

Menu Name : PiMS Arts High School Grades 9-12 Lunch Menu	Options Provided : Hot & Hot Veg
Grade Level / Age Group : 9-12 Grades	Meal Pattern : NSLP Meal: Lunch

October - 2023

	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> Top your Burger with Flama Doritos Assorted Salad Bar Pineapple Tidbits 100% Fruit Juice & Choice Milk	"New" Asian Chicken Dumplings w/ Momo Sauce Assorted Salad Bar Chilled Pears & 100% Fruit Juice Choice Milk	Soft Tortilla Taco Seasoned Beef, Chz & Crema Assorted Salad Bar Bananas Vanilla Wafers & Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Assorted Salad Bar Grapes Bunch & 100% Fruit Juice Choice Milk	Fresh Baked Pizza Slice Assorted Salad Bar Crisp Large Varietal Apple Choice Milk	Week II	
	Hot Veg	Bean & Cheese Burrito	Stuffed Breadsticks w/ Dip	Cheesy Pull Aparts	French Pizza Bread		Baked Cheese Pizza Slice

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023		
Hot Meal	Spicy Chicken Tenders & Dip Hot Cheetos Assorted Salad Bar Pineapple Tidbits 100% Fruit Juice & Choice Milk	Greek Nachos Seasoned Meat, Corn Tortilla Chips Tatziki Sauce & Cholula Assorted Salad Bar & Chilled Pears Chat Snax, 100% Fruit Juice & Choice Milk	"New" Smoky Texas Chicken Drumstick WG Dinner Roll & Sweet Chili Doritos Assorted Salad Bar Bananas Choice Milk	CKC Sweet & Sour Meatballs Seasoned Rice Assorted Salad Bar Grapes Bunch 100% Fruit Juice & Choice Milk	Fresh Baked Pizza Slice Assorted Salad Bar Crisp Large Varietal Apple Choice Milk	Week III	
	Hot Veg	Veggie Hot Pocket & Sauce	Cheese Nachos	Veggie Quesadilla	Dipping Bites w/ Sauce		Baked Cheese Pizza Slice

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023		
Hot Meal	Spicy Chicken Patty Sandwich Bakery Bun, Ketchup & Mayo Sweet Chili Doritos & Assorted Salad Bar Pineapple Tidbits 100% Fruit Juice & Choice Milk	"New" Korean BBQ Meatballs Seasoned Rice Assorted Salad Bar Chilled Pears & 100% Fruit Juice Choice Milk	Corn Dog Ketchup Flamas & Assorted Salad Bar Bananas Choice Milk	"New" CKC Chicken Gyro Greek Pita, Grilled Chicken Assorted Salad Bar Grapes Bunch 100% Fruit Juice & Choice Milk	Fresh Baked Pizza Slice Assorted Salad Bar Crisp Large Varietal Apple Choice Milk	Week IV	
	Hot Veg	Veggie Garden Burger & Mayo	Egg Fried Rice & Strawberry Bites	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelete	Stuffed Breadsticks w/ Dip		Baked Cheese Pizza Slice

	Monday, October 23, 2023	Tuesday, October 24, 2023	Wednesday, October 25, 2023	Thursday, October 26, 2023	Friday, October 27, 2023		
Hot Meal	Spicy Crunchy Tender Fritter Wrap Wg Tortilla, Chix Tenders, Boom Sauce Cool Ranch Doritos Assorted Salad Bar & Pineapple Tidbits 100% Fruit Juice & Choice Milk	General Tso's Chicken Steamed Seasoned Rice Assorted Salad Bar Chilled Pears & 100% Fruit Juice Choice Milk	Walking Taco Nacho Chz Doritos, Seasoned Beef w/ Shred Chz & Cholula Assorted Salad Bar Chat Snax, Bananas & Choice Milk	"New" Spicy Chicken Tikka Drumstick Seasoned Rice Assorted Salad Bar Grapes Bunch & 100% Fruit Juice Choice Milk	Fresh Baked Pizza Slice Assorted Salad Bar Crisp Large Varietal Apple Choice Milk	Week V	
	Hot Veg	Cheesy Pull Aparts & Doritos	Veggie Hot Pocket & Dip	Bean Nachos	Egg Fried Rice & WG Dinner Roll		Baked Cheese Pizza Slice

	Monday, October 30, 2023	Tuesday, October 31, 2023	Chef Spotlight		
Hot Meal	Premium Spicy Chicken Nuqgets w/ Youza Sauce Flamas Assorted Salad Bar Pineapple Tidbits 100% Fruit Juice & Choice Milk	Swedish Meatballs (Homemade Gravy) Wg Dinner Roll Assorted Salad Bar Chilled Pears & 100% Fruit Juice Vanilla Wafers & Choice Milk	Dave Kayoum - Director of Business Development <i>Tuna & Peas on Buttered Saltines</i> <i>My wife and I literally grew up in the same neighborhood. I love that my wife always asks my mom how to make my favorite recipes. My children and I have loved the tradition of family recipes! I continue to make this simple favorite meal to this day. It is one of my favorites 'Go-to' meals and I think it will remain a family tradition for my children and theirs. I love the stories I have gotten to share with my kids when making a family traditional recipe. It's best to spend time with your kids reminiscing about fond best food memories while making and teaching them how to make something so simple and full of tradition. - Dave</i>		Week VI
	Hot Veg	Grilled Cheese Sandwich	Veggie Quesadilla	<i>Tuna & Peas on Buttered Saltines recipe is on Page 2</i>	

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

TUNA & PEAS ON BUTTERED SALTINES

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> •2 Cups Cold Milk •¼ Cup White Flour •2 TBLS Salted Butter •2 Cans Tuna, packed in water •1 Cup Frozen Thawed Sweet Green Peas •Ground Black Pepper •Saltine Crackers •Butter 	<ol style="list-style-type: none"> 1. Preparing White sauce: On low heat, melt 2 TBLS butter. Whisk ½ cup of white flour into the cold milk till smooth (slurry). Add the slurry slowly to the melted butter and stir on medium heat till sauce thickens. Turn heat down to low. 2. Flaking Tuna: Open and drain water from the tuna cans as best as you can. Dump tuna out into a bowl. Grasp a handful of tuna and rub it between your palms, like you are trying to warm your hands. This is called flaking tuna. It fluffs the tuna up. Don't over flake, but rub palms together about 10 times into a bowl. 3. Add tuna and peas to white sauce and heat on low till 165. 4. While all is heating in saucepan, butter your saltines. Once mixture is hot, pour over buttered saltine and sprinkle black ground pepper on top. Bon Appetite ! 	

November 2023 Menu (Subject to Change)

	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023		
Hot Meal	<p><i>While this recipe is incredibly simple, it was a Kayoum family tradition that my grandmother used to make for her five daughters. This yummy comfort meal was common in my mom's family when she grew up and became a nostalgic favorite of mine and my siblings when we grew up. It is a favorite in my home and a true comfort food meal.</i></p>	Enchilada Nachos Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce Assorted Salad Bar Honey Grahams, Bananas & Choice Milk	"New" Butter Chicken Steamed Seasoned Rice Assorted Salad Bar Grapes Bunch 100% Fruit Juice & Choice Milk	Fresh Baked Pizza Slice Assorted Salad Bar Crisp Large Varietal Apple Choice Milk	Week VI
		Veggie Garden Burger & Mayo	Bean & Cheese Burrito	Baked Cheese Pizza Slice	
Hot Veg					

	Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023	
Hot Meal	All Beef Hot Dog WG Hot Dog Bun, Ketchup & Mustard Assorted Salad Bar Strawberry Bites & Pineapple Tidbits 100% Fruit Juice & Choice Milk	"New" Bengali Chicken & Potato Kathi Roll WG Wrap, Chix & Potato Filling Bengali Sauce (Yogurty Chutney) Assorted Salad Bar & Chilled Pears Elf Grahams, 100% Fruit Juice & Choice Milk	"New" Bacon Boosted Mac & Cheese <i>Spicy Alter-Ego of Macaroni & Cheese with Turkey Bacon & Jalepeno Bits</i> WG Roll, Assorted Salad Bar Bananas & Choice Milk	Sesame Chicken Steamed Seasoned Brown Rice Assorted Salad Bar Grapes Bunch & 100% Fruit Juice Choice Milk	Fresh Baked Pizza Slice Assorted Salad Bar Crisp Large Varietal Apple Choice Milk	Week I
	Veggie Burrito	Stuffed Dipping Bites w/Sauce	Cheese Calzone	Grilled Cheese Sandwich	Baked Cheese Pizza Slice	
Hot Veg						