

Name : February 2023 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 III		Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023	
Hot Meal	<p>Chettinad Cuisine belongs to a region called 'Chettinad' in South India. It is a cuisine that is famous for its aroma, made with freshly ground spices.</p>	Fresh Baked Pizza Slice Assorted Salad Bar Bananas Choice Milk	Good Ole Fashioned Hamburger w/Lettuce, Ketchup & Mayo Ranch Doritos & Assorted Salad Bar Fresh Orange & 100% Fruit Juice Box Choice Milk	Fresh Baked Pizza Slice Assorted Salad Bar Large Crisp Apple Choice Milk Elf Grahams	
Hot Veg		Fresh Baked Cheese Pizza	Bean & Cheese Burrito	Fresh Baked Cheese Pizza	
Cold		Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	Grilled Chicken & Cheese Bun	
Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Hot Meal	Mongolian Meatballs Steamed Rice Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	Brunch Lunch French Toast Sticks & Syrup Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	Fresh Baked Pizza Slice Assorted Salad Bar Bananas Choice Milk Honey Grahams	Spicy Chicken Patty Sandwich Bakery Bun, Ketchup & Mayo Flamas, Assorted Salad Bar Fresh Orange & 100% Fruit Juice Box Choice Milk	Fresh Baked Pizza Slice Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	Garden Cheeseburger & Elf Grahams	French Toast Sticks & Syrup	Fresh Baked Cheese Pizza	Cheese Quesadilla	Fresh Baked Cheese Pizza
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Week V	Monday, February 13, 2023	Tuesday, February 14, 2023	Wednesday, February 15, 2023	Thursday, February 16, 2023	Friday, February 17, 2023
Hot Meal	Mozzarella Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar, Variety Applesauce 100% Fruit Juice & Choice Milk	Creamy Mac & Cheese Vanilla Wafers Assorted Salad Bar Tropical Fruit mix & 100% Fruit Juice Choice Milk	Fresh Baked Pizza Slice Assorted Salad Bar Bananas Choice Milk	Walking Taco Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Cilantro & Cholula Hot Sauce Assorted Salad Bar & Fresh Orange 100% Fruit Juice Box & Choice Milk	Fresh Baked Pizza Slice Assorted Salad Bar Large Crisp Apple Choice Milk Cheese Crisps
Hot Veg	Mozzarella Veggie Burger	Creamy Mac & Cheese	Fresh Baked Cheese Pizza	Cheese Quesadilla	Fresh Baked Cheese Pizza
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	Grilled Chicken & Cheese Bun
Week VI	Monday, February 20, 2023	Tuesday, February 21, 2023	Wednesday, February 22, 2023	Thursday, February 23, 2023	Friday, February 24, 2023
Hot Meal	Golden Corn Dog w/ Ketchup Hot Cheetos Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	Roasted Curry Chicken Drumstick Soft Dinner Rolls w/ Margarine PC Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	Fresh Baked Pizza Slice Assorted Salad Bar Bananas Elf Grahams Choice Milk	Build Your Own Cheesy Nachos Warm Cheddar Chz Sauce, Seasoned Beef w/ Tortilla Chips, Cilantro, Crema & Cholula Assorted Salad Bar, Lemon Bites & Fresh Orange 100% Fruit Juice Box & Choice Milk	Fresh Baked Pizza Slice Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese w/ WG Rolls	Fresh Baked Cheese Pizza	Warm Cheesy Nachos	Fresh Baked Cheese Pizza
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Week I	Monday, February 27, 2023	Tuesday, February 28, 2023	Chef Spotlight - Annapoorna Meyyappan, Product and Data Analyst Simple and Luscious Cold Indian Dessert The delicacy of "Chettinad Fruit Kheer" brings me the nostalgia of having grand lunch with a variety of dishes served on a banana leaf in all Chettinad marriages. It is a simple dessert but a rich drink made from delectable amalgamation of nuts and fruits. I will share the recipe picking a sleeve from my mom's cookbook and I am sure it will be your sumptuous dessert. -- Annapoorna Meyyappan		
Hot Meal	All Beef Hot Dog WG Bun, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar & Variety Applesauce 100% Juice Box & Choice Milk	General Tso's Chicken Seasoned Brown Rice Assorted Salad Bar Tropical Fruit Mix Granola Bites, 100% Fruit Juice Box & Choice Milk	'Chettinad Fruit Kheer' recipe is on Page 2		
Hot Veg	Grilled Cheese Sandwich	Stuffed Breadstick w/ Sauce			
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken 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.

*** 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)