

Name : March 2023 Academia Cesar Chavez Grades K-8 School Lunch Menu
Age Group : K-8 **Meal : Lunch** **Meal Pattern : NSLP**

Week I	Chef Spotlight - Shannon Liga, 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 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		Burrito Bowl Brown Rice topped w/Seasoned Beef Shred Chz & CKC Youza Sauce Assorted Salad Bar Banana & Choice Milk	Creamy Mac & Cheese Garlic Roll Assorted Salad Bar Fresh Orange Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Crisp Apple Choice Milk

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 Assorted Salad Bar Cinnamon Apple Slices Choice Milk	Chicken Tinga Walking Taco Seasoned Chicken, Fresh Chopped Cilantro Crema & Frito Corn Chips Assorted Salad Bar Chilled Pears & Choice Milk	Wild Mikes Cheese Bites w/Marinara Assorted Salad Bar Banana Choice Milk Animal Crackers	Brunch Lunch Buttermilk Pancakes & Homemade Berry Burst Syrup Yogurt Cup Assorted Salad Bar Fresh Orange & Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Crisp Apple Choice Milk

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 Assorted Salad Bar WG Dinner Roll Cinnamon Apple Slices & Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Assorted Salad Bar Chilled Pears Choice Milk	Good Ole Fashioned Hamburger w/ Pickle Rounds & Ketchup Assorted Salad Bar Cheddar Cheese Crisps Banana & Choice Milk	Beef Pretzel Dog Assorted Salad Bar Fresh Orange Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Crisp Apple Choice Milk

Week IV	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023
Hot Meal	Mongolian Meatballs Steamed Rice Assorted Salad Bar Cinnamon Apple Slices Choice Milk	Breaded Chicken Patty Sandwich Bakery Bun & Ketchup Assorted Salad Bar Chilled Pears Choice Milk	Beef Taco WG Tortilla, Seasoned Beef, Cheese Cilantro & Crema Assorted Salad Bar Banana & Choice Milk	Brunch Lunch French Toast Sticks w/ Syrup Assorted Salad Bar Fresh Orange Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Crisp Apple Choice Milk

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 Assorted Salad Bar Cinnamon Apple Slices & Choice Milk	Dry Rub Roasted Chicken Drumstick Garlic Dinner Roll Assorted Salad Bar Chilled Pears Choice Milk	Walking Taco Nacho Chz Doritos, Seasoned Beef w/ Shred Chz & Cilantro Assorted Salad Bar Berry Crackers, Banana & Choice Milk	Sesame Chicken Steamed Seasoned Rice Assorted Salad Bar Fresh Orange Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Crisp Apple Choice 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**. 	

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
	Golden Corn Dog w/ Ketchup	Roasted Curry Chicken Drumstick	Build Your Own Cheesy Nachos	Chicken Fritters w/ Ranch Dip	Fresh Hot Delivered Pizza
	Assorted Salad Bar	Fresh Bakery Roll	Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips	Veggie Crisps	Assorted Salad Bar
Hot Meal	Cinnamon Apple Slices	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Crisp Apple
	Choice Milk	Chilled Pears	Banana	Fresh Orange	Choice Milk
		Choice Milk	Choice Milk	Choice Milk	

Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	NOTES
	All Beef Hot Dog	Sweet & Sour Chicken	
	WG Bun, Ketchup & Mustard	Steamed Seasoned Brown Rice	*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.
Hot Meal	Cool Ranch Doritos	Assorted Salad Bar	**These marshmallows toast up beautifully just like, or better than, store bought ones. They are perfect for smores especially since they are square.
	Assorted Salad Bar	Chilled Pears	Storage: Marshmallows may be stored in an airtight container or ziptop baggie for up to 2 weeks at room temp.
	Cinnamon Apple Slices & Choice Milk	Choice 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.