

Menu Name : September 2023 PIMS Arts High School Grades 9-12 Lunch Menu
Grade Level / Age Group : 9-12 Grades

Options Provided : Hot, Hot Vegetarian
Meal Pattern : NSLP Meal: Lunch

Hot Meal	Chef Spotlight	Friday, September 1, 2023	Week III
	<i>JOSEPH SWINNEY - SUMMER CAMP OPERATIONS MANAGER</i>	Fresh Baked Pizza Slice	
	Chicken Salad Sandwich	Assorted Salad Bar	
		Crisp Large Varietal Apple	
	<i>One of my Family favorites for springtime would be my Chicken Salad recipe and its perfect for BBQ's and picnics. I have even brought some on the boat when fishing and recently I was able to make it into a vegetarian recipe by substituting lightly smashed Chickpea instead of the Chicken chunks. - Joseph</i>	Choice Milk	
Hot Veg		Baked Cheese Pizza Slice	

	Monday, September 4, 2023	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Thursday, September 7, 2023	Friday, September 8, 2023	Week IV
Hot Meal	Spicy Chicken Patty Sandwich	"New" Korean BBQ Meatballs	Corn Dog	"New" CKC Chicken Gyro	Fresh Baked Pizza Slice	
	Bakery Bun, Ketchup & Mayo	Seasoned Rice	Sriracha Ketchup	Greek Pita, Grilled Chicken	Assorted Salad Bar	
	Sweet Chili Doritos & Assorted Salad Bar	Assorted Salad Bar	Flamas & Assorted Salad Bar	Assorted Salad Bar	Crisp Large Varietal Apple	
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Bananas	Grapes Bunch	Choice Milk	
	100% Fruit Juice & Choice Milk	Choice Milk	Choice Milk	100% Fruit Juice & Choice Milk		
Hot Veg	Veggie Garden Burger & Mayo	Egg Fried Rice & Grahams	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelete	Stuffed Breadsticks w/ Dip	Baked Cheese Pizza Slice	

	Monday, September 11, 2023	Tuesday, September 12, 2023	Wednesday, September 13, 2023	Thursday, September 14, 2023	Friday, September 15, 2023	Week V
Hot Meal	Spicy Crunchy Tender Fritter Wrap	General Tso's Chicken	Walking Taco	"New" Spicy Chicken Tikka Drumstick	Fresh Baked Pizza Slice	
	Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	Seasoned Rice	Assorted Salad Bar	
	Cool Ranch Doritos	Assorted Salad Bar	w/ Shred Chz & Cholula	Assorted Salad Bar	Crisp Large Varietal Apple	
	Assorted Salad Bar & Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Assorted Salad Bar	Grapes Bunch & 100% Fruit Juice	Choice Milk	
	100% Fruit Juice & Choice Milk	Choice Milk	Chat Snax, Bananas & Choice Milk	Choice Milk		
Hot Veg	Cheesy Pull Aparts & Doritos	Veggie Hot Pocket & Dip	Bean Nachos	Egg Fried Rice & WG Dinner Roll	Baked Cheese Pizza Slice	

	Monday, September 18, 2023	Tuesday, September 19, 2023	Wednesday, September 20, 2023	Thursday, September 21, 2023	Friday, September 22, 2023	Week VI
Hot Meal	Premium Spicy Chicken Nuggets w/ Youza Sauce	Swedish Meatballs (Homemade Gravy)	Enchilada Nachos	"New" Butter Chicken	Fresh Baked Pizza Slice	
	Flamas	Wg Dinner Roll	Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce	Steamed Seasoned Rice	Assorted Salad Bar	
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Crisp Large Varietal Apple	
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Assorted Salad Bar	Grapes Bunch	Choice Milk	
	100% Fruit Juice & Choice Milk	Vanilla Wafers & Choice Milk	Honey Grahams, Bananas & Choice Milk	100% Fruit Juice & Choice Milk		
Hot Veg	Grilled Cheese Sandwich	Veggie Quesadilla	Veggie Garden Burger & Mayo	Bean & Cheese Burrito	Baked Cheese Pizza Slice	

