

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

October - 2023

	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023		
Hot Meal	"New" Cool Ranch Crunch Burger.. (yep, we will send ketchup) Top your Burger with Cool Ranch Chips CKC Baked Beans Cinnamon Apples & Choice Milk	"New" Asian Chicken Dumplings Momo Sauce Celery Sticks Chilled Pears Choice Milk	Soft Tortilla Taco Seasoned Beef, Cheese & Crema Street Corn, Shredded Lettuce Banana Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Garden Greens Salad & Homemade Dressing Grapes Bunch Choice Milk	Turkey Pepperoni Pizza Calzone Baby Carrots Vanilla Wafers Crisp Varietal Apple Choice Milk	Week II	
	Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap		Grilled Chicken & Cheese Bun

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023		
Hot Meal	Chicken Tenders & Ketchup Cracker Crisps Street Corn Salad Cinnamon Apples Choice Milk	CKC Sweet & Sour Meatballs Seasoned Rice Baby Carrots Chilled Pears Choice Milk	"New" Smoky Texas Chicken Drumstick WG Bakery Roll Fresh Sliced Cucumbers Banana Grahmas & Choice Milk	Greek Nachos Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Banzo Salad Grapes Bunch & Choice Milk	Garlic Dusted French Bread Pizza Italian Dip Garden Greens Salad & Dressing Crisp Varietal Apple Choice Milk	Week III	
	Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap		Grilled Chicken & Cheese Bun

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023		
Hot Meal	Chicken Corn Dog Ketchup CKC Baked Beans Cinnamon Apple Slices Vanilla Wafers & Choice Milk	"New" Korean BBQ Meatballs Seasoned Rice Celery Sticks & Carrot Slims Chilled Pears Choice Milk	"New" CKC Gyro Greek Pita, Grilled Chix & Yogurt Sauce Diced Tomatoes & Sliced Cucumbers Banana Choice Milk	Golden Chicken Patty Sandwich Bakery Bun & Ketchup Steamed Corn Grapes Bunch Choice Milk	Brunch Lunch French Toast Sticks w/ Syrup Mixed Greens Salad & Dressing Crisp Varietal Apple Choice Milk	Week IV	
	Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap		Grilled Chicken & Cheese Bun

	Monday, October 23, 2023	Tuesday, October 24, 2023	Wednesday, October 25, 2023	Thursday, October 26, 2023	Friday, October 27, 2023		
Hot Meal	Crunchy Chicken Tender Taco Wg Tortilla, Chicken Tenders Shred Lettuce, Shred Chz & Boom Sauce Seasoned Corn Cinnamon Apples & Choice Milk	Sweet & Sour Chicken Steamed Seasoned Rice Baby Carrots & Dip Chilled Pears Choice Milk	Walking Nachos Nacho Chz Doritos, Seasoned Beef w/ Shred Chz Cheesy Refried Beans Banana & Choice Milk	"New" Chicken Tikka Drumstick WG Bakery Roll Sliced Cucumbers & Homemade Dip Grapes Bunch Choice Milk	SouthWest Chx Empanada Hot Pocket Broccoli Florets & Dressing Crisp Varietal Apple Choice Milk	Week V	
	Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap		Grilled Chicken & Cheese Bun

	Monday, October 30, 2023	Tuesday, October 31, 2023	Chef Spotlight		
Hot Meal	Premium Chicken Nuggets Ketchup WG Dinner Roll CKC Baked Beans & Carrot Slims Cinnamon Apples & Choice Milk	Swedish Meatballs (Homemade Gravy) Wg Dinner Roll Steamed Carrots Chilled Pears Wafers & Choice Milk	Dave Kayoum - Director of Business Development <i>Tuna & Peas on Buttered Saltines</i>		Week VI
			<i>My wife and I literally grew up in the same neighborhood. I love that my wife always asks my mom how to make my favorite recipes. My children and I have loved the tradition of family recipes! I continue to make this simple favorite meal to this day. It is one of my favorites 'Go-to' meals and I think it will remain a family tradition for my children and theirs. I love the stories I have gotten to share with my kids when making a family traditional recipe. It's best to spend time with your kids reminiscing about fond best food memories while making and teaching them how to make something so simple and full of tradition. - Dave</i>		
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	<i>Tuna & Peas on Buttered Saltines recipe is on Page 2</i>		

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

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. Flaking 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	<p><i>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.</i></p>	"New" Butter Chicken Steamed Seasoned Rice Celery Sticks Banana Choice Milk	Enchilada Nachos Top your Fritos Corn chips with delicious Chicken Enchilada Shred cheese & boom sauce Steamed Street Corn Grapes Bunch & Choice Milk	"New" Cheesy Pasta Bake Grahams Garden Greens Salad & Dressing Crisp Varietal Apple Choice Milk	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><i>Cheetos in the Mac or on the Side?? You decide :)</i></p>	"New" Mac & Cheetos WG Wrap, Chix & Potato Filling Bengali Sauce (Yogurty Chutney) Baby Carrots Chilled Pears & Choice Milk	"New" Bengali Chicken & Potato Kathi Roll WG Bun, Ketchup CKC Baked Beans & Cucumber Slices Strawberry Bites Banana & Choice Milk	All Beef Hot Dog Steamed Seasoned Brown Rice Chilled Sweet Pea Salad Carrot Slims Grapes Bunch & Choice Milk	Sesame Chicken Cold Italian Dip Mixed Greens Salad & Dressing Crisp Varietal Apple Choice Milk	Twisted Cheesy Breadsticks Cold Italian Dip Mixed Greens Salad & Dressing Crisp Varietal Apple Choice Milk	Week I
		Cinnamon Apples & Choice Milk					
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun		