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Menu Info	Name : May 2022 Liberty Classical Academy Lunch Menu				Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads
	Age Group : K-12				Meal : Lunch

	Monday, May 2, 2022	Tuesday, May 3, 2022	Wednesday, May 4, 2022	Thursday, May 5, 2022	Friday, May 6, 2022
Week VI	Chick-fil-A	Sweet & Sour Chicken	Build Your Own Burrito	Chicken Mashed Potato Bowl	Pizza Day
Hot Meal	Chick-fil-A Sandwich & Chips	Steamed Rice w/Soy Sauce	Taco Meat, Cilantro Rice, Flour Tortilla	Fresh Bakery Roll & Margarine	Pepperoni Pizza
	Chick-fil-A Grilled Sandwich & Chips	Fortune Cookie	Corn & Bean Salsa, Sour Cream & Chz	Assorted Salad Bar	Cheese Pizza
	Choice Milk	Assorted Salad Bar	Assorted Salad Bar	Fruit of the Day	Optional Extra Slice
Cold		Fruit of the Day & Choice Milk	Fruit of the Day & Choice Milk	Choice Milk	Choice Milk
Salad		Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	

	Monday, May 9, 2022	Tuesday, May 10, 2022	Wednesday, May 11, 2022	Thursday, May 12, 2022	Friday, May 13, 2022
Week I	Chick-fil-A	Tennessee Chicken Sandwich	Combo Fried Rice w/ Soy Sauce	Mexi Wrap	Pizza Day
Hot Meal	12 Count Nuggets & Chips	Assorted Salad Bar	Fortune Cookie	Seasoned Beef, Tater Tots, Eggs & Chz	Pepperoni Pizza
	5 Count Nuggets & Chips	Fruit of the Day	Assorted Salad Bar	Flour Tortilla, Cheese & Sour Cream	Cheese Pizza
	5 Count Grilled Nuggets & Chips	Choice Milk	Fruit of the Day	Assorted Salad Bar	Optional Extra Slice
Cold			Choice Milk	Fruit of the Day & Choice Milk	Choice Milk
Salad		Honey Mustard Chicken on WG Bun	Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad

	Monday, May 16, 2022	Tuesday, May 17, 2022	Wednesday, May 18, 2022	Thursday, May 19, 2022	Friday, May 20, 2022
Week II	Chick-fil-A	Italian Dunkers w/Marinara	Mongolian Meatballs