

Menu Name : Yinghua Academy Lunch Menu  
Grade Level / Age Group : K-8 Grades

Options Provided : Hot & Hot Vegetarian  
Meal Pattern : NSLP Meal: Lunch

**November - 2023**

		Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023		
<b>Hot Meal</b>	<i>Murgh Kebab served with Dill/ Pine Nut Rice - Steve Michalski Recipe is on Page 2</i>	<b>Butter Chicken</b>	<b>Brunch Lunch</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Week VI</b>	
		Steamed Seasoned Rice	Buttermilk Pancakes & Syrup	Steamed Seasoned Corn		
		Celery Sticks & Dip	Fruited Yogurt Cup	Crisp Varietal Apple		
		Banana	Garden Greens Salad & Dressing	Choice Milk		
		Choice Milk	Grapes Bunch & Choice Milk			
Hot Veg		<b>Veggie Garden Burger</b>	<b>Bean &amp; Cheese Burrito</b>	<b>Hot Cheese Pizza</b>		

		Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023		
<b>Hot Meal</b>	<b>Sicilian Cheese Calzone</b>	<b>Bengali Chicken &amp; Potato Kathi Roll</b>	<b>All Beef Hot Dog</b>	<b>Sesame Chicken</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Week I</b>		
		Celery Sticks & Dip	WG Bun, Ketchup	Steamed Seasoned Brown Rice	Mixed Greens Salad & Dressing			
	Cinnamon Apples	Bengali Sauce (Yogurty Chutney)	CKC Baked Beans	Chilled Sweet Pea Salad	Crisp Varietal Apple			
	Choice Milk	Baby Carrots	Strawberry Bites	Carrot Slims	Choice Milk			
		Chilled Pears & Choice Milk	Banana & Choice Milk	Grapes Bunch & Choice Milk				
Hot Veg	<b>Sicilian Cheese Calzone</b>	<b>Stuffed Dipping Bites w/ Sauce</b>	<b>Veggie Burrito</b>	<b>Buttermilk Pancakes w/ Syrup &amp; Yogurt Cup</b>	<b>Hot Cheese Pizza</b>			

		Monday, November 13, 2023	Tuesday, November 14, 2023	Wednesday, November 15, 2023	Thursday, November 16, 2023	Friday, November 17, 2023		
<b>Hot Meal</b>	<b>Cool Ranch Crunch Burger..(yep, we will send ketchup)</b>	<b>Asian Chicken Dumplings</b>	<b>Beef Burrito Bowl</b>	<b>Mandarin Orange Chicken</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Week II</b>		
		Momo Sauce	Seasoned Beef & Warm Brown Rice	Steamed Brown Rice	Steamed Seasoned Corn			
	Top your Burger with Cool Ranch Chips	Celery Sticks & Baby Carrots	Shredded Lettuce, Cheese & Crema	Sliced Cucumbers & Dip	Crisp Varietal Apple			
	CKC Baked Beans & Carrot Slims	Chilled Pears	Garden Greens Salad & Homemade Dressing	Grapes Bunch	Choice Milk			
	Cinnamon Apples & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk				
Hot Veg	<b>Bean &amp; Cheese Burrito</b>	<b>Pizza Crunchers</b>	<b>Cheesy Pull Aparts</b>	<b>French Pizza Bread</b>	<b>Hot Cheese Pizza</b>			

		Monday, November 20, 2023	Tuesday, November 21, 2023	Wednesday, November 22, 2023	Thursday, November 23, 2023	Friday, November 24, 2023		
<b>Hot Meal</b>	<b>Chicken Tenders &amp; Ketchup</b>	<b>CKC Sweet &amp; Sour Meatballs</b>	<b>No School</b>			<b>No School</b>		
		Cracker Crisps	Seasoned Rice					
	Street Corn Salad	Baby Carrots						
	Cinnamon Apples	Chilled Pears						
	Choice Milk	Choice Milk						
Hot Veg	<b>Veggie Hot Pocket &amp; Sauce</b>	<b>Cheesy Bites w/Italian Dip</b>						

		Monday, November 27, 2023	Tuesday, November 28, 2023	Wednesday, November 29, 2023	Thursday, November 30, 2023		
<b>Hot Meal</b>	<b>Chicken Corn Dog</b>	<b>Korean BBQ Meatballs</b>	<b>CKC Gyro</b>	<b>Golden Chicken Patty Sandwich</b>	<b>Week IV</b>		
		Ketchup	Seasoned Rice	Greek Pita, Grilled Chix & Yogurt Sauce			
	CKC Baked Beans	Celery Sticks & Carrot Slims	Diced Tomatoes & Sliced Cucumbers	Steamed Corn			
	Cinnamon Apple Slices	Chilled Pears	Banana	Grapes Bunch			
	Vanilla Wafers & Choice Milk	Choice Milk	Choice Milk	Choice Milk			
Hot Veg	<b>Buttermilk Pancakes w/ Syrup &amp; Yogurt</b>	<b>Egg Fried Rice &amp; Strawberry Bites</b>	<b>Stuffed Breadsticks w/ Dip</b>	<b>Grilled Cheese Sandwich</b>			

\*\*\* Hot Veg meals are served with vegetables, fruit of the day & milk.

### MURGH KEBAB WITH DILL/ PINE NUT RICE

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

December 2023 Menu (Subject to Change)

Hot Meal	Chef Spotlight - Steve Michalski - Procurement Support	Friday, December 1, 2023
	<i>Friends Are Forever</i>	
	<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>	No School
Hot Veg	-Steve	

Hot Meal	Monday, December 4, 2023	Tuesday, December 5, 2023	Wednesday, December 6, 2023	Thursday, December 7, 2023	Friday, December 8, 2023
	<b>Crunchy Tender Roll-up</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Walking Taco</b>	<b>Chicken Tikka Drumstick</b>	<b>Fresh Hot Delivered Pizza</b>
	Wg Tortilla, Chicken Tenders	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Bakery Roll	Broccoli Florets & Dressing
	Shred Chz & Boom Sauce	Baby Carrots & Dip	w/ Shred Chz	Sliced Cucumbers & Homemade Dip	Crisp Varietal Apple
	Seasoned Corn	Chilled Pears	Cheesy Refried Beans	Grapes Bunch	Choice Milk
	Cinnamon Apples & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	
Hot Veg	<b>Cheesy Pull Aparts</b>	<b>Veggie Hot Pocket &amp; Dip</b>	<b>Bean Taco Wrap</b>	<b>Egg Fried Rice</b>	<b>Hot Cheese Pizza</b>

Hot Meal	Monday, December 11, 2023	Tuesday, December 12, 2023
	<b>Premium Chicken Nuggets</b>	<b>Swedish Meatballs (Homemade Gravy)</b>
	Ketchup	Bakery Roll w/ Margarine
	WG Dinner Roll w/ Margarine	Steamed Carrots w/ Parsley
	CKC Baked Beans & Carrot Slims	Chilled Pears
	Cinnamon Apples & Choice Milk	Vanilla Wafers & Choice Milk
Hot Veg	<b>Grilled Cheese Sandwich</b>	<b>Veggie Quesadilla</b>