

Name : March 2023 New Millennium Academy Grades K-8 Breakfast Menu				
Age Group : K-8		Meal : Breakfast		Meal Pattern : NSLP
<b>Week I</b>	Chef Spotlight - Shannon Lilga, Human Resources Generalist			
<b>Breakfast</b>	<b>Easier than you think to make and the results are so WORTH IT!</b> 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		<b>Hot Breakfast</b> <b>Cinnamon Sugar Donut &amp; Cheese Stick (1 item)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>Turkey, Egg, Cheese Bite (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Three items meet USDA Requirements (One item must be fruit)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)
		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)
		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)
		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)
		Chef's Choice may be offered		
<b>Week II</b>	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023
<b>Celebrate National School Breakfast Week</b>				
<b>Breakfast</b>	<b>Hot Breakfast : Pancake Sausage on a Stick w/Syrup (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast : Waffle &amp; Syrup (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast : Breakfast Rice Soup (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast : Egg &amp; PepperJack Cheese Bowtie (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Three items meet USDA Requirements (One item must be fruit)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)
		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)
		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)
		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)
		Chef's Choice may be offered		
<b>Week III</b>	Monday, March 13, 2023	Tuesday, March 14, 2023	Wednesday, March 15, 2023	Thursday, March 16, 2023
<b>Breakfast</b>	<b>Hot Breakfast</b> <b>Breakfast Egg Fried Rice (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>WG Pancakes &amp; Syrup (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>Scrambled Eggs &amp; Cheese &amp; Small Chocolate Chip Breakfast Loaf (1 item Each)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>Mozzarella Pinwheel (2 Items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Three items meet USDA Requirements (One item must be fruit)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)
		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)
		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)
		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)
		Chef's Choice may be offered		
<b>Week IV</b>	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023
<b>Breakfast</b>	<b>Hot Breakfast</b> <b>Pancake Turkey Sausage Wrap w/Syrup (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>Maple Waffle Chicken Sandwich w/Syrup (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>Waffle Eggoji w/Syrup (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>Egg, Turkey Sausage Burrito (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Three items meet USDA Requirements (One item must be fruit)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)
		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)
		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)
		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)
		Chef's Choice may be offered		
<b>Week V</b>	Monday, March 27, 2023	Tuesday, March 28, 2023	Wednesday, March 29, 2023	Thursday, March 30, 2023
<b>Breakfast</b>	<b>Hot Breakfast</b> <b>Maple Waffle Chicken Sandwich (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>Cheesy Pretzel Bites (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>"New" French Toast Stick Pack (2 items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b> <b>Egg &amp; PepperJack Cheese Bowtie (2 Items)</b> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Three items meet USDA Requirements (One item must be fruit)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)
		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)
		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)
		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)
		Chef's Choice may be offered		

\* 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.

<b>Homemade Marshmallows</b>	
<b>Ingredients:</b>	<b>Steps</b>
<ul style="list-style-type: none"> <li>•1 cup cold water, divided</li> <li>•3 0.25 ounce packets unflavoured gelatin</li> <li>•1 ½ cup granulated sugar</li> <li>•1 cup light corn syrup</li> <li>•¼ teaspoon fine salt</li> <li>•2 teaspoons vanilla extract</li> <li>•2/3 cup confectioners' sugar, divided</li> </ul>	<p style="text-align: right;"><b>Serves 6-7</b></p> <ol style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>5. Once they are mixed, increase speed to high and whisk for 10 minutes or until it is really fluffy and increased in size.</li> <li>6. Add the vanilla extract and whisk for an additional minute.</li> <li>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.</li> <li>8. Pour the marshmallow mixture into the pan, and spread it into an even layer with a rubber spatula.</li> <li>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.</li> <li>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.</li> <li>11. Cut the marshmallows into 1-inch squares. You should end up with 28 large marshmallows. Serve and enjoy**.</li> </ol>

**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
Breakfast	<b>Hot Breakfast</b>  <b>Breakfast Egg Fried Rice (2 items)</b>	<b>Hot Breakfast</b>  <b>Breakfast Cheesy French Bread (2 items)</b>	<b>Hot Breakfast</b>  <b>Egg, Turkey Sausage Burrito (2 items)</b>	<b>Hot Breakfast</b>  <b>"New" English Muffin Breakfast Sandwich (2 Items)</b>	<b>"New" 4 Pack Mini Breakfast Bites (2 items)</b>
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
<b>Chef's Choice may be offered</b>					

Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	NOTES
Hot Meal	<b>Hot Breakfast</b>  <b>Maple Waffle Chicken Sandwich (2 items)</b>	<b>Hot Breakfast</b>  <b>Breakfast Pizza (2 Items)</b>	<p>*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.</p> <p>**These marshmallows toast up beautifully just like, or better than, store bought ones. They are perfect for smores especially since they are square.</p> <p><b>Storage:</b> Marshmallows may be stored in an airtight container or ziptop baggie for up to 2 weeks at room temp.</p>
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	
<b>Chef's Choice may be offered</b>			

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