

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	Sesame Chicken Bowl	French Bread Pizza w/ Sauce
		Dinner Roll		Steamed White Rice & Soy Sauce	Assorted Salad Bar
		Assorted Salad Bar		Assorted Salad Bar	Fruit of the Day
Fruit of the Day			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 & Proulone 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	Brunch Lunch	Spaghetti & Sauce	Breaded Chicken Sandwich	Creamy Homemade Mac & Cheese
	Dinner Roll	French Toast Sticks, Berries & Syrup	Garlic Roll	French Fries w/Ketchup	Dinner Roll
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
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 & Proulone 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	Mozzarella Burger	Pomodoro Meatballs & Pasta	EARLY DISMISSAL NO LUNCH SERVED	NO SCHOOL
	French Fries w/Ketchup	WG Bakery Bun & Ketchup	Dinner Roll		
	Assorted Salad Bar	Cool Ranch Doritos	Assorted Salad Bar		
	Fruit of the Day	Assorted Salad Bar	Fruit of the Day		
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	Golden Corn Dog w/ Ketchup	Build Your Own Cheesy Nachos	Waffle Berries, Syrup & Whip Cream
		Fresh Bakery Bun & Ketchup	French Fries & Ketchup	Seasoned Beef w/ Tortilla Chips	Assorted Salad Bar
		Sun Chips	Assorted Salad Bar	Warm Cheddar Chz Sauce, Jalapenos, Cilantro & Crema	Fruit of the Day
		Assorted Salad Bar	Fruit of the Day	Assorted Salad Bar	
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 & Proulone on WW Bread
Week I	Monday, February 27, 2023	Tuesday, February 28, 2023	Chef Spotlight - Annapoorna Meyyappan, Product and Data Analyst		
Hot Meal	All Beef Hot Dog	Chicken Alfredo Penne	Simple and Luscious Cold Indian Dessert		
	WG Bun, Ketchup & Mustard	Dinner Roll			
	Cool Ranch Doritos	Assorted Salad Bar	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.		
	Assorted Salad Bar	Fruit of the Day	-- 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	'Chettinad Fruit Kheer' recipe is on Page 2		
*** Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.					



Name : March 2023 Crown of Life School Lunch Menu

Options Provided : Hot, Hot Vegetarian, Cold Meals

Age Group : K-12

Meal : Lunch

Week I	Chef Spotlight - Shannon Lilga, Human Resources Generalist		Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Hot Meal	Easier than you think to make and the results are so WORTH IT!		Mandarin Orange Chicken	Build Your Own Burrito Wrap	Pizza Crunchers & Marinara
	We make homemade marshmallows for our Christmas Eve, along with hot chocolate and cookies before bed. We even leave a nice cup of hot cocoa and marshmallows for Santa. Now that our family is older, we still make the marshmallows and enjoy them with adult hot chocolate and use them to make s'mores dip to enjoy while we play a game or watch a movie.		Seasoned White Rice & Soy Sauce	Seasoned Beef, Cilantro Rice	Assorted Salad Bar
	- Shannon		Assorted Salad Bar	Flour Tortilla, Sour Cream, Hot Sauce	Fruit of the Day
Hot Veg			Fortune Cookie	Corn Bean Salsa & Assorted Salad Bar	
Cold	'Homemade Marshmallows' recipe is on Page 2		Quesadilla	Creamy Mac & Cheese	Stuffed Breadsticks w/ Sauce
			Deli Club Croissant w/ Mayo	Grilled Chicken & Cheese Bun	Ham & Proulone on WW Bread
Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Hot Meal	Chicken Tinga Walking Taco	BBQ Joe Sandwich	Brunch Lunch	Sweet & Sour Chicken	Grilled Cheese Sandwich
	Frito Corn Chips, Seasoned Chicken	Cheetos	Double Buttermilk Pancakes	Steamed White Rice & Soy Sauce	Assorted Salad Bar
	Cilantro, Crema	Assorted Salad Bar	Homemade Berry Syrup & Whip Cream	Assorted Salad Bar	Sun Chips
Hot Veg	Assorted Salad Bar	Fruit of the Day	Cheesy Breakfast Tots & Ketchup	Fruit of the Day	Fruit of the Day
Cold	Fruit of the Day		Assorted Salad Bar & Fruit of the Day	Fortune Cookie	
	Creamy Mac & Cheese & Elf Grahams	Cheese Stuffed Hand Pie	Cheesy Pretzel Bites	Buttermilk Pancakes & Syrup w/ Scrambled Eggs	Egg Fried Rice
	Salami & Cheese Wrap w/ Mayo & Veggie Crisps	Turkey & Cheese Bun w/ Mayo	Deli Club Croissant w/ Mayo	Grilled Chicken & Cheese Bun	Ham & Proulone on WW Bread
Week III	Monday, March 13, 2023	Tuesday, March 14, 2023	Wednesday, March 15, 2023	Thursday, March 16, 2023	Friday, March 17, 2023
Hot Meal	Premium Chicken Nuggets	Beef Soft Shell Taco	Beef Pretzel Dog	Sesame Chicken Bowl	French Bread Pizza w/ Sauce
	Ketchup	Flour Tortilla, Shred Lettuce & Cheese	Strawberry Bites	Steamed White Rice & Soy Sauce	Assorted Salad Bar
	Cool Ranch Doritos	Crema	Assorted Salad Bar	Assorted Salad Bar	Fruit of the Day
Hot Veg	Assorted Salad Bar	Assorted Salad Bar	Fruit of the Day	Fruit of the Day	Lemon Blueberry Crisps
Cold	Fruit of the Day	Fruit of the Day		Fortune Cookie	
	Vegetarian Hot Pocket w/ Italian Dip	Cheese Quesadilla	Grilled Cheese Sandwich	Egg Fried Rice & Cinnamon Grahams	Stuffed Breadsticks w/ Sauce
	Salami & Cheese Wrap w/ Mayo & Veggie Crisps	Turkey & Cheese Bun w/ Mayo	Deli Club Croissant w/ Mayo	Grilled Chicken & Cheese Bun	Ham & Proulone on WW Bread
Week IV	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023
	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK	NO SCHOOL SPRING BREAK
Week V	Monday, March 27, 2023	Tuesday, March 28, 2023	Wednesday, March 29, 2023	Thursday, March 30, 2023	Friday, March 31, 2023
Hot Meal	Chicken Fritter w/ Ranch	Mozzarella Burger	Pomodoro Meatballs & Pasta	Walking Taco	Wild Mikes Cheese Bites w/ Marinara
	French Fries w/ Ketchup	WG Bakery Bun & Ketchup	Dinner Roll	Nacho Chz Chips, Seasoned Beef w/ Shredded Chz, Cilantro, Sour Cream & Cholula Hot Sauce	Assorted Salad Bar
	Assorted Salad Bar	Cool Ranch Doritos	Assorted Salad Bar	Assorted Salad Bar	Fruit of the Day
Hot Veg	Fruit of the Day	Assorted Salad Bar	Fruit of the Day	Fruit of the Day	
Cold		Fruit of the Day			
	Mozzarella Veggie Burger	Cheese Stuffed Hand Pie	Vegetarian Hot Pocket w/ Italian Dip	Cheesy Pretzel Bites	Cheese Quesadilla
	Salami & Cheese Wrap w/ Mayo & Veggie Crisps	Turkey & Cheese Bun w/ Mayo	Deli Club Croissant w/ Mayo	Grilled Chicken & Cheese Bun	Ham & Proulone on WW Bread

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