	Monday, September 25, 2023	Tuesday, September 26, 2023	Wednesday, September 27, 2023	Thursday, September 28, 2023	Friday, September 29, 2023	Week I
Hot Meal	All Beef Hot Dog	"New" Bengali Chicken & Potato Kathi Roll	"New" Bacon Boosted Mac & Cheese	Sesame Chicken	Fresh Baked Pizza Slice	
	WG Hot Dog Bun, Ketchup & Mustard	WG Wrap, Chix & Potato Filling	Spicy Alter-Ego of Macaroni & Cheese with Turkey Bacon & Jalepeno Bits	Steamed Seasoned Brown Rice	Assorted Salad Bar	
	Assorted Salad Bar	Bengali Sauce (Yogurty Chutney)	WG Roll, Assorted Salad Bar	Assorted Salad Bar	Crisp Large Varietal Apple	
	Strawberry Bites & Pineapple Tidbits	Assorted Salad Bar & Chilled Pears	Bananas & Choice Milk	Grapes Bunch & 100% Fruit Juice	Choice Milk	
	100% Fruit Juice & Choice Milk	Ef Grahams, 100% Fruit Juice & Choice Milk		Choice Milk		
Hot Veg	Veggie Burrito	Stuffed Dipping Bites w/Sauce	Cheese Calzone	Grilled Cheese Sandwich	Baked Cheese Pizza Slice	

*** Hot Veg meals are served with vegetables, fruit of the day & milk.

CHICKEN SALAD SANDWICH

Ingredients	Steps	Serves 2-3
<ul style="list-style-type: none"> • ¼ cup Mayonnaise • 1/2 lbs Chicken (chunked) • 1 cup Grapes (halved) • 1 Gala Apple (diced) • ½ cup Red Onion (finely diced) • 1/3 cup Celery (finely diced) • 2 tablespoon Honey Mustard • ¼ teaspoon Garlic Powder • 1/4 teaspoon Black Pepper • ½ teaspoon salt • ¼ teaspoon smoked paprika 	<ol style="list-style-type: none"> 1 Break down cooked chicken into chunks. 2 Dice apple, onion, celery, slice grapes in half. 3 Combine everything, mix till well incorporated. 4 Serve on croissant with lettuce. 	

October 2023 Menu (Subject to Change)

	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023	
Hot Meal	"New" Flama Crunch Burger.. <i>(yep, we will send mayo)</i>	"New" Asian Chicken Dumplings	Soft Tortilla Taco	Mandarin Orange Chicken	Fresh Baked Pizza Slice	Week II
	Top your Burger with Flama Doritos	w/ Momo Sauce	Seasoned Beef, Chz & Crema	Steamed Brown Rice	Assorted Salad Bar	
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Crisp Large Varietal Apple	
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Bananas	Grapes Bunch & 100% Fruit Juice	Choice Milk	
Hot Veg	Bean & Cheese Burrito	Stuffed Breadsticks w/ Dip	Cheesy Pull Aparts	French Pizza Bread	Baked Cheese Pizza Slice	
	100% Fruit Juice & Choice Milk	Choice Milk	Vanilla Wafers & Choice Milk	Choice Milk		

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	
Hot Meal	Spicy Chicken Tenders & Dip	Greek Nachos	"New" Smoky Texas Chicken Drumstick	CKC Sweet & Sour Meatballs	Week III
	Hot Cheetos	Seasoned Meat, Corn Tortilla Chips	WG Dinner Roll & Sweet Chili Doritos	Seasoned Rice	
	Assorted Salad Bar	Tatziki Sauce & Cholula	Assorted Salad Bar	Assorted Salad Bar	
	Pineapple Tidbits	Assorted Salad Bar & Chilled Pears	Bananas	Grapes Bunch	
Hot Veg	Veggie Hot Pocket & Sauce	Cheese Nachos	Veggie Quesadilla	Dipping Bites w/ Sauce	
	100% Fruit Juice & Choice Milk	Chat Snax, 100% Fruit Juice & Choice Milk	Choice Milk	100% Fruit Juice & Choice Milk	