| ∕lenu Nar | ne : Great Oaks Academy Grades | K-7 Lunch Menu | | Hot Meal Option | | | |
|------------|---|---|--|---|----------------------------------|--|--|
| Grade Lev | vel / Age Group : K-8 Grades | | | Meal Pattern : NSLP | Meal: Lunch | | |
| | November - 2023 | | | | | | |
| | | | Wednesday, November 01, 2023 | Thursday, November 02, 2023 | Friday, November 03, 2023 | | |
| | Murgh Kebab served with Dill/ Pine Nut Rice - Steve Michalski Recipe is on Page 2 | | Butter Chicken | Enchilada Nachos | NO | | |
| lot Meal | | | Steamed Seasoned Rice | Top your Fritos Corn chips with delicious Chicken Enchilada | SCHOOL We | | |
| iot ivicai | | | Celery Sticks | Shred cheese & boom sauce | VI | | |
| | | | Banana | Steamed Street Corn | | | |
| | | | Choice Milk | Grapes Bunch & Choice Milk | | | |
| | Monday, November 06, 2023 Tuesday, November 07, 2023 | | Wednesday, November 08, 2023 | Thursday, November 09, 2023 | Friday, November 10, 2023 | | |
| | Mac & Cheetos | Stuffed Dipping Bites w/ Sauce | All Beef Hot Dog | Sesame Chicken | Twisted Cheesy Breadsticks | | |
| ot Meal | Cheetos in the Mac or on the | | WG Bun, Ketchup | Steamed Seasoned Brown Rice | Cold Italian Dip | | |
| | You decide :) | | CKC Baked Beans & Cucumber Slice | s Chilled Sweet Pea Salad | Mixed Greens Salad & Dressing ek | | |
| | Celery Sticks | Baby Carrots | Strawberry Bites | Grapes Bunch | Crisp Varietal Apple | | |
| | Cinnamon Apples & Choice Milk | Chilled Pears & Choice Milk | Banana & Choice Milk | Choice Milk | Choice Milk | | |
| | Monday, November 13, 2023 | Tuesday, November 14, 2023 | Wednesday, November 15, 2023 | Thursday, November 16, 2023 | Friday, November 17, 2023 | | |
| | Cool Ranch Crunch Burger(yep, we will send | Asian Chicken Dumplings | Soft Tortilla Taco | Mandarin Orange Chicken | Cheese Pizza Quesadilla | | |
| | ketchup) | Momo Sauce | Seasoned Beef, Cheese & Crema | aSteamed Brown Rice | Baby Carrots W | | |
| ot Meal | Top your Burger with Cool Ranch Chip | Celery Sticks | Street Corn, Shredded Lettuce | Garden Greens Salad & Homemade Dressing | Crisp Varietal Apple | | |
| | CKC Baked Beans | Chilled Pears | Banana | Grapes Bunch | Choice Milk | | |
| | Cinnamon Apples & Choice Milk | Choice Milk | Choice Milk | Choice Milk | | | |
| | Monday, November 20, 2023 | Tuesday, November 21, 2023 | Wednesday, November 22, 2023 | Thursday, November 23, 2023 | Friday, November 24, 2023 | | |
| | Veggie Hot Pocket & Sauce | CKC Sweet & Sour Meatballs | NO | NO | NO | | |
| | Cracker Crisps | Seasoned Rice | SCHOOL | SCHOOL | SCHOOL W | | |
| ot Meal | Street Corn Salad | Baby Carrots | | | el II | | |
| | Cinnamon Apples | Chilled Pears | | | | | |
| | Choice Milk | Choice Milk | | | | | |
| | Monday, November 27, 2023 | Tuesday, November 28, 2023 | Wednesday, November 29, 2023 | Thursday, November 30, 2023 | | | |
| | Chicken Corn Dog | Korean BBQ Meatballs | CKC Gyro | Golden Chicken Patty Sandwich | | | |
| | | ~ | | | | | |
| | Ketchup | Seasoned Rice & Fresh Green Onions | Greek Pita, Grilled Chix & Yogurt Saud | Bakery Bun & Ketchup | V | | |
| ot Meal | | Seasoned Rice & Fresh Green Onions Celery Sticks & Carrot Slims | | | W e I | | |
| ot Meal | Ketchup | | | | W e | | |

Murgh Kebab with Dill/ Pine Nut Rice Ingredients Steps Serves 4 •4lbs chicken breast cut into chunks. •½ cup oil •1 tbsp Butter To make Dill Rice: 1. Sauté diced onions in butter. •1 tbsp Lemon Pepper 2. Add rice, chicken broth and fresh dill, then simmer until tender and fragrant. •1 tbsp Paprika To make Pine Nut Rice: •1 whole Onion 1.Cook rice until fluffy. 2. Sauté pine nuts in butter until golden and toss them with the cooked rice. •2 red peppers 3.Add salt and pepper to taste. 1-pint grape tomatoes •12 metal/wood skewers Murgh Kebab: 1.Marinate 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. •Rice and chicken broth (use your own taste for amount) Salt 3. Serve with Dill/Pine Nut Rice. Fresh Dill Pine Nuts

December 2023 Menu (Subject to Change)

| Chef Spotlight - Steve Michalski - Procurement | | Chef Spotlight - Steve Michalski - Procurement Support | Friday, December 01, 2023 | |
|--|----------|--|---------------------------|----------------|
| | | Friends Are Forever | Brunch Lunch | |
| | Hot Meal | 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 | Mixed Greens Salad & | We ek IV |
| | | -Steve | Choice Milk | |

| | Monday, December 04, 2023 | Tuesday, December 05, 2023 | Wednesday, December 06, 2023 | Thursday, December 07, 2023 | Friday, December 08, 2023 |
|---------|---------------------------------------|---------------------------------------|----------------------------------|------------------------------|-------------------------------|
| | Crunchy Tender Roll-up | Sweet & Sour Chicken | Walking Taco | Chicken Tikka Drumstick | "New"Beef Sambusa Wrap |
| | Wg Tortilla, Chicken Tenders | Steamed Seasoned Rice | Nacho Chz Doritos, Seasoned Beef | WG Bakery Roll | Beef Sambusa Meat on Wrap |
| Hot Mea | Shred Lettuce, Shred Chz & Boom Sauce | Baby Carrots & Dip | w/ Shred Chz | Broccoli Florets & Dip | Yogurt Sauce |
| | Seasoned Corn | Chilled Pears | Cheesy Refried Beans | Grapes Bunch | Sliced Cucumbers & Dip |
| | Cinnamon Apples & Choice Milk | Choice Milk | Banana & Choice Milk | Berry Crackers & Choice Milk | Crisp Varietal Apple & Choice |
| | Monday, December 11, 2023 | Tuesday, December 12, 2023 | | | |
| Hot Mea | Grilled cheese sandwich | Swedish Meatballs (Homemade Gravy) | | | |
| | CKC Baked Beans | Wg Dinner Roll | | | V |
| | Cinnamon Apples & Choice Milk | Steamed Carrots w/ Parsley | | | e \ |
| | | Chilled Pears | | | |
| | | Emoji Chat Snax & Choice Mill | | | |