

Name : March 2023 Escuela Exitos Lunch Menu		Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads			
Age Group : K-8		Meal : Lunch		Meal Pattern : NSLP	
Week I	Chef Spotlight - Shannon Lilga, Human Resources Generalist		Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Hot Meal	Easier than you think to make and the results are so WORTH IT! We make homemade marshmallows for our Christmas Eve, along with hot cocoa 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		Fresh Hot Baked Pizza Baby Carrots & Dip Banana Choice Milk	Burrito Bowl Brown Rice topped w/Seasoned Beef Shred Chz & CKC Youza Sauce Corn Ranchero Fresh Orange & Choice Milk	Creamy Mac & Cheese Fresh Sliced Cucumbers & Dip Crisp Apple Mixed Berry Animal Crackers Choice Milk
	Hot Veg		Fresh Hot Cheese Pizza	Quesadilla	Creamy Mac & Cheese
	Cold	'Homemade Marshmallows' recipe is on Page 2	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Hot Meal	BBQ Beef Sandwich Sunchips CKC Baked Beans Cinnamon Apple Slices Choice Milk	Golden Corn Dog w/ Ketchup Steamed Seasoned Corn Chilled Pears Choice Milk	Fresh Hot Baked Pizza Fresh Greens Salad & Dressing Banana Choice Milk	Brunch Lunch Double Buttermilk Pancakes Homemade Berry Burst Syrup Fruity Yogurt Cup Sliced Cucumbers, Fresh Orange & Choice Milk	Beef Fried Rice Steamed Carrots Crisp Apple Fortune Cookie Choice Milk
	Hot Veg	BBQ Garden Burger	Grilled Cheese Sandwich	Fresh Hot Cheese Pizza	Egg Fried Rice & Cinnamon Grahams
	Cold	Turkey & Cheddar Chz Wrap w/Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Cinnamon Grahams
Week III	Monday, March 13, 2023	Tuesday, March 14, 2023	Wednesday, March 15, 2023	Thursday, March 16, 2023	Friday, March 17, 2023
Hot Meal	Premium Chicken Nuggets Ketchup Seasoned Black Beans Cheddar Cheese Crackers Cinnamon Apple Slices & Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Fresh Broccoli & Ranch Chilled Pears Fortune Cookie & Choice Milk	Fresh Hot Baked Pizza Baby Carrots & Dip Banana Choice Milk	Beef Pretzel Dog Mixed Salad & Dressing Fresh Orange Strawberry Bites Choice Milk	Chicken Enchilada Bowl Corn Chips, Shred Cheese Steamed Seasoned Corn Crisp Apple Choice Milk
	Hot Veg	Cheese Hot Pocket w/Sauce	Cheese Quesadilla	Fresh Hot Cheese Pizza	Mozzarella Pinwheel
	Cold	Turkey & Cheddar Chz Wrap w/Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap
Week IV	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023
Hot Meal	Greek Nachos ****(Student Favorite)**** Seasoned Meat, Corn Tortilla Chips Tatziki Sauce & Corn Salsa Goldfish Graham Cinnamon Apple Slices & Choice Milk	Breaded Chicken Patty Sandwich Bakery Bun & Ketchup CKC Baked Beans Chilled Pears Choice Milk	Fresh Hot Baked Pizza Baby Carrots & Dip Banana Choice Milk	Brunch Lunch French Toast Sticks w/ Syrup Fresh Greens Salad & Dressing Fresh Orange Choice Milk	Dry Rub Roasted Chicken Drumstick Dinner Rolls Steamed Green Beans Crisp Apple Choice Milk
	Hot Veg	Garden Cheese Burger	Cheese Quesadilla	Fresh Hot Cheese Pizza	French Toast Sticks & Syrup
	Cold	Turkey & Cheddar Chz Wrap w/Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers
Week V	Monday, March 27, 2023	Tuesday, March 28, 2023	Wednesday, March 29, 2023	Thursday, March 30, 2023	Friday, March 31, 2023
Hot Meal	Mozzarella Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Baby Carrots & Dip Cinnamon Apple Slices & Choice Milk	Pomodoro Meatballs WG Dinner Rolls Mashed Potatoes Chilled Pears Choice Milk	Fresh Hot Baked Pizza Mixed Greens Salad & Dressing Banana Choice Milk	Sesame Chicken Steamed Seasoned Rice Sliced Cucumbers Fresh Orange Fortune Cookie & Choice Milk	Walking Taco Nacho Doritos & Seasoned Beef w/ Shred Chz, Lettuce, Cilantro Cheesy Refried Beans Crisp Apple & Choice Milk
	Hot Veg	Mozzarella Veggie Burger	Veggie Nuggets w/ Ketchup & Dinner Roll	Fresh Hot Cheese Pizza	Egg Fried Rice
	Cold	Turkey & Cheddar Chz Wrap w/Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap
Deli Salads (Vegetarian choices come with eggs in the place of chicken)	Grilled Chicken Caesar Salad Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	Grilled Chicken Asian Salad Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	Grilled Chicken SW Taco Salad 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.	Grilled Chicken Bistro Salad Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	Grilled Chicken Power Green Salad Powerful greens like Kale and Spinach raise the bar on this super green salad, with crains bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.

*** 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.

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**. 	

NOTES

*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.

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
	Brunch Lunch	BBQ Chicken Drumstick	Fresh Hot Baked Pizza	Chicken Fritters w/ Ranch Dip	Build Your Own Cheesy Nachos
Hot Meal	Buttermilk Pancakes Homemade Berry Burst Syrup Scrambled Eggs w/ Cheese Fresh Broccoli, Cinnamon Apple Slices & Choice Milk	WG Roll Creamy Mashed Potatoes Chilled Pears Choice Milk	Baby Carrots & Dip Banana Choice Milk	Veggie Crisps Seasoned Black Beans Fresh Orange Choice Milk	Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips Mixed Salad w/Dressing Crisp Apple & Choice Milk
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese	Fresh Hot Cheese Pizza	Cheese Quesadilla	Warm Cheesy Nachos
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	Wednesday, April 12, 2023	Thursday, April 13, 2023	Friday, April 14, 2023
	All Beef Hot Dog	Sweet & Sour Chicken	Fresh Hot Baked Pizza	Burrito Bowl	Creamy Mac & Cheese
Hot Meal	WG Bun, Ketchup & Mustard Cheddar Cheese Crisps CKC Baked Beans Cinnamon Apple Slices & Choice Milk	Steamed Seasoned Brown Rice Crisp Fresh Broccoli Chilled Pears Fortune Cookie & Choice Milk	Baby Carrots & Dip Banana Choice Milk	Brown Rice topped w/Seasoned Beef Shred Chz & CKC Youza Sauce Corn Ranchero Fresh Orange & Choice Milk	Steamed Mixed Veggies Crisp Apple Mixed Berry Animal Crackers Choice Milk
Hot Veg	Grilled Cheese Sandwich	Creamy Mac & Cheese	Fresh Hot Cheese Pizza	Quesadilla	Stuffed Breadsticks w/ Sauce
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

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