

Menu Name : Woodbury Leadership Academy Grades K-8 Lunch Menu	Options Provided : Hot & Hot Veg Meals
Grade Level / Age Group : K-8 Grades	Meal Pattern : NSLP Meal: Lunch
November - 2023	

	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023		
Hot Meal	Murgh Kebab served with Dill/ Pine Nut Rice - Steve Michalski Recipe is on Page 2	"New" Butter Chicken Steamed Seasoned Rice Celery Sticks Banana Choice Milk	Enchilada Nachos Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce Steamed Corn Grapes Bunch & Choice Milk	Brunch Lunch Buttermilk Pancakes & Syrup Yogurt Cup Garden Greens Salad & Dressing Crisp Varietal Apple & Choice Milk	Week VI
		Veggie Garden Burger	Bean & Cheese Burrito	French Bread Pizza	
		Hot Veg			

	Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023	
Hot Meal	"New" Mac & Cheetos Cheetos in the Mac or on the Side?? You decide :) Celery Sticks Cinnamon Apples & Choice Milk	"New" Bengali Chicken & Potato Kathi Roll WG Wrap, Chix & Potato Filling Bengali Sauce (Yogurty Chutney) Baby Carrots Chilled Pears & Choice Milk	All Beef Hot Dog WG Bun, Ketchup CKC Baked Beans & Cucumber Slices Strawberry Bites Banana & Choice Milk	Sesame Chicken Steamed Seasoned Brown Rice Chilled Sweet Pea Salad Carrot Slims Grapes Bunch & Choice Milk	Twisted Cheese Stuffed Breadsticks Italian Dip Mixed Greens Salad & Dressing Crisp Varietal Apple Choice Milk	Week I
	Cheese Calzone	Stuffed Dipping Bites w/ Sauce	Veggie Burrito	Grilled Cheese Sandwich	Buttermilk Pancakes w/ Syrup & Yogurt Cup	
	Hot Veg					

	Monday, November 13, 2023	Tuesday, November 14, 2023	Wednesday, November 15, 2023	Thursday, November 16, 2023	Friday, November 17, 2023	
Hot Meal	"New" Cool Ranch Crunch Burger..(yep, we will send mayo) Top your Burger with Cool Ranch Chips CKC Baked Beans & Carrot Slims Cinnamon Apples & Choice Milk	"New" Asian Chicken Dumplings Momo Sauce Celery Sticks & Baby Carrots Chilled Pears Choice Milk	Soft Tortilla Taco Seasoned Beef & WG Wrap Shredded Cheese & Crema Steamed Corn Banana & Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Garden Greens Salad & Dressing Grapes Bunch Choice Milk	Cheese Pizza Quesadilla Baby Carrots Crisp Varietal Apple Choice Milk	Week II
	Bean & Cheese Burrito	Pizza Crunchers	Cheesy Pull Aparts	French Pizza Bread	Grilled Cheese Sandwich	
	Hot Veg					

	Monday, November 20, 2023	Tuesday, November 21, 2023	Wednesday, November 22, 2023	Thursday, November 23, 2023	Friday, November 24, 2023	
Hot Meal	Chicken Tenders & Ketchup Cracker Crisps Street Corn Salad Cinnamon Apples Choice Milk	CKC Sweet & Sour Meatballs Seasoned Rice Baby Carrots Chilled Pears Choice Milk	"New" Smoky Texas Chicken Drumstick WG Bakery Roll Fresh Sliced Cucumbers Banana Grahams & Choice Milk	Greek Nachos Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Banzo Salad & Baby Carrots Grapes Bunch & Choice Milk	Garlic Dusted French Bread Pizza Italian Dip Garden Greens Salad & Dressing Crisp Varietal Apple Choice Milk	Week III
	Veggie Hot Pocket & Sauce	Cheesy Bites w/Italian Dip	Veggie Quesadilla	Bean Taco Wrap	Cheesy Pull Aparts	
	Hot Veg					

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

*** 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"> • 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!</p> <p>Remember Friends are Friends Forever</p>	<p>Brunch Lunch</p> <p>French Toast Sticks w/ Syrup</p> <p>Mixed Greens Salad & Dressing</p> <p>Crisp Varietal Apple</p> <p>Choice Milk</p>
		<p>Grilled Cheese Sandwich</p>
Hot Veg	-Steve	

	Monday, December 4, 2023	Tuesday, December 5, 2023	Wednesday, December 6, 2023	Thursday, December 7, 2023	Friday, December 8, 2023
Hot Meal	Crunchy Tender Roll-up	Sweet & Sour Chicken	Walking Taco	"New" Chicken Tikka Drumstick	"New" Beef Sambusa Wrap
	Wg Tortilla, Chicken Tenders	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Bakery Roll	Beef Sambusa Meat on a Wrap
	Shred Chz & Boom Sauce	Baby Carrots & Dip	w/ Shred Chz	Broccoli Florets & Dip	Yogurt Sauce
	Seasoned Corn	Chilled Pears	Cheesy Refried Beans	Grapes Bunch	Sliced Cucumbers & Dip
	Cinnamon Apples & Choice Milk	Choice Milk	Banana & Choice Milk	Berry Crackers & Choice Milk	Crisp Varietal Apple & Choice Milk
Hot Veg	Cheesy Pull Aparts	Veggie Hot Pocket & Dip	Bean Taco Wrap	Egg Fried Rice	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet

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