

Name: February 2023 Crown of Life School Lunch Menu	Options Provided: Hot, Hot Vegetarian, Cold Meals
Age Group: K-12	Meal: Lunch

Week III	Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023	
Hot Meal	Chettinad Cuisine belongs to a region called 'Chettinad' in South India. It is a cuisine that is famous for its aroma, made with freshly ground spices.	Baked Cheesy Lasagna w/Red Sauce Dinner Roll Assorted Salad Bar Fruit of the Day	Sesame Chicken Bowl Steamed White Rice & Soy Sauce Assorted Salad Bar Fruit of the Day	French Bread Pizza w/ Sauce Assorted Salad Bar Fruit of the Day Lemon Blueberry Crisps
Hot Veg		Grilled Cheese Sandwich	Veggie Lasagna Roll	Stuffed Breadsticks w/ Sauce
Cold		Turkey on Ciabatta Roll w/Mayo	Grilled Chicken & Cheese Bun	Ham & Prouolone on WW Bread

Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Hot Meal	Sheet Pan Chicken w/Veggies Dinner Roll Assorted Salad Bar Fruit of the Day	Brunch Lunch French Toast Sticks, Berries & Syrup Assorted Salad Bar Fruit of the Day	Spaghetti & Sauce Garlic Roll Assorted Salad Bar Fruit of the Day	Breaded Chicken Sandwich French Fries w/Ketchup Assorted Salad Bar Fruit of the Day	Creamy Homemade Mac & Cheese Dinner Roll Assorted Salad Bar Fruit of the Day Elf Grahams
Cold	Garden Cheeseburger	Cheese Quesadilla	Pizza Crunchers w/ Sauce	French Toast Sticks & Syrup	Grilled Cheese Sandwich
Cold Veg	Turkey & Cheddar Chz Wrap w/Mayo	Honey Mustard Grilled Chicken Bun	Turkey on Ciabatta Roll w/Mayo	Grilled Chicken & Cheese Bun	Ham & Prouolone on WW Bread

Week V	Monday, February 13, 2023	Tuesday, February 14, 2023	Wednesday, February 15, 2023	Thursday, February 16, 2023	Friday, February 17, 2023
Hot Meal	Chicken Fritter w/ Ranch French Fries w/Ketchup Assorted Salad Bar Fruit of the Day	Mozzarella Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar Fruit of the Day	Pomodoro Meatballs & Pasta Dinner Roll Assorted Salad Bar Fruit of the Day	EARLY DISMISSAL NO LUNCH SERVED	NO SCHOOL
Hot Veg	Mozzarella Veggie Burger	Veggie Lasagna Roll	Cheese Hot Pocket w/ Italian Dip		
Cold	Turkey & Cheddar Chz Wrap w/Mayo	Honey Mustard Grilled Chicken Bun	Turkey on Ciabatta Roll w/Mayo		

Week VI	Monday, February 20, 2023	Tuesday, February 21, 2023	Wednesday, February 22, 2023	Thursday, February 23, 2023	Friday, February 24, 2023
Hot Meal	NO SCHOOL	Cheeseburger Fresh Bakery Bun & Ketchup Sun Chips Assorted Salad Bar Fruit of the Day	Golden Corn Dog w/ Ketchup French Fries & Ketchup Assorted Salad Bar Fruit of the Day	Build Your Own Cheesy Nachos Seasoned Beef w/ Tortilla Chips Warm Cheddar Chz Sauce, Jalapenos, Cilantro & Crema Assorted Salad Bar Fruit of the Day	Waffle Berries, Syrup & Whip Cream Assorted Salad Bar Fruit of the Day
Hot Veg		Garden Cheeseburger	Veggie Nuggets w/ Ketchup	Warm Cheesy Nachos	Cheese Quesadilla
Cold		Honey Mustard Grilled Chicken Bun	Turkey on Ciabatta Roll w/Mayo	Grilled Chicken & Cheese Bun	Ham & Prouolone on WW Bread

Week I	Monday, February 27, 2023	Tuesday, February 28, 2023	Chef Spotlight - Annapoorna Meyyappan, Product and Data Analyst Simple and Luscious Cold Indian Dessert		
Hot Meal	All Beef Hot Dog WG Bun, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar Fruit of the Day	Chicken Alfredo Penne Dinner Roll Assorted Salad Bar Fruit of the Day	The delicacy of "Chettinad Fruit Kheer" brings me the nostalgia of having grand lunch with a variety of dishes served on a banana leaf in all Chettinad marriages. It is a simple dessert but a rich drink made from delectable amalgamation of nuts and fruits. I will share the recipe picking a sleeve from my mom's cookbook and I am sure it will be your sumptuous dessert. -- Annapoorna Meyyappan		
Hot Veg	Grilled Cheese Sandwich	Smothered Garden Patty w/ WG Roll			
Cold	Turkey & Cheddar Chz Wrap w/Mayo	Honey Mustard Grilled Chicken Bun			

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