

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

Week IV	Monday, October 3, 2022	Tuesday, October 4, 2022	Wednesday, October 5, 2022	Thursday, October 6, 2022	Friday, October 7, 2022
Hot Meal	<b>Queso Meatball Sub</b> WG Bun, Diced Tomatoes & Cilantro Nacho Chz Doritos & Chzy Refried Beans Variety Applesauce 100% Juice Box & Choice Milk	<b>Brunch Lunch</b> French Toast Sticks & Syrup Baby Carrots w/ Ranch Tropical Fruit mix & 100% Fruit Juice Rnx Choice Milk	<b>Fresh Baked Pan Pizza</b> Sliced Cucumbers & Carrots Bananas Choice Milk Elf Grahams	<b>Spicy Chicken Patty Sandwich</b> Bakery Bun, Ketchup & Mayo Flamas, Corn Salsa Summer Grapes & 100% Fruit Juice Box Choice Milk	<b>Fresh Baked Pan Pizza</b> Mixed Greens & Dressing Large Crisp Apple Choice Milk
Hot Veg	<b>Garden Cheeseburger</b>	<b>French Toast Sticks &amp; Syrup</b>	<b>Fresh Baked Cheese Pizza</b>	<b>Cheese Quesadilla</b>	<b>Fresh Baked Cheese Pizza</b>
Cold	<b>Turkey &amp; Cheddar Chz Wrap w/ Mayo</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022	Thursday, October 13, 2022	Friday, October 14, 2022
Hot Meal	<b>Mozzarella Burger</b> WG Bakery Bun & Ketchup Cool Ranch Doritos Baby Carrots & Dip, Variety Applesauce 100% Fruit Juice & Choice Milk	<b>Creamy Mac &amp; Cheese</b> WG Rolls Fresh Broccoli, Grape Tomatoes & Dip Tropical Fruit mix & 100% Fruit Juice Vanilla Wafers & Choice Milk	<b>Fresh Baked Pan Pizza</b> Sliced Cucumbers Bananas Cinnamon Goldfish Choice Milk	<b>Walking Taco</b> Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Lettuce, Cilantro & Cholula Hot Sauce Chzy Refried Beans & Summer Grapes 100% Fruit Juice Box, Animal Crackers & Choice Milk	<b>Fresh Baked Pan Pizza</b> Cornerrific Salad Large Crisp Apple Choice Milk
Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Fresh Baked Cheese Pizza</b>	<b>Cheese Quesadilla</b>	<b>Fresh Baked Cheese Pizza</b>
Cold	<b>Turkey &amp; Cheddar Chz Wrap w/ Mayo</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

Week VI	Monday, October 17, 2022	Tuesday, October 18, 2022	Wednesday, October 19, 2022	Thursday, October 20, 2022	Friday, October 21, 2022
Hot Meal	<b>Golden Corn Dog w/ Ketchup</b> Hot Cheetos Seasoned Black Beans Variety Applesauce 100% Juice Box & Choice Milk	<b>"New" Roasted Curry Chicken Drumstick</b> Old Fashioned Biscuit w/ Margarine PC Creamy Mashed Potatoes Tropical Fruit mix & 100% Fruit Juice Rnx Choice Milk	<b>Fresh Baked Pan Pizza</b> Sliced Cucumbers & Baby Carrots Bananas Honey Grahams Choice Milk	<b>MEA BREAK NO SCHOOL NO LUNCH</b>	<b>MEA BREAK NO SCHOOL NO LUNCH</b>
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Creamy Mac &amp; Cheese w/ WG Crackers</b>	<b>Fresh Baked Cheese Pizza</b>		
Cold	<b>Turkey &amp; Cheddar Chz Wrap w/ Mayo</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>		

Week I	Monday, October 24, 2022	Tuesday, October 25, 2022	Wednesday, October 26, 2022	Thursday, October 27, 2022	Friday, October 28, 2022
Hot Meal	<b>All Beef Hot Dog</b> WG Bun, Ketchup & Mustard Cool Ranch Doritos Baked Beans & Variety Applesauce 100% Juice Box & Choice Milk	<b>General Tso's Chicken</b> WG Roll & Steamed Seasoned Brown Rice Crisp Broccoli & Dip Tropical Fruit Mix & 100% Fruit Juice Rnx Choice Milk	<b>Fresh Baked Pan Pizza</b> Baby Carrots & Dip Bananas Choice Milk Honey Grahams	<b>QUARTER 1 FINALS EARLY RELEASE NO LUNCH</b>	<b>QUARTER 1 FINALS EARLY RELEASE NO LUNCH</b>
Hot Veg	<b>Grilled Cheese Sandwich</b>	<b>Stuffed Breadstick w/ Sauce</b>	<b>Fresh Baked Cheese Pizza</b>		
Cold	<b>Turkey &amp; Cheddar Chz Wrap w/ Mayo</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>		

Week II	Monday, October 31, 2022	Chef Spotlight - Nora Martinez (Food Service Manager, CKC)			
Hot Meal	<b>TEACHER MARKING DAY NO SCHOOL NO LUNCH</b>	<b>An easy and tasty recipe for Thanksgiving, or even a barbeque night</b>			
Hot Veg		"I love cooking for family and friends. Cooking this recipe together as a team with my children for Thanksgiving brings me memories of when I was younger and helped my mother to prepare this special dish. Now that I grew up, I enjoy cooking special meals that my mother used to prepare for our family. Loaded potatoes was a favorite dish on our plate for Thanksgiving and we enjoy every bite of it with special memories.  - Nora"			
Cold		Chef Nora's recipe for 'Loaded Potatoes' is on Page 2			

Deli Salads (Vegetarian choices come with eggs in the place of chicken)	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	Grilled Chicken Bistro Salad	Grilled Chicken Power Green Salad
	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	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.	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.	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.

\*\*\* 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.