

Name : May 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 IV	Monday, May 1, 2023	Tuesday, May 2, 2023	Wednesday, May 3, 2023	Thursday, May 4, 2023	Friday, May 5, 2023
Hot Meal	Mongolian Meatballs	Brunch Lunch	Greek Nachos ****(Student Favorite)****	Spicy Chicken Patty Sandwich	Fresh Baked Pizza Slice
	Steamed Rice	French Toast Sticks & Syrup	Seasoned Meat, Corn Tortilla Chips	Bakery Bun, Ketchup & Mayo	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Tatziki Sauce	Flamas & Assorted Salad Bar	Large Crisp Apple
	Cinnamon Apple Slices	Chilled Pears	Assorted Salad Bar & Bananas	Fresh Orange	Choice Milk
Hot Veg	Garden Cheeseburger	French Toast Sticks & Syrup	Warm Cheesy Nachos	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, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023
Hot Meal	Mozzarella Burger	Creamy Mac & Cheese	Sesame Chicken	Walking Taco	Fresh Baked Pizza Slice
	WG Bakery Bun & Ketchup	WG Roll	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Lettuce, Cilantro & Cholula Hot Sauce	Assorted Salad Bar
	Cool Ranch Doritos	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar & Fresh Orange	Large Crisp Apple
	Assorted Salad Bar, Cinnamon Apple Slices	Chilled Pears & 100% Fruit Juice	Bananas	100% Fruit Juice Box, Berry Crackers & Choice Milk	Choice Milk
Hot Veg	Mozzarella Veggie Burger	Creamy Mac & Cheese	Egg Fried Rice & WG Roll	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, May 15, 2023	Tuesday, May 16, 2023	Wednesday, May 17, 2023	Thursday, May 18, 2023	Friday, May 19, 2023
Hot Meal	Brunch Lunch Buttermilk Pancakes	BBQ Chicken Drumstick	Cheeseburger	Spicy Chicken Fritters w/Ranch Dip	Fresh Baked Pizza Slice
	Berry Burst Syrup & Whip Cream	Soft Dinner Rolls w/ Margarine PC	Fresh Bakery Bun & Ketchup	Sweet Chili Doritos	Assorted Salad Bar
	Scrambled Eggs w/ Cheese	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Large Crisp Apple
	Assorted Salad Bar	Chilled Pears	Bananas	Fresh Orange	Choice Milk
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese & WG Cracker	Garden Cheeseburger	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 I	Monday, May 22, 2023	Tuesday, May 23, 2023	Wednesday, May 24, 2023	Thursday, May 25, 2023	Friday, May 26, 2023
Hot Meal	All Beef Hot Dog	General Tso's Chicken	Meatball Sub w/Mozzarella	Glazed Chicken Wings	Fresh Baked Pizza Slice
	WG Bun, Ketchup & Mustard	Seasoned Brown Rice	Wheat Crackers	Bakery Rolls	Assorted Salad Bar
	Cool Ranch Doritos	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Large Crisp Apple
	Assorted Salad Bar & Cinnamon Apple Slices	Chilled Pears	Bananas	Fresh Orange	Choice Milk
Hot Veg	Grilled Cheese Sandwich	Creamy Mac & Cheese w/ WG Roll	Smothered Garden Patty w/ WG Rolls	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 II	Monday, May 29, 2023	Tuesday, May 30, 2023	Wednesday, May 31, 2023	Chef Spotlight - Steve Schnaser - Finance Coordinator	
Hot Meal	BBQ Beef Sandwich	Golden Corn Dog w/ Ketchup	Burrito Bowl	<p>šwęęł and Tangy Pickled Onions</p> <p>One of my favorite things to make isn't a main entrée – it's quick pickled onions! I have always loved pickles. My Grandma Ruby canned pickles every year and would always give us a jar or two. As an only child, I always did my best to eat the majority of them. Making quick pickling recipe always reminds me of her.</p> <p>-Steve</p> <p>'Pickled Red Onions' recipe is on Page 2</p>	
	Hot Cheetos	Assorted Salad Bar	Brown Rice topped w/Seasoned Beef		
	Assorted Salad Bar	Chilled Pears	Shred Cheese, Youza Sauce		
	Cinnamon Apple Slices	100% Fruit Juice Box	Assorted Salad Bar		
Hot Veg	BBQ Garden Burger	Grilled Cheese Sandwich	Buttermilk Pancakes & Syrup w/Scrambled Eggs		
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo		
Deli Salads (Vegetarian choices come with eggs & cheese in the place of meat)	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	"New" Classic Chef Salad	"New" Quinoa Power Bowl Salad
	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls 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.	We just time-travelled and brought back this timeless gem. It's simple. It's classic. It's vintage. This Egg, Turkey, Tomatoes and Salad combo is sure to appeal eyes and taste buds. WG rolls fill the grain part.	Not just vintage, we cover current trends too. This salad has "New-age Superfood" Quinoa as its base. Not stopping there, it becomes more powerful with Beans, Corn, Egg and Spinach.

*** 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.