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**Name : November 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 II		Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022
Hot Meal	<b>NO SCHOOL MARKING DAY</b>	<b>Chicken Tinga Walking Taco</b> Frito Corn Chips, Seasoned Chicken, Fresh Chopped Cilantro & Crema Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Fresh Baked Pan Pizza</b> Assorted Salad Bar Bananas Choice Milk Cinnamon Goldfish	<b>Meatball Sub w/Mozzarella</b> Cool Ranch Doritos Assorted Salad Bar Summer Grapes & 100% Fruit Juice Box Choice Milk	<b>Fresh Baked Pan Pizza</b> Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg		<b>Creamy Mac &amp; Cheese w/ Fresh Bakeru Rolls</b>	<b>Fresh Baked Cheese Pizza</b>	<b>Veggie Lasagna Roll &amp; WG Rolls</b>	<b>Fresh Baked Cheese Pizza</b>
Cold		<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 III	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
Hot Meal	<b>Spicy Chicken Nuggets w/ Ketchup</b> Sweet Chili Doritos WG Rolls & Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	<b>Cheesy Lasagna Roll</b> WG Garlic Dinner Rolls Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Fresh Baked Pan Pizza</b> Assorted Salad Bar Bananas Choice Milk Animal Crackers	<b>Good Ole Fashioned Hamburger</b> w/Lettuce, Ketchup & Mayo Ranch Doritos & Assorted Salad Bar Summer Grapes & 100% Fruit Juice Box Choice Milk	<b>Fresh Baked Pan Pizza</b> Assorted Salad Bar Large Crisp Apple Choice Milk Elf Grahams
Hot Veg	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Veggie Lasagna Roll</b>	<b>Fresh Baked Cheese Pizza</b>	<b>Bean &amp; Cheese Burrito</b>	<b>Fresh Baked Cheese Pizza</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap &amp; Animal Crackers</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

Week IV	Monday, November 14, 2022	Tuesday, November 15, 2022	Wednesday, November 16, 2022	Thursday, November 17, 2022	Friday, November 18, 2022
Hot Meal	<b>Queso Meatball Sub</b> WG Bun, Diced Tomatoes & Cilantro Nacho Chz Doritos, Refried Beans & Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	<b>Brunch Lunch</b> French Toast Sticks & Syrup Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Fresh Baked Pan Pizza</b> Assorted Salad Bar Bananas Choice Milk Elf Grahams	<b>Spicy Chicken Patty Sandwich</b> Bakery Bun, Ketchup & Mayo Flamas, Assorted Salad Bar Summer Grapes & 100% Fruit Juice Box Choice Milk	<b>Fresh Baked Pan Pizza</b> Assorted Salad Bar Large Crisp Apple Choice Milk Granola Bites
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>Woubutter &amp; Jelly Sandwich</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, November 21, 2022	Tuesday, November 22, 2022	<b>NO SCHOOL THANKSGIVING BREAK</b>		
Hot Meal	<b>Mozzarella Burger</b> WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar, Variety Applesauce 100% Fruit Juice & Choice Milk	<b>Creamy Mac &amp; Cheese</b> WG Rolls Assorted Salad Bar Tropical Fruit mix & 100% Fruit Juice Vanilla Wafers & Choice Milk	<b>NO SCHOOL THANKSGIVING BREAK</b>		
Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Creamy Mac &amp; Cheese</b>			
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>			

Week VI	Monday, November 28, 2022	Tuesday, November 29, 2022	Wednesday, November 30, 2022	Chef Spotlight - Jason Wilson, Field Kitchen Supervisor, CKC Good Food	
Hot Meal	<b>Golden Corn Dog w/ Ketchup</b> Hot Cheetos Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	<b>Roasted Curry Chicken Drumstick</b> Soft Dinner Rolls w/ Margarine PC Mashed Potatoes & Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Fresh Baked Pan Pizza</b> Assorted Salad Bar Bananas Elf Grahams Choice Milk	<b>Connecting to Roots through Food</b>	
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Creamy Mac &amp; Cheese w/ WG Rolls</b>	<b>Fresh Baked Cheese Pizza</b>	The 'Shoofly Pie' recipe is a favorite in my family. We have longstanding roots in Pennsylvania and this dish is often associated with the Pennsylvania Dutch Amish and Mennonite Communities. There are two styles to this treat: 'Dry' which has a cake-like texture, and 'wet', which has a custard-like bottom. My family always preferred the dry method but as I've learned to make it myself, I prefer the 'wet' pie. It's great for breakfast or dessert and is shelf-stable on the countertop for 5 days (while keeping covered.) - Jason	
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	Jason's 'Shoofly Pie Recipe' is on Page 2	

Deli Salads	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	Grilled Chicken Bistro Salad	Grilled Chicken Power Green Salad
(Vegetarian choices come with eggs in the place of chicken)	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.