

Name : March 2023 Academia Cesar Chavez PreK Hot & Cold Breakfast Menu					
Age Group : Childcare (Ages 3-5)		Meal : Breakfast		Meal Pattern : Preschool	
Week I	Chef Spotlight - Shannon Lilga, Human Resources Generalist		Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Breakfast  Three items meet USDA Requirements (One item must be fruit)	<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		<b>Hot Breakfast</b>  <b>Warm Croissant &amp; Fruit Jelly (1 item)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>Turkey Egg Cheese Bites (2 items)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>***New*** Hot Breakfast</b>  <b>English Muffin Breakfast Sandwich (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)
	'Homemade Marshmallows' recipe is on Page 2		Chef's Choice may be offered		
Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Breakfast  Three items meet USDA Requirements (One item must be fruit)	<b>Celebrate National School Breakfast Week</b>				
	<b>Assorted Low Sugar Bowl Cereal (1 item)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>Hot Breakfast : Waffle &amp; Syrup (1 item)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>Hot Breakfast : Turkey Egg Cheese Burrito (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>Hot Breakfast : Egg &amp; PepperJack Cheese Bowtie (2 Items)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>Hot Breakfast : French Toast Sticks &amp; Syrup (1 item)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)
Chef's Choice may be offered					
Week III	Monday, March 13, 2023	Tuesday, March 14, 2023	Wednesday, March 15, 2023	Thursday, March 16, 2023	Friday, March 17, 2023
Breakfast  Three items meet USDA Requirements (One item must be fruit)	<b>Blueberry Breakfast Bread (1 item)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>WG Pancake &amp; Syrup (1 item)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>***New*** Hot Breakfast</b>  <b>Mozzarella Pinwheel (2 Items)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>Breakfast Cheesy French Bread (2 items)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>Warm Croissant &amp; Fruit Jelly (1 item)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)
	Chef's Choice may be offered				
Week IV	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023
Breakfast  Three items meet USDA Requirements (One item must be fruit)	<b>"New" Cinnamon Raisin Bagel &amp; Cream Cheese (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>"New" Hot Breakfast</b>  <b>English Muffin Breakfast Sandwich (2 items)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>Waffle Eggoji w/Syrup (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>Scrambled Eggs &amp; Cheese (1 item) &amp; Blueberry Breakfast Bread (1 item)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>National Waffle Day (March 25, 2023 - Saturday)</b>  <b>Sweet Cinnamon Snack'n Waffle (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)
	Chef's Choice may be offered				
Week V	Monday, March 27, 2023	Tuesday, March 28, 2023	Wednesday, March 29, 2023	Thursday, March 30, 2023	Friday, March 31, 2023
Breakfast  Three items meet USDA Requirements (One item must be fruit)	<b>"New" 4 Pack Mini Breakfast Bites (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>Cheesy Pretzel Bites (2 items)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>***New*** French Toast Sticks Pack (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>***New*** Hot Breakfast</b>  <b>Egg &amp; PepperJack Cheese Bowtie (2 Items)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>Whole Grain Pancake &amp; Syrup (2 Items)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)
	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.

<b>Homemade Marshmallows</b>		
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
Breakfast	<b>Assorted Low Sugar Bowl Cereal (1 item)</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>***New*** Hot Breakfast</b>	<b>Hot Breakfast</b>
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	Applesauce Cup (1 item)	100% 4.23 oz Fruit Juice (1 item)	Applesauce Cup (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Milk (1 Item)	Milk (1 Item)	Milk (1 Item)	Milk (1 Item)	Milk (1 Item)
	<b>Chef's Choice may be offered</b>				
		<b>Breakfast Cheesy French Bread (2 items)</b>	<b>Warm Glazed Honey Bun (2 items)</b>	<b>English Muffin Breakfast Sandwich (2 items)</b>	<b>Turkey Egg Cheese Burrito (2 items)</b>

Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	NOTES
Hot Meal	<b>"New" Cinnamon Crumb Loaf (2 items)</b>	<b>***New*** Hot Breakfast</b>	*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. <b>Storage:</b> 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)	<b>Maple Waffle Chicken Sandwich (2 Items)</b>	
	Milk (1 Item)	Applesauce Cup (1 item)	
	<b>Chef's Choice may be offered</b>		

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 \* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.