 years ago, I walked into this small restaurant called Caravan Serai in Highland Park looking for my first job. Little did I know that it would provide life-long friendships for the Michalski and Kayoum Families. I started as a dishwasher making \$1.35/hour plus tips. I was a pretty picky eater back then but soon fell in love with this Middle Eastern Cuisine. I was soon asked to start cooking and was trained by Nancy's parents Carol and AK. I loved cooking this food and eating it. I spent many nights working at Caravan Serai and on some occasions working with my wife, 2 sisters and my mom. Even though I don't have a tandoor oven at home to cook I still make this dish on my grill and my boys love it. I hope you do!</p> <p>Remember Friends are Friends Forever</p>	<p>Brunch Lunch</p> <p>French Toast Sticks w/ Syrup</p> <p>Mixed Greens Salad & Dressing</p> <p>Crisp Varietal Apple</p> <p>Choice Milk</p>
		<p>Grilled Chicken & Cheese Bun</p>
Cold	-Steve	

	Monday, December 4, 2023	Tuesday, December 5, 2023	Wednesday, December 6, 2023	Thursday, December 7, 2023	Friday, December 8, 2023
Hot Meal	<p>Crunchy Tender Roll-up</p> <p>Wg Tortilla, Chicken Tenders</p> <p>Shred Lettuce, Shred Chz & Boom Sauce</p> <p>Seasoned Corn</p> <p>Cinnamon Apples & Choice Milk</p>	<p>Sweet & Sour Chicken</p> <p>Steamed Seasoned Rice</p> <p>Baby Carrots & Dip</p> <p>Chilled Pears</p> <p>Choice Milk</p>	<p>Walking Taco</p> <p>Nacho Chz Doritos, Seasoned Beef</p> <p>w/ Shred Chz</p> <p>Cheesy Refried Beans</p> <p>Banana & Choice Milk</p>	<p>Chicken Tikka Drumstick</p> <p>WG Bakery Roll</p> <p>Broccoli Florets & Dip</p> <p>Grapes Bunch</p> <p>Berry Crackers & Choice Milk</p>	<p>"New" Beef Sambusa Wrap</p> <p>Beef Sambusa Meat on a Wrap</p> <p>Yogurt Sauce</p> <p>Sliced Cucumbers & Dip</p> <p>Crisp Varietal Apple & Choice Milk</p>
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

	Monday, December 11, 2023	Tuesday, December 12, 2023
Hot Meal	<p>Premium Chicken Nuggets</p> <p>Ketchup</p> <p>WG Dinner Roll</p> <p>CKC Baked Beans & Carrot Slims</p> <p>Cinnamon Apples & Choice Milk</p>	<p>Swedish Meatballs (Homemade Gravy)</p> <p>Wg Dinner Roll</p> <p>Steamed Carrots</p> <p>Chilled Pears</p> <p>Wafers & Choice Milk</p>
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun