

Menu Name : K-12 B Bagged Breakfast No Cereal Menu		Meal Pattern : NSLP		Meal: Breakfast	
Grade Level / Age Group : K-12 Grades		November - 2023			

Breakfast	Wednesday, November 1, 2023		Thursday, November 2, 2023		Friday, November 3, 2023	
	Strawberry Hand Pie (2 items)		Sliced Plain Bagel & Cream Cheese (2 items)		* Student Favorite* Low Sugar 4 Pack Glazed Mini Breakfast Bites (2 items)	
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	
<i>Murgh Kebab served with Dill/ Pine Nut Rice</i> - Steve Michalski Recipe is in Page 2		<i>Chef's Choice may be offered</i>				Week VI

Breakfast	Monday, November 6, 2023		Tuesday, November 7, 2023		Wednesday, November 8, 2023		Thursday, November 9, 2023		Friday, November 10, 2023		
	WG Chocolate Swirl Breakfast Roll (2 items)		"New" Confetti Snackbread (2 Items)		WG Banana Oatmeal Breakfast Round (2 items)		Whole Grain Chocolate Chip Muffin (2 items)		Low Sugar Whole Grain Cake Donut (2 items)		
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		
<i>Chef's Choice may be offered</i>											Week I

Breakfast	Monday, November 13, 2023		Tuesday, November 14, 2023		Wednesday, November 15, 2023		Thursday, November 16, 2023		Friday, November 17, 2023		
	WG Apple Mini Bites (2 items)		Orange Dream Muffin (2 items)		Sliced Raisin Bagel & Cream Cheese (2 items)		Delicious Mini Pancake Puffs (2 items)		WG Cinnamon Swirl (2 items)		
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		
<i>Chef's Choice may be offered</i>											Week II

Breakfast	Monday, November 20, 2023		Tuesday, November 21, 2023		Wednesday, November 22, 2023		Thursday, November 23, 2023		Friday, November 24, 2023		
	Low Sugar Whole Grain Cake Donut (2 items)		WG Chocolate Chip Muffin (2 items)		Apple Frudel (2 items)		Banana Breakfast Bread (2 items)		* Student Favorite* Low Sugar WG Honey Bun (2 items)		
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		
<i>Chef's Choice may be offered</i>											Week III

Breakfast	Monday, November 27, 2023		Tuesday, November 28, 2023		Wednesday, November 29, 2023		Thursday, November 30, 2023				
	WG Cinnamon Swirl (2 items)		Banana Muffin (2 items)		* Student Favorite* Low Sugar Whole Grain Apple Fritter Bun (2 items)		Delicious Mini Pancake Bites (2 items)				
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)				
<i>Chef's Choice may be offered</i>											Week IV

*** Three items meet USDA Requirements (One item must be fruit) ***

MURGH KEBAB WITH DILL/ PINE NUT RICE

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> • 4lbs chicken breast cut into chunks. • ½ cup oil • 1 tbsp Butter • 1 tbsp Lemon Pepper • 1 tbsp Paprika • 1 whole Onion • 2 red peppers • 1-pint grape tomatoes • 12 metal/wood skewers • Rice and chicken broth (use your own taste for amount) • Salt • Fresh Dill • Pine Nuts 	<p>To make Dill Rice:</p> <ol style="list-style-type: none"> 1.Sauté diced onions in butter. 2. Add rice, chicken broth and fresh dill, then simmer until tender and fragrant. <p>To make Pine Nut Rice:</p> <ol style="list-style-type: none"> 1.Cook rice until fluffy. 2.Sauté pine nuts in butter until golden and toss them with the cooked rice. 3.Add salt and pepper to taste. <p>Murgh Kebab:</p> <ol style="list-style-type: none"> 1.Marinate chicken in oil, lemon pepper, paprika for a couple hours. 2.Place meat and veggies on skewers and grill 8-10 minutes until chicken is done. 3.Serve with Dill/Pine Nut Rice. 	

December 2023 Menu (Subject to Change)

Chef Spotlight - Steve Michalski - Procurement Support

Friends Are Forever

46 years ago, I walked into this small restaurant called Caravan Serai in Highland Park looking for my first job. Little did I know that it would provide life-long friendships for the Michalski and Kayoum Families. I started as a dishwasher making \$1.35/hour plus tips. I was a pretty picky eater back then but soon fell in love with this Middle Eastern Cuisine. I was soon asked to start cooking and was trained by Nancy's parents Carol and AK. I loved cooking this food and eating it. I spent many nights working at Caravan Serai and on some occasions working with my wife, 2 sisters and my mom. Even though I don't have a tandoor oven at home to cook I still make this dish on my grill and my boys love it. I hope you do!

Remember Friends are Friends Forever

-Steve

Friday, December 1, 2023

** Student Favorite**
Low Sugar WG Chocolate Enrobed Donut (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Chef's Choice may be offered

Breakfast

Week IV

Monday, December 4, 2023	Tuesday, December 5, 2023	Wednesday, December 6, 2023	Thursday, December 7, 2023	Friday, December 8, 2023
<p>Fruit Strudel (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Apple Cinnamon Muffin (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Delicious Mini Pancake Bites (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Low Sugar WG Cinnamon Roll (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p><i>* Student Favorite*</i> Low Sugar Whole Grain Chocolate Cake Donut (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>
<i>Chef's Choice may be offered</i>				

Breakfast

Week V

Monday, December 11, 2023	Tuesday, December 12, 2023
<p>Banana Muffin (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Favorite Mini Cinnis (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>
<i>Chef's Choice may be offered</i>	

Breakfast

Week VI