

Menu Name : September 2023 LifePrep Academy Grades PreK-5 Lunch Menu

Options Provided : Hot, Cold Meals & Deli Salads

Grade Level / Age Group : K-5 Grades

Meal Pattern : NSLP

Meal: Lunch

Chef Spotlight		Friday, September 1, 2023
Hot Meal	JOSEPH SWINNEY - SUMMER CAMP OPERATIONS MANAGER	
	Chicken Salad Sandwich	
<i>One of my Family favorites for springtime would be my Chicken Salad recipe and its perfect for BBQ's and picnics. I have even brought some on the boat when fishing and recently I was able to make it into a vegetarian recipe by substituting lightly smashed Chickpea instead of the Chicken chunks. - Joseph</i>		
Cold		

	Monday, September 4, 2023	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Thursday, September 7, 2023	Friday, September 8, 2023
Hot Meal		"New" Korean BBQ Meatballs Seasoned Rice Celery Sticks & Carrot Slims Chilled Pears Choice Milk	Corn Dog Ketchup CKC Baked Beans Banana Vanilla Wafers & Choice Milk	"New" CKC Chicken Gyro Greek Pita, Grilled Chicken Diced Tomatoes & Sliced Cucumbers Grapes Bunch Choice Milk	Fresh Hot Delivered Pizza Mixed Greens Salad & Dressing Crisp Varietal Apple Choice Milk
	Cold	Honey Mustard Chicken Bun		Turkey Bun w/ Mayo	Chicken Caesar Wrap

	Monday, September 11, 2023	Tuesday, September 12, 2023	Wednesday, September 13, 2023	Thursday, September 14, 2023	Friday, September 15, 2023
Hot Meal	Crunchy Chicken Tender Taco Wg Tortilla, Chicken Tenders Shred Lettuce, Shred Chz & Boom Sauce Seasoned Corn Cinnamon Apples & Choice Milk	Sweet & Sour Chicken Steamed Seasoned Rice Baby Carrots & Dip Chilled Pears Choice Milk	Walking Taco Nacho Chz Doritos, Seasoned Beef w/ Shred Chz Cheesy Refried Beans Banana & Choice Milk	"New" Chicken Tikka Drumstick WG Bakery Roll Sliced Cucumbers & Homemade Dip Grapes Bunch Choice Milk	SouthWest Chx Empanada Hot Pocket Broccoli Florets & Dressing Crisp Varietal Apple Choice Milk
	Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap

	Monday, September 18, 2023	Tuesday, September 19, 2023	Wednesday, September 20, 2023	Thursday, September 21, 2023	Friday, September 22, 2023
Hot Meal	Premium Chicken Nuggets Ketchup WG Dinner Roll CKC Baked Beans Cinnamon Apples & Choice Milk	Swedish Meatballs (Homemade Gravy) Wg Dinner Roll Steamed Carrots w/ Parsley Chilled Pears Wafers & Choice Milk	Enchilada Nachos Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce Steamed Corn Banana & Choice Milk	"New" Butter Chicken Steamed Seasoned Rice Celery Sticks Grapes Bunch Choice Milk	Fresh Hot Delivered Pizza Garden Greens Salad & Dressing Crisp Varietal Apple Choice Milk
	Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap

	Monday, September 25, 2023	Tuesday, September 26, 2023	Wednesday, September 27, 2023	Thursday, September 28, 2023	Friday, September 29, 2023
Hot Meal	All Beef Hot Dog WG Hot Dog Bun, Ketchup CKC Baked Beans & Celery Sticks Cinnamon Apple Slices Strawberry Bites & Choice Milk	"New" Bengali Chicken & Potato Kathi Roll WG Wrap, Chix & Potato Filling Bengali Sauce (Yogurty Chutney) Baby Carrots Chilled Pears & Choice Milk	"New" Mac & Cheetos <i>Cheetos in the Mac or on the Side?? You decide :)</i> Celery Sticks Banana & Choice Milk	Sesame Chicken Steamed Seasoned Brown Rice Chilled Sweet Pea Salad Grapes Bunch Choice Milk	Twisted Cheesy Breadsticks Cold Italian Dip Mixed Greens Salad & Dressing Crisp Varietal Apple Choice Milk
	Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap

	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	Classic Chef Salad	Quinoa Power Bowl Salad
(Vegetarian choices come with eggs & cheese in the place of meat)	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains.	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls added to complete the WG requirement.	Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	We just time-travelled and brought back this timeless gem. It's simple. It's classic. It's vintage. This Egg, Turkey, Tomatoes and Salad combo is sure to appeal eyes and taste buds. WG rolls fill the grain part.	Not just vintage, we cover current trends too. This salad has "New-age Superfood" Quinoa as its base. Not stopping there, it becomes more powerful with Beans, Corn, Egg and Spinach.

*** Cold meals are served with vegetables, fruit of the day & milk.
*** Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)

CHICKEN SALAD SANDWICH

Ingredients	Steps	Serves 2-3
<ul style="list-style-type: none"> • ¼ cup Mayonnaise • 1/2lbs Chicken (chunked) • 1 cup Grapes (halved) • 1 Gala Apple (diced) • ½ cup Red Onion (finely diced) • 1/3 cup Celery (finely diced) • 2 tablespoon Honey Mustard • ¼ teaspoon Garlic Powder • 1/4 teaspoon Black Pepper • ½ teaspoon salt • ¼ teaspoon smoked paprika 	<ol style="list-style-type: none"> 1. Break down cooked chicken into chunks. 2. Dice apple, onion, celery, slice grapes in half. 3. Combine everything, mix till well incorporated. 4. Serve on croissant with lettuce. 	

October 2023 Menu (Subject to Change)

	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023	
Hot Meal	"New" Cool Ranch Crunch Burger. <i>(yep, we will send ketchup)</i>	"New" Asian Chicken Dumplings	Soft Tortilla Taco	Mandarin Orange Chicken	Fresh Hot Delivered Pizza	Week II
	Top your Burger with Cool Ranch Chips	Momo Sauce	Seasoned Beef, Cheese & Crema	Steamed Brown Rice	Baby Carrots	
	CKC Baked Beans	Celery Sticks	Seasoned Corn	Garden Greens Salad & Homemade Dressing	Crisp Varietal Apple	
	Cinnamon Apples & Choice Milk	Chilled Pears	Banana	Grapes Bunch	Choice Milk	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023	
Hot Meal	Chicken Tenders & Ketchup	Greek Nachos	"New" Smoky Texas Chicken Drumstick	CKC Sweet & Sour Meatballs	Garlic Dusted French Bread Pizza	Week III
	Cracker Crisps	Seasoned Meat, Corn Tortilla Chips	WG Dinner Roll	Seasoned Rice	Italian Dip	
	Street Corn Salad	Tatziki Sauce	Cucumber Slices	Baby Carrots	Garden Greens Salad & Dressing	
	Cinnamon Apples	Banzo Salad	Banana & Choice Milk	Grapes Bunch	Crisp Varietal Apple	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023	
Hot Meal	Chicken Patty Sandwich	"New" Korean BBQ Meatballs	Corn Dog	"New" CKC Chicken Gyro	Fresh Hot Delivered Pizza	Week IV
	Bakery Bun & Mayo	Seasoned Rice	Ketchup	Greek Pita, Grilled Chicken	Mixed Greens Salad & Dressing	
	Steamed Corn	Celery Sticks & Carrot Slims	CKC Baked Beans	Diced Tomatoes & Sliced Cucumbers	Crisp Varietal Apple	
	Cinnamon Apple Slices	Chilled Pears	Banana	Grapes Bunch	Choice Milk	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

CHICKEN SALAD SANDWICH

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October 2023 Menu (Subject to Change)

	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023
Breakfast	Orange Dream Muffin (2 items)	Best Ever French Toast Stick Pack (2 items)	Sliced Raisin Bagel & Cream Cheese (2 items)	Delicious Mini Pancake Puffs (2 items)	Maple Waffle Breaded Chicken Breakfast Sandwich (2 items)
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)
	<i>Chef's Choice may be offered</i>				

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023
Breakfast	Mini Muffin (1 item) <i>Fruited Yogurt Cup (1 item)</i>	Honey Biscuit Chicken Sausage Breakfast Sandwich (2 items)	Banana Breakfast Bread (2 items)	Pancake, Chix Sausage & Cheese Breakfast Sandwich (2 items)	Turkey, Egg & Cheese Burrito (2 items)
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)
	<i>Chef's Choice may be offered</i>				

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023
Breakfast	* Student Favorite* Low Sugar Whole Grain Apple Fitter Bun (2 items)	Maple Waffle Breaded Chicken Breakfast Sandwich (2 items)	Betty Crocker Breakfast Bar (1 item) <i>Cheese Stick (1 item)</i>	Breakfast Mozzarella Pinwheel (2 items)	Turkey, Egg & Cheese Breakfast Bites (2 items)
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)
	<i>Chef's Choice may be offered</i>				

Menu Name : September 2023 LifePrep Academy Grades PreK-5 Breakfast Menu

Grade Level / Age Group : K-5 Grades

Meal Pattern : NSLP

Meal: Breakfast

Chef Spotlight

Friday, September 1, 2023

JOSEPH SWINNEY - SUMMER CAMP OPERATIONS MANAGER

Chicken Salad Sandwich

One of my Family favorites for springtime would be my Chicken Salad recipe and its perfect for BBQ's and picnics. I have even brought some on the boat when fishing and recently I was able to make it into a vegetarian recipe by substituting lightly smashed Chickpea instead of the Chicken chunks. - Joseph

Breakfast

Week III

Monday, September 4, 2023 Tuesday, September 5, 2023 Wednesday, September 6, 2023 Thursday, September 7, 2023 Friday, September 8, 2023

Maple Waffle Breaded Chicken Breakfast Sandwich (2 items)

*** Student Favorite* Low Sugar Whole Grain Apple Fitter Bun (2 items)**

Breakfast Mozzarella Pinwheel (2 items)

Turkey, Egg & Cheese Breakfast Bites (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Chef's Choice may be offered

Breakfast

Week IV

Monday, September 11, 2023 Tuesday, September 12, 2023 Wednesday, September 13, 2023 Thursday, September 14, 2023 Friday, September 15, 2023

Mini Muffin (1 item)

Turkey, Egg & Cheese Burrito (2 items)

WG Plain Bagel & Cream Cheese (2 items)

Delicious Mini Pancake Bites (2 items)

Best Ever French Toast Stick Pack (2 items)

Cheese Stick (1 item)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

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100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Chef's Choice may be offered

Breakfast

Week V

Monday, September 18, 2023 Tuesday, September 19, 2023 Wednesday, September 20, 2023 Thursday, September 21, 2023 Friday, September 22, 2023

Banana Muffin (2 items)

Breakfast Mozzarella Pinwheel (2 items)

Maple Waffle Snaps (2 items)

Turkey, Egg & Cheese Burrito (2 items)

Honey Biscuit Chicken Sausage Breakfast Sandwich (2 items)

Fruited Yogurt Cup (1 item)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

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100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Chef's Choice may be offered

Breakfast

Week VI

Monday, September 25, 2023 Tuesday, September 26, 2023 Wednesday, September 27, 2023 Thursday, September 28, 2023 Friday, September 29, 2023

Nature Valley Breakfast Crisps (1 item)

Pancake, Sausage, Egg & Cheese Breakfast Sandwich (2 items)

Cinnamon Crumble Top Breakfast Loaf (2 Items)

Maple Waffle Breaded Chicken Breakfast Sandwich (2 items)

Warm Honey Bun (2 Items)

Fruited Yogurt Cup (1 item)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

100% 4.23 oz Fruit Juice (1 item)

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100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Chef's Choice may be offered

Breakfast

Week I

*** Three items meet USDA Requirements (One item must be fruit) ***