

Name : March 2023 New Millennium Academy After School Program Supper Menu
Age Group : K-8 **Meal : Supper** **Meal Pattern : CACFP**

Week I	Chef Spotlight - Shannon Liga, 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! 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. - Shannon 'Homemade Marshmallows' recipe is on Page 2		Honey Mustard Chicken Bun Celery Sticks & Dip Cinnamon Apple Slices Choice Milk	Grilled Cheese Sandwich Garden Salad & Dip Banana Choice Milk	

Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Hot Meal	Turkey & Cheese on Croissant Crisp Broccoli & Dip Fresh Orange Choice Milk	French Garlic Bread Pizza Red Sauce Sliced Cucumbers w/ Dip Banana Choice Milk	Wowbutter & Jelly Sandwich Baby Carrots & Dip Crisp Apple Choice Milk	Meatball Sub Crisp Salad & Dressing Cinnamon Apple Slices Choice Milk	

Week III	Monday, March 13, 2023	Tuesday, March 14, 2023	Wednesday, March 15, 2023	Thursday, March 16, 2023	Friday, March 17, 2023
Hot Meal	Turkey on Whole Wheat Bread Baby Carrots & Dip Chilled Pears Choice Milk	Chicken Fritters w/ Ketchup WG Roll Fresh Broccoli & Dip Crisp Apple Choice Milk	Chicken & Cheese Wrap Honey Grahams Mixed Salad & Dressing Cinnamon Apple Slices Choice Milk	Cheese Breadsticks w/ Sauce Mixed Greens Salad & Dressing Banana Choice Milk	

Week IV	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023
Hot Meal	Honey Mustard Chicken Bun 4.23 oz Veggie Juice Fresh Orange Choice Milk	Beef Hot Dog Cheddar Cheese Crisps Baby Carrots & Dip Banana Choice Milk	Grilled Chicken & Cheese Bun Fresh Broccoli & Dip Crisp Apple Choice Milk	Beef Fiestada Hot Pocket Celery Sticks & Dip Cinnamon Apple Slices Choice Milk	

Week V	Monday, March 27, 2023	Tuesday, March 28, 2023	Wednesday, March 29, 2023	Thursday, March 30, 2023	Friday, March 31, 2023
Hot Meal	Roasted Turkey on Croissant Baby Carrots & Dip Chilled Pears Choice Milk	Cheese Hot Pocket Italian Dip Garden Salad & Dressing Crisp Apple Choice Milk	Chicken Caesar Wrap Cinnamon Goldfish 4.23 oz Veggie Juice Cinnamon Apple Slices Choice Milk	Premium Chicken Nuggets Ketchup WG Roll Sliced Cucumbers & Dip Banana & Choice Milk	

* Skim and 1% milk choices offered daily.
 * All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
 * All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

Homemade Marshmallows		
Ingredients:	Steps	Serves 6-7
<ul style="list-style-type: none"> •1 cup cold water, divided •3 0.25 ounce packets unflavoured gelatin •1 ½ cup granulated sugar •1 cup light corn syrup •¼ teaspoon fine salt •2 teaspoons vanilla extract •2/3 cup confectioners' sugar, divided 	<ol style="list-style-type: none"> 1. Add 1/2 cup of water and all of gelatin to the bowl of a stand mixer (or extra large mixing bowl and then use a handheld electric mixer*). Let set for 10 minutes, so the gelatin blooms. 2. While the gelatin blooms, add the granulated sugar, corn syrup, remaining 1/2 cup water, and salt to a medium saucepan and cook over medium-low heat. Whisk constantly until the sugar is dissolved. Let it simmer and bubble for about 3 minutes until the syrup becomes clear. 3. Once the gelatin has bloomed, pour in the hot syrup mixture into the stand mixer bowl. When the syrup comes into contact with the gelatin, it may bubble up which is fine. 4. With the whisk attachment, whisk on low for about 2 minutes. Do not increase speed until the gelatin and syrup have mixed, as it will fly out and cause burns. 5. Once they are mixed, increase speed to high and whisk for 10 minutes or until it is really fluffy and increased in size. 6. Add the vanilla extract and whisk for an additional minute. 7. Generously dust a 9x13-inch pan with confectioners' sugar (use about 1/4 cup). This ensures the marshmallows do not stick and are easy to remove. If your confectioners' sugar is lumpy, I recommend sifting it. 8. Pour the marshmallow mixture into the pan, and spread it into an even layer with a rubber spatula. 9. Dust the top of the marshmallows with about 2 tablespoons confectioners' sugar, cover with plastic wrap, and let set for at least 8 hours, but preferably overnight. 10. Once the marshmallows are set, dust a cutting board or flat surface with 1/4 cup or more of confectioners' sugar to prevent them from sticking. 11. Cut the marshmallows into 1-inch squares. You should end up with 28 large marshmallows. Serve and enjoy**. 	

April 2023 Menu (Subject to Change)

Week VI	Monday, April 3, 2023	Tuesday, April 4, 2023	Wednesday, April 5, 2023	Thursday, April 6, 2023	Friday, April 7, 2023
	Woubutter & Jelly Sandwich	Chicken Patty Sandwich	Turkey Sandwich	Bean & Cheese Burrito w/ Cholula	
	Fresh Broccoli & Dip	Steamed Corn	Fresh Broccoli & Dip	Veggie Crisps	
Hot Meal	Fresh Orange	Banana	Crisp Apple	Crisp Salad & Dressing	
	Choice Milk	Choice Milk	Choice Milk	Applesauce Cup	
				Choice Milk	

Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	NOTES
	Turkey & Cheddar Cheese Wrap	Popcorn Chicken w/ Ranch	
	Granola Bites	WG Roll	
Hot Meal	Baby Carrots & Dip	Mashed Potatoes	*While a stand mixer is not essential, if you have one, now is the time to use it. If not, use a handheld electric mixer noting you may have to whip the mixture longer than the indicated times. **These marshmallows toast up beautifully just like, or better than, store bought ones. They are perfect for smores especially since they are square.
	Chilled Pears	Crisp Apple	Storage: Marshmallows may be stored in an airtight container or ziptop baggie for up to 2 weeks at room temp.
	Choice Milk	Choice Milk	

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