

Menu Name : K-8 Allergen Free Lunch Menu		Meal Pattern : NSLP		Meal: Lunch	
Grade Level / Age Group : K-8 Grades		<b>November - 2023</b>			

**NO DAIRY**  
**NO GLUTEN (NO WHEAT)**  
**NO EGG**  
**NO SOY**  
**NO FISH**

**NO SHELL FISH**  
**NO SESAME (SEEDS & OIL)**  
**NO PEANUTS**  
**NO TREE NUTS**  
**NO SUNFLOWER (SEEDS, OIL & BUTTER)**

		Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023		
<b>Hot Meal</b>	<b>Murgh Kebab served with Dill/ Pine Nut Rice</b> - Steve Michalski Recipe is on Page 2	<b>Chicken Fajita w/Rice</b>	<b>Beef Meatballs</b>	<b>Chicken &amp; Potatoes</b>	<b>Week VI</b>	
		Seasoned Chicken & Peppers	Brown Rice	Steamed Rice		
		Served w/ Brown Rice	Steamed Green Beans	Crisp Broccoli		
		Black Beans	Fruit of the Day	Fruit of the Day		
		Fruit of the Day & Milk Substitute	Milk Substitute	Milk Substitute		

		Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023		
<b>Hot Meal</b>		<b>Yummy Beef &amp; Scallion</b>	<b>Chicken Sukkhar</b>	<b>Beef Fried Rice</b>	<b>Spice Rubbed Chicken Fillet</b>	<b>Beef Taco Meat Over Rice</b>	<b>Week I</b>	
		Golden Corn Chips	Steamed Rice	Steamed Peas	Steamed Rice	Serve Seasoned Beef on Brown Rice		
		Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day	Fresh Broccoli	Black Beans & Carrots		
		Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	Fruit of the Day & Corn Chips		
		Milk Substitute	Milk Substitute		Milk Substitute	Milk Substitute		

		Monday, November 13, 2023	Tuesday, November 14, 2023	Wednesday, November 15, 2023	Thursday, November 16, 2023	Friday, November 17, 2023		
<b>Hot Meal</b>		<b>Chicken Supreme</b>	<b>Beef Nachos</b>	<b>Marinated Grilled Chicken Fillet</b>	<b>Chicken Pilaf</b>	<b>Beef &amp; Potatoes</b>	<b>Week II</b>	
		Steamed Rice	Taco Beef & Golden Corn Chips	Brown Rice	Sliced Cucumbers	Steamed Rice		
		Fresh Baby Carrots	Black Bean & Corn	Crisp Broccoli	Fruit of the Day	Steamed Peas		
		Fruit of the Day	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day		
		Milk Substitute	Milk Substitute	Milk Substitute		Milk Substitute		

		Monday, November 20, 2023	Tuesday, November 21, 2023	Wednesday, November 22, 2023	Thursday, November 23, 2023	Friday, November 24, 2023		
<b>Hot Meal</b>		<b>Chicken Fried Rice</b>	<b>Beef &amp; Broccoli</b>	<b>Chicken Fajita w/Rice</b>	<b>Beef Meatballs</b>	<b>Chicken &amp; Potatoes</b>	<b>Week III</b>	
		Baby Carrots	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice		
		Fruit of the Day	Steamed Corn	Served w/ Brown Rice	Steamed Green Beans	Crisp Broccoli		
		Corn Chips	Fruit of the Day	Black Beans	Fruit of the Day	Fruit of the Day		
		Milk Substitute	Milk Substitute	Fruit of the Day & Milk Substitute	Milk Substitute	Milk Substitute		

		Monday, November 27, 2023	Tuesday, November 28, 2023	Wednesday, November 29, 2023	Thursday, November 30, 2023		
<b>Hot Meal</b>		<b>Yummy Beef &amp; Scallion</b>	<b>Chicken Sukkhar</b>	<b>Beef Fried Rice</b>	<b>Spice Rubbed Chicken Fillet</b>	<b>Week IV</b>	
		Golden Corn Chips	Steamed Rice	Steamed Peas	Steamed Rice		
		Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day	Fresh Broccoli		
		Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day		
		Milk Substitute	Milk Substitute		Milk Substitute		

Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Participants ) etc

### MURGH KEBAB WITH DILL/ PINE NUT RICE

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> <li>• 4lbs chicken breast cut into chunks.</li> <li>• ½ cup oil</li> <li>• 1 tbsp Butter</li> <li>• 1 tbsp Lemon Pepper</li> <li>• 1 tbsp Paprika</li> <li>• 1 whole Onion</li> <li>• 2 red peppers</li> <li>• 1-pint grape tomatoes</li> <li>• 12 metal/wood skewers</li> <li>• Rice and chicken broth (use your own taste for amount)</li> <li>• Salt</li> <li>• Fresh Dill</li> <li>• Pine Nuts</li> </ul>	<p><b>To make Dill Rice:</b></p> <ol style="list-style-type: none"> <li>1.Sauté diced onions in butter.</li> <li>2. Add rice, chicken broth and fresh dill, then simmer until tender and fragrant.</li> </ol> <p><b>To make Pine Nut Rice:</b></p> <ol style="list-style-type: none"> <li>1.Cook rice until fluffy.</li> <li>2.Sauté pine nuts in butter until golden and toss them with the cooked rice.</li> <li>3.Add salt and pepper to taste.</li> </ol> <p><b>Murgh Kebab:</b></p> <ol style="list-style-type: none"> <li>1.Marinate chicken in oil, lemon pepper, paprika for a couple hours.</li> <li>2.Place meat and veggies on skewers and grill 8-10 minutes until chicken is done.</li> <li>3.Serve with Dill/Pine Nut Rice.</li> </ol>	

December 2023 Menu (Subject to Change)

Chef Spotlight - Steve Michalski - Procurement Support

Friday, December 1, 2023

*Friends Are Forever*

**Beef Taco Meat Over Rice**

Hot Meal

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!

Remember Friends are Friends Forever

Serve Seasoned Beef on Brown Rice

Black Beans & Carrots

Fruit of the Day & Corn Chips

Milk Substitute

-Steve

Week IV

	Monday, December 4, 2023	Tuesday, December 5, 2023	Wednesday, December 6, 2023	Thursday, December 7, 2023	Friday, December 8, 2023
Hot Meal	<p><b>Chicken Supreme</b></p> <p>Steamed Rice</p> <p>Fresh Baby Carrots</p> <p>Fruit of the Day</p> <p>Milk Substitute</p>	<p><b>Beef Nachos</b></p> <p>Taco Beef &amp; Golden Corn Chips</p> <p>Black Bean &amp; Corn</p> <p>Fruit of the Day</p> <p>Milk Substitute</p>	<p><b>Marinated Grilled Chicken Fillet</b></p> <p>Brown Rice</p> <p>Crisp Broccoli</p> <p>Fruit of the Day</p> <p>Milk Substitute</p>	<p><b>Chicken Pilaf</b></p> <p>Sliced Cucumbers</p> <p>Fruit of the Day</p> <p>Milk Substitute</p>	<p><b>Beef &amp; Potatoes</b></p> <p>Steamed Rice</p> <p>Steamed Peas</p> <p>Fruit of the Day</p> <p>Milk Substitute</p>

Week V

	Monday, December 11, 2023	Tuesday, December 12, 2023
Hot Meal	<p><b>Chicken Fried Rice</b></p> <p>Baby Carrots</p> <p>Fruit of the Day</p> <p>Corn Chips</p> <p>Milk Substitute</p>	<p><b>Beef &amp; Broccoli</b></p> <p>Brown Rice</p> <p>Steamed Corn</p> <p>Fruit of the Day</p> <p>Milk Substitute</p>

Week VI