

Menu Name : August 2023 Crown of Life Lutheran School Lunch Menu

Grade Level / Age Group : PreK-8 Grades

Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads

Meal: Lunch

	Chef Spotlight	Tuesday, August 1, 2023	Wednesday, August 2, 2023	Thursday, August 3, 2023	Friday, August 4, 2023	
Hot Meal						Week V
Hot Veg						
Cold						

	Monday, August 7, 2023	Tuesday, August 8, 2023	Wednesday, August 9, 2023	Thursday, August 10, 2023	Friday, August 11, 2023	
Hot Meal						Week VI
Hot Veg						
Cold						

	Monday, August 14, 2023	Tuesday, August 15, 2023	Wednesday, August 16, 2023	Thursday, August 17, 2023	Friday, August 18, 2023	
Hot Meal						Week I
Hot Veg						
Cold						

	Monday, August 21, 2023	Tuesday, August 22, 2023	Wednesday, August 23, 2023	Thursday, August 24, 2023	Friday, August 25, 2023	
Hot Meal			Beef Burrito Bowl	Mandarin Orange Chicken	Turkey Pepperoni Pizza Calzone	Week II
Hot Veg			Seasoned Rice, Taco Meat	Steamed White Rice & Soy Sauce	Assorted Salad Bar	
Cold			Shred Cheese & Youza Sauce	Assorted Salad Bar	Vanilla Wafers	
			Assorted Salad Bar	Daily Fruit	Daily Fruit	
			Daily Fruit			
			Cheesy Pull Aparts	Grilled Cheese Sandwich	French Pizza Bread	
			Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

	Monday, August 28, 2023	Tuesday, August 29, 2023	Wednesday, August 30, 2023	Thursday, August 31, 2023	
Hot Meal	Chicken Tenders & Dip	CKC Sweet & Sour Meatballs	Smoky Texas Chicken Drumstick	Golden Corn Dog	<i>"I never had much of an interest in cooking until I was in university. But once I started cooking, I found out how much I enjoyed it. One of the first dish that I learned how to cook was Spicy Asian Honey Chicken Wings. It's an easy to cook dish that's way too tasty for its simplicity. There are many different ways to cook this dish and it seems like everyone does it their own way" - Xeng</i>
Hot Veg	French Fries & Ketchup	Steamed White Rice	Corn Muffin	Ketchup	
Cold	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Cool Ranch Doritos	
	Daily Fruit	Daily Fruit	Daily Fruit	Assorted Salad Bar	
				Daily Fruit	
	Veggie Hot Pocket & Sauce	Dipping Bites w/ Sauce	Veggie Quesadilla	Cheese Nachos	
	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.	Deli Salads

*** Hot Veg and 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)

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Meal: Lunch

Hot Meal	Chef Spotlight		Friday, September 1, 2023	Week III
	JOSEPH SWINNEY - SUMMER CAMP OPERATIONS MANAGER		NO SCHOOL	
	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			
Hot Veg				
Cold				

Hot Meal	Monday, September 4, 2023	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Thursday, September 7, 2023	Friday, September 8, 2023	Week IV
	NO SCHOOL	Korean BBQ Meatballs	French Toast Sticks w/Syrup	CKC Chicken Gyro	Homemade Bacon Mac & Cheese	
		Steamed White Rice	Turkey Sausage Patties (2)	Greek Pita, Grilled Chicken	Dinner Roll	
		Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	
		Daily Fruit	Daily Fruit	Daily Fruit	Daily Fruit	
Hot Veg		Egg Fried Rice	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelete	Stuffed Breadsticks w/ Dip	Grilled Cheese Sandwich	
Cold		Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

Hot Meal	Monday, September 11, 2023	Tuesday, September 12, 2023	Wednesday, September 13, 2023	Thursday, September 14, 2023	Friday, September 15, 2023	Week V
	Crunchy Tender Fritter Wrap	Sweet & Sour Chicken	Walking Taco	Chicken Tikka Drumstick	SouthWest Chx Empanada Hot Pocket	
	Flour Tortilla, Chicken Tenders	Steamed Seasoned White Rice	Nacho Cheese Doritos, Seasoned Beef	Tater Tots & Ketchup	Assorted Salad Bar	
	Shred Cheese, Boom Sauce	Assorted Salad Bar	Shredded Cheese & Crema	Assorted Salad Bar	Daily Fruit	
	Assorted Salad Bar	Daily Fruit	Assorted Salad Bar	Daily Fruit		
	Daily Fruit		Daily Fruit			
Hot Veg	Cheesy Pull Aparts	Veggie Hot Pocket & Dip	Bean Nachos	Egg Fried Rice	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelete	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

Hot Meal	Monday, September 18, 2023	Tuesday, September 19, 2023	Wednesday, September 20, 2023	Thursday, September 21, 2023	Friday, September 22, 2023	Week VI
	Premium Chicken Nuggets	Swedish Meatballs (Homemade Gravy)	Frito Enchilada Nachos	Butter Chicken	Brunch Lunch	
	Ketchup	Mashed Potatoes	Top your Corn Chips w/Enchilada Chicken, Shredded Cheese & Sour Cream	Steamed Seasoned White Rice	Buttermilk Pancakes, Margarine & Syrup	
	Cool Ranch Doritos	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Fruited Yogurt Cup	
	Assorted Salad Bar	Daily Fruit	Daily Fruit	Daily Fruit	Assorted Salad Bar	
	Daily Fruit		Daily Fruit		Daily Fruit	
Hot Veg	Grilled Cheese Sandwich	Veggie Quesadilla	Veggie Garden Burger & Mayo	Bean & Cheese Burrito	French Bread Pizza	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

Hot Meal	Monday, September 25, 2023	Tuesday, September 26, 2023	Wednesday, September 27, 2023	Thursday, September 28, 2023	Friday, September 29, 2023	Week I
	Mac & Cheetos	Bengali Chicken & Potato Kathi Roll	All Beef Hot Dog	Sesame Chicken	Twisted Cheesy Breadsticks	
	Cheetos in the Mac or on the Side?? You decide :)	Flour Tortilla, Chicken & Potato Filling	WG Bun, Ketchup	Steamed White Rice & Soy Sauce	Cold Italian Dip	
	Assorted Salad Bar	Bengali Sauce	French Fries	Assorted Salad Bar	Assorted Salad Bar	
	Daily Fruit	Assorted Salad Bar	Assorted Salad Bar	Daily Fruit	Daily Fruit	
		Daily Fruit	Daily Fruit			
Hot Veg	Cheese Calzone	Stuffed Dipping Bites w/Sauce	Veggie Burrito	Grilled Cheese Sandwich	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelete	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

(Vegetarian choices come with eggs & cheese in the place of meat)	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	Classic Chef Salad	Quinoa Power Bowl Salad	Deli Salads
	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.	

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