

Menu Name : K-8 Allergen Free Lunch Menu	Meal Pattern : NSLP	Meal: Lunch
Grade Level / Age Group : K-8 Grades	November - 2023	

No Dairy No Gluten (No Wheat) No Egg No Soy No Fish	No Shell Fish No Sesame (Seeds & Oil) No Peanuts No Tree Nuts No Sunflower (Seeds, Oil & Butter)
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		Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023		
Hot Meal		Chicken Fajita w/Rice	Beef Meatballs	Chicken & Potatoes	Week VI	
		Seasoned Chicken & Peppers	Brown Rice	Steamed Rice		
	<i>Murgh Kebab served with Dill/ Pine Nut Rice - Steve Michalski Recipe is on Page 2</i>	Served w/ Brown Rice	Steamed Green Beans	Crisp Broccoli		
		Black Beans	Fruit of the Day	Fruit of the Day		
		Fruit of the Day & Milk Substitute	Milk Substitute	Milk Substitute		

		Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023		
Hot Meal		Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat Over Rice	Week I	
		Golden Corn Chips	Steamed Rice	Steamed Peas	Steamed Rice	Serve Seasoned Beef on Brown Rice		
		Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day	Fresh Broccoli	Black Beans & Carrots		
		Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	Fruit of the Day & Corn Chips		
		Milk Substitute	Milk Substitute		Milk Substitute	Milk Substitute		

		Monday, November 13, 2023	Tuesday, November 14, 2023	Wednesday, November 15, 2023	Thursday, November 16, 2023	Friday, November 17, 2023		
Hot Meal		Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes	Week II	
		Steamed Rice	Taco Beef & Golden Corn Chips	Brown Rice	Sliced Cucumbers	Steamed Rice		
		Fresh Baby Carrots	Black Bean & Corn	Crisp Broccoli	Fruit of the Day	Steamed Peas		
		Fruit of the Day	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day		
		Milk Substitute	Milk Substitute	Milk Substitute		Milk Substitute		

		Monday, November 20, 2023	Tuesday, November 21, 2023	Wednesday, November 22, 2023	Thursday, November 23, 2023	Friday, November 24, 2023		
Hot Meal		Chicken Fried Rice	Beef & Broccoli				Week III	
		Baby Carrots	Brown Rice	No School	No School	No School		
		Fruit of the Day	Steamed Corn					
		Corn Chips	Fruit of the Day					
		Milk Substitute	Milk Substitute					

		Monday, November 27, 2023	Tuesday, November 28, 2023	Wednesday, November 29, 2023	Thursday, November 30, 2023		
Hot Meal		Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Week IV	
		Golden Corn Chips	Steamed Rice	Steamed Peas	Steamed Rice		
		Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day	Fresh Broccoli		
		Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day		
		Milk Substitute	Milk Substitute		Milk Substitute		

Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Participants) etc

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.Marinade 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	Friday, December 1, 2023
Hot Meal	<p><i>Friends Are Forever</i></p> <p>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</p> <p style="text-align: center;">-Steve</p>	<p>No School</p>

	Monday, December 4, 2023	Tuesday, December 5, 2023	Wednesday, December 6, 2023	Thursday, December 7, 2023	Friday, December 8, 2023
Hot Meal	<p>Chicken Supreme</p> <p>Steamed Rice</p> <p>Fresh Baby Carrots</p> <p>Fruit of the Day</p> <p>Milk Substitute</p>	<p>Beef Nachos</p> <p>Taco Beef & Golden Corn Chips</p> <p>Black Bean & Corn</p> <p>Fruit of the Day</p> <p>Milk Substitute</p>	<p>Marinated Grilled Chicken Fillet</p> <p>Brown Rice</p> <p>Crisp Broccoli</p> <p>Fruit of the Day</p> <p>Milk Substitute</p>	<p>Chicken Pilaf</p> <p>Sliced Cucumbers</p> <p>Fruit of the Day</p> <p>Milk Substitute</p>	<p>Beef & Potatoes</p> <p>Steamed Rice</p> <p>Steamed Peas</p> <p>Fruit of the Day</p> <p>Milk Substitute</p>

	Monday, December 11, 2023	Tuesday, December 12, 2023
Hot Meal	<p>Chicken Fried Rice</p> <p>Baby Carrots</p> <p>Fruit of the Day</p> <p>Corn Chips</p> <p>Milk Substitute</p>	<p>Beef & Broccoli</p> <p>Brown Rice</p> <p>Steamed Corn</p> <p>Fruit of the Day</p> <p>Milk Substitute</p>