

<b>Name : March 2023 K-12 Snack Menu</b>					
<b>Age Group : K-12</b>		<b>Meal : Lunch</b>		<b>Meal Pattern : NSLP</b>	
<b>Week I</b>	<b>Chef Spotlight - Shannon Lilga, Human Resources Generalist</b>  <b>Easier than you think to make and the results are so WORTH IT!</b>  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. - Shannon  'Homemade Marshmallows' recipe is on Page 2		<b>Wednesday, March 1, 2023</b>  Cheddar Cheese Crisps (1 WG)  Hummus Spread ( 1 MMA)	<b>Thursday, March 2, 2023</b>  3 Count Honey Grahams (1 WG)  Cheese Stick (1 MMA)	<b>Friday, March 3, 2023</b>  Vanilla Wafers (1 WG)  100% 6.75 oz Fruit Juice
<b>Week II</b>	<b>Monday, March 6, 2023</b>  Chicken Jerky (1 MMA)  100% 6.75 oz Fruit Juice	<b>Tuesday, March 7, 2023</b>  Single Pop Tart (1 WG)  Cheese Stick (1 MMA)	<b>Wednesday, March 8, 2023</b>  Assorted Mini Muffin (1 WG)  100% 6.75 oz Fruit Juice	<b>Thursday, March 9, 2023</b>  Veggie Crisps (1 WG)  Cheese Stick (1 MMA)	<b>Friday, March 10, 2023</b>  Snackbread Loaf (1 WG)  100% 6.75 oz Fruit Juice
<b>Week III</b>	<b>Monday, March 13, 2023</b>  Cheezits (1 WG)  Hummus Spread ( 1 MMA)	<b>Tuesday, March 14, 2023</b>  Whole Grain Bag of Chips (1 WG)  Cheese Stick (1 MMA)	<b>Wednesday, March 15, 2023</b>  Assorted Cereal Bar (1 WG)  100% 6.75 oz Fruit Juice	<b>Thursday, March 16, 2023</b>  Granola Bites (1 WG)  Cheese Stick (1 MMA)	<b>Friday, March 17, 2023</b>  Roasted Sunflower Seeds Pack (1 WG)  100% 6.75 oz Fruit Juice
<b>Week IV</b>	<b>Monday, March 20, 2023</b>  Giant Goldfish Graham (1 WG)  100% 6.75 oz Fruit Juice	<b>Tuesday, March 21, 2023</b>  Mini Snackbread (1 WG)  Cheese Stick (1 MMA)	<b>Wednesday, March 22, 2023</b>  Scooby Grahams (1 WG)  100% 6.75 oz Fruit Juice	<b>Thursday, March 23, 2023</b>  Goldfish Pretzels (1 WG)  Hummus Spread ( 1 MMA)	<b>Friday, March 24, 2023</b>  Cheddar Cheese Crisps (1 WG)  100% 6.75 oz Fruit Juice
<b>Week V</b>	<b>Monday, March 27, 2023</b>  Lemon Blueberry Crisps (1 WG)  100% 6.75 oz Fruit Juice	<b>Tuesday, March 28, 2023</b>  Cheddar Goldfish Crackers (1 WG)  Cheese Stick (1 MMA)	<b>Wednesday, March 29, 2023</b>  Cinnamon Toast Crunch Pouch (1 WG)  100% 6.75 oz Fruit Juice	<b>Thursday, March 30, 2023</b>  Cheezits (1 WG)  Cheese Stick (1 MMA)	<b>Friday, March 31, 2023</b>  Assorted Oatmeal Bar (1 WG)  100% 6.75 oz Fruit Juice

Homemade Marshmallows		
Ingredients:	Steps	Serves 6-7
<ul style="list-style-type: none"> <li>•1 cup cold water, divided</li> <li>•3 0.25 ounce packets unflavoured gelatin</li> <li>•1 ½ cup granulated sugar</li> <li>•1 cup light corn syrup</li> <li>•¼ teaspoon fine salt</li> <li>•2 teaspoons vanilla extract</li> <li>•2/3 cup confectioners' sugar, divided</li> </ul>	<ol style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>5. Once they are mixed, increase speed to high and whisk for 10 minutes or until it is really fluffy and increased in size.</li> <li>6. Add the vanilla extract and whisk for an additional minute.</li> <li>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.</li> <li>8. Pour the marshmallow mixture into the pan, and spread it into an even layer with a rubber spatula.</li> <li>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.</li> <li>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.</li> <li>11. Cut the marshmallows into 1-inch squares. You should end up with 28 large marshmallows. Serve and enjoy**.</li> </ol>	

**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
Snack	Vanilla Wafers (1 WG)	Veggie Crisps (1 WG)	Assorted Pop Tart (1 WG)	Scooby Grahams (1 WG)	Keebler Animal Crackers (1 WG)
	100% 6.75 oz Fruit Juice	Cheese Stick (1 MMA)	100% 6.75 oz Fruit Juice	Cheese Stick (1 MMA)	100% 6.75 oz Fruit Juice

Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	NOTES
Snack	Granola Bites (1 WG)	Goldfish Pretzels (1 WG)	<p>*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.</p> <p>**These marshmallows toast up beautifully just like, or better than, store bought ones. They are perfect for smores especially since they are square.</p> <p><b>Storage:</b> Marshmallows may be stored in an airtight container or ziptop baggie for up to 2 weeks at room temp.</p>
	100% 6.75 oz Fruit Juice	Cheese Stick (1 MMA)	