

Name : March 2023 Escuela Exitos Breakfast Menu					
Age Group : K-8		Meal : Breakfast		Meal Pattern : NSLP	
Week I Chef Spotlight - Shannon Lilga, Human Resources Generalist					
Breakfast	Easier than you think to make and the results are so WORTH IT!		Wednesday, March 1, 2023		Thursday, March 2, 2023
	<p>We make homemade marshmallows for our Christmas Eve, along with hot chocolate and cookies before bed. We even leave a nice cup of hot cocoa and marshmallows for Santa. Now that our family is older, we still make the marshmallows and enjoy them with adult hot chocolate and use them to make s'mores dip to enjoy while we play a game or watch a movie.</p> <p>- Shannon</p> <p>'Homemade Marshmallows' recipe is on Page 2</p>		<p>Hot Breakfast</p> <p>Maple Waffle Chicken Sandwich (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>		<p>"New" Chocolate Glazed Donut (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>
					Friday, March 3, 2023
					<p>***New*** Hot Breakfast</p> <p>English Muffin Breakfast Sandwich (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>
Chef's Choice may be offered					
Week II					
Celebrate National School Breakfast Week					
Breakfast	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
	<p>"New" Big Bowl Trix Cereal (2 Items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Hot Breakfast Waffle & Syrup (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Hot Breakfast Cinnamon Sugar Donut (1 Item) & Cheese Stick (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>"New" Sliced Raisin Bagel & Cream Cheese (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Hot Breakfast Pancake Sausage on a Stick w/Syrup (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>
Chef's Choice may be offered					
Week III					
Breakfast	Monday, March 13, 2023	Tuesday, March 14, 2023	Wednesday, March 15, 2023	Thursday, March 16, 2023	Friday, March 17, 2023
	<p>Assorted Big Bowl Cereal (2 Items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Hot Breakfast</p> <p>Breakfast Bowtie (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Hot Breakfast</p> <p>Maple Waffle Chicken Sandwich (2 Items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Assorted Big Bowl Cereal (2 Items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Hot Breakfast</p> <p>Mozzarella Pinwheel (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>
Chef's Choice may be offered					
Week IV					
Breakfast	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023
	<p>Orange Dream Muffin (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Hot Breakfast</p> <p>Scrambled Eggs & Cheese (1 item) & Small Choc Chocolate Breakfast Bread (1 item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Hot Breakfast</p> <p>Waffle Eggoji w/Syrup (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>WG Cinnamon Roll (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Hot Breakfast</p> <p>Warm Strawberry Boli (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>
Chef's Choice may be offered					
Week V					
Breakfast	Monday, March 27, 2023	Tuesday, March 28, 2023	Wednesday, March 29, 2023	Thursday, March 30, 2023	Friday, March 31, 2023
	<p>Assorted Big Bowl Cereal (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Hot Breakfast</p> <p>Maple Waffle Chicken Sandwich (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Hot Breakfast</p> <p>Cinnamon Sugar Donut (1 Item) & Cheese Stick (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>WG Honey Bun (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Hot Breakfast</p> <p>Breakfast Pizza (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>
Chef's Choice may be offered					

* 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.

Homemade Marshmallows		
Ingredients:	Steps	Serves 6-7
<ul style="list-style-type: none"> •1 cup cold water, divided •3 0.25 ounce packets unflavoured gelatin •1 ½ cup granulated sugar •1 cup light corn syrup •¼ teaspoon fine salt •2 teaspoons vanilla extract •2/3 cup confectioners' sugar, divided 	<ol style="list-style-type: none"> 1. Add 1/2 cup of water and all of gelatin to the bowl of a stand mixer (or extra large mixing bowl and then use a handheld electric mixer*). Let set for 10 minutes, so the gelatin blooms. 2. While the gelatin blooms, add the granulated sugar, corn syrup, remaining 1/2 cup water, and salt to a medium saucepan and cook over medium-low heat. Whisk constantly until the sugar is dissolved. Let it simmer and bubble for about 3 minutes until the syrup becomes clear. 3. Once the gelatin has bloomed, pour in the hot syrup mixture into the stand mixer bowl. When the syrup comes into contact with the gelatin, it may bubble up which is fine. 4. With the whisk attachment, whisk on low for about 2 minutes. Do not increase speed until the gelatin and syrup have mixed, as it will fly out and cause burns. 5. Once they are mixed, increase speed to high and whisk for 10 minutes or until it is really fluffy and increased in size. 6. Add the vanilla extract and whisk for an additional minute. 7. Generously dust a 9x13-inch pan with confectioners' sugar (use about 1/4 cup). This ensures the marshmallows do not stick and are easy to remove. If your confectioners' sugar is lumpy, I recommend sifting it. 8. Pour the marshmallow mixture into the pan, and spread it into an even layer with a rubber spatula. 9. Dust the top of the marshmallows with about 2 tablespoons confectioners' sugar, cover with plastic wrap, and let set for at least 8 hours, but preferably overnight. 10. Once the marshmallows are set, dust a cutting board or flat surface with 1/4 cup or more of confectioners' sugar to prevent them from sticking. 11. Cut the marshmallows into 1-inch squares. You should end up with 28 large marshmallows. Serve and enjoy**. 	

April 2023 Menu (Subject to Change)

Week VI	Monday, April 3, 2023	Tuesday, April 4, 2023	Wednesday, April 5, 2023	Thursday, April 6, 2023	Friday, April 7, 2023
Breakfast	Chocolate Glazed Donut (2 items)	Hot Breakfast	Hot Breakfast	"New" Sliced Plain Bagel & Cream Cheese (2 items)	***New*** Hot Breakfast
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	(1) Choice Milk & Second Fruit OVS (1 item each)	(1) Choice Milk & Second Fruit OVS (1 item each)	(1) Choice Milk & Second Fruit OVS (1 item each)	(1) Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					

Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	NOTES
Hot Meal	"New" Cinnamon Crumb Loaf (2 items)	***New*** Hot Breakfast	*While a stand mixer is not essential, if you have one, now is the time to use it. If not, use a handheld electric mixer noting you may have to whip the mixture longer than the indicated times. **These marshmallows toast up beautifully just like, or better than, store bought ones. They are perfect for smores especially since they are square. Storage: Marshmallows may be stored in an airtight container or ziptop baggie for up to 2 weeks at room temp.
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit OVS (1 item each)	(1) Choice Milk & Second Fruit OVS (1 item each)	
Chef's Choice may be offered			

* 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.