

Name : September 2022 Performing Institute of Minnesota Arts High School Lunch Menu	Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads
Age Group : 9-12	Meal: Lunoh
	Meal Pattern : NSLP

Week V	Chef Spotlight - Barbara Reinhold (Administrative Coordinator)	Thursday, September 1, 2022	Friday, September 2, 2022
	Who said cooking is for eating?	Walking Taco	Fresh Baked Pan Pizza
Hot Meal	Some of my favorite recipes are not actually for eating. This HOMEMADE SILLY PUTTY RECIPE is among one of my favorites. Who can resist the fun toy in the plastic egg that has annual sales that exceeds six million eggs around the world?	Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Lettuce, Cilantro & Cholula Hot Sauce	Cornerrific Salad
	Cooking is about having the confidence to try new things. So Cooking is like science, you experiment with ingredients until you find or make the thing you want.	Chzy Refried Beans & Summer Grapes	Large Crisp Apple
Hot Veg	- Barb	100% Fruit Juice Box, Animal Crackers & Choice Milk	Choice Milk
Cold	Chef Barb's recipe for 'Homemade Silly Putty' is on Page 2	Cheese Quesadilla	Fresh Baked Cheese Pizza
		Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Week VI	Monday, September 5, 2022	Tuesday, September 6, 2022	Wednesday, September 7, 2022	Thursday, September 8, 2022	Friday, September 9, 2022
Hot Meal	Golden Corn Dog w/ Ketchup Hot Cheetos Seasoned Black Beans Variety Applesauce 100% Juice Box & Choice Milk	"New" Roasted Curry Chicken Drumstick Old Fashioned Biscuit w/ Margarine PC Creamy Mashed Potatoes Tropical Fruit mix & 100% Fruit Juice Box Choice Milk	Fresh Baked Pan Pizza Sliced Cucumbers & Baby Carrots Bananas Honey Grahams Choice Milk	Build Your Own Cheesy Nachos Warm Cheddar Chz Sauce, Seasoned Beef w/ Tortilla Chips, Cilantro, Crema & Cholula Mixed Salad Greens w/Dressing, Lemon Bites & Summer Grapes 100% Fruit Juice Box & Choice Milk	Fresh Baked Pan Pizza Baby Carrots Large Crisp Apple Choice Milk
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese w/ WG Crackers	Fresh Baked Cheese Pizza	Warm Cheesy Nachos	Fresh Baked Cheese Pizza
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Week I	Monday, September 12, 2022	Tuesday, September 13, 2022	Wednesday, September 14, 2022	Thursday, September 15, 2022	Friday, September 16, 2022
Hot Meal	All Beef Hot Dog WG Bun, Ketchup & Mustard Cool Ranch Doritos Baked Beans & Variety Applesauce 100% Juice Box & Choice Milk	General Tso's Chicken WG Roll & Steamed Seasoned Brown Rice Crisp Broccoli & Dip Tropical Fruit Mix & 100% Fruit Juice Box Choice Milk	Fresh Baked Pan Pizza Baby Carrots & Dip Bananas Choice Milk Honey Grahams	Burrito Bowl Brown Rice topped w/Seasoned Beef Shred Chz, Lettuce & CKC Youza Sauce Corn Ranchero, Summer Grapes 100% Fruit Juice Box, Animal Crackers & Choice Milk	Fresh Baked Pan Pizza Cucumber Slices, Carrots & Dip Large Crisp Apple Choice Milk
Hot Veg	Grilled Cheese Sandwich	Stuffed Breadstick w/ Sauce	Fresh Baked Cheese Pizza	Cheese Quesadilla	Fresh Baked Cheese Pizza
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Week II	Monday, September 19, 2022	Tuesday, September 20, 2022	Wednesday, September 21, 2022	Thursday, September 22, 2022	Friday, September 23, 2022
Hot Meal	New" BBQ Beef Sandwich Hot Cheetos CKC Baked Beans & Carrot Slims Variety Applesauce 100% Juice Box & Choice Milk	"New" Chicken Tinga Walking Taco Frito Corn Chips, Seasoned Chicken, Fresh Chopped Cilantro Crema & Corn Salsa Tropical Fruit Mix & 100% Fruit Juice Box Mini Wafers & Choice Milk	Fresh Baked Pan Pizza Baby Carrots & Dip Bananas Choice Milk Cinnamon Goldfish	Meatball Sub w/Mozzarella Cool Ranch Doritos Crisp Salad & Dressing Summer Grapes & 100% Fruit Juice Box Choice Milk	Fresh Baked Pan Pizza Celery Sticks Large Crisp Apple Choice Milk
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese w/ Fresh Bakery Roll	Fresh Baked Cheese Pizza	Veggie Lasagna Roll & WG Roll	Fresh Baked Cheese Pizza
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Week III	Monday, September 26, 2022	Tuesday, September 27, 2022	Wednesday, September 28, 2022	Thursday, September 29, 2022	Friday, September 30, 2022
Hot Meal	Spicy Chicken Nuggets w/ Ketchup Sweet Chili Doritos CKC Baked Beans Variety Applesauce 100% Juice Box & Choice Milk	Cheesy Lasagna Roll WG Garlic Dinner Roll Baby Carrots, Celery Sticks & Dip Tropical Fruit Mix & 100% Fruit Juice Box Choice Milk	Fresh Baked Pan Pizza Baby Carrots & Dip Bananas Choice Milk Animal Crackers	Good Ole Fashioned Hamburger w/Lettuce, Ketchup & Mustard Ranch Doritos & Cornerrific Salad Summer Grapes & 100% Fruit Juice Box Choice Milk	Fresh Baked Pan Pizza Broccoli Florets w/ Dip Large Crisp Apple Choice Milk Elf Grahams
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Veggie Lasagna Roll	Fresh Baked Cheese Pizza	Bean & Cheese Burrito	Fresh Baked Cheese Pizza
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Deli Salads (Vegetarian choices come with eggs in the place of chicken)	Grilled Chicken Caesar Salad Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	Grilled Chicken Asian Salad Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	Grilled Chicken SW Taco Salad Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	Grilled Chicken Bistro Salad Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	Grilled Chicken Power Green Salad Powerful greens like Kale and Spinach raise the bar on this super green salad, with craisins bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.
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*** Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.

*** Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)

* Skim and 1% milk choices offered daily.
* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

Homemade Silly Putty - Recipe

<p>Ingredients</p> <ul style="list-style-type: none"> * Large Bowl, fork / small silicone spatula * 1 cup Corn Starch * ½ cup Dish soap * 1 tbsp Baby oil/Cooking oil * 3 drops of Food coloring 	<p>Steps :</p> <ol style="list-style-type: none"> 1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl. 2. Add oil and food coloring, mix with fork/spatula. 3. Now for the science part --- use your hands to knead the putty until it is smooth. 4. The putty will last about an hour - if you want to save some for later seal it in an air-tight container.
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October 2022 Menu (Subject to Change)

Week IV	Monday, October 3, 2022	Tuesday, October 4, 2022	Wednesday, October 5, 2022	Thursday, October 6, 2022	Friday, October 7, 2022
	Queso Meatball Sub	Brunch Lunch	Fresh Baked Pan Pizza	Spicy Chicken Patty Sandwich	Fresh Baked Pan Pizza
Hot Meal	WG Bun, Diced Tomatoes & Cilantro Nacho Chz Doritos & Chzy Refried Beans Variety Applesauce 100% Juice Box & Choice Milk	French Toast Sticks & Syrup Baby Carrots w/ Ranch Tropical Fruit mix & 100% Fruit Juice Box Choice Milk	Sliced Cucumbers & Carrots Bananas Choice Milk Elf Grahams	Bakery Bun, Ketchup & Mayo Flamas, Corn Salsa Summer Grapes & 100% Fruit Juice Box Choice Milk	Mixed Greens & Dressing Large Crisp Apple Choice Milk
Hot Veg	Garden Cheeseburger	French Toast Sticks & Syrup	Fresh Baked Cheese Pizza	Cheese Quesadilla	Fresh Baked Cheese Pizza
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022		
	Mozzarella Burger	Creamy Mac & Cheese	Fresh Baked Pan Pizza		
Hot Meal	WG Bakery Bun & Ketchup Cool Ranch Doritos Baby Carrots & Dip, Variety Applesauce 100% Fruit Juice & Choice Milk	WG Rolls Fresh Broccoli, Grape Tomatoes & Dip Tropical Fruit mix & 100% Fruit Juice Vanilla Wafers & Choice Milk	Sliced Cucumbers Bananas Cinnamon Goldfish Choice Milk		
Hot Veg	Mozzarella Veggie Burger	Creamy Mac & Cheese	Fresh Baked Cheese Pizza		
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo		

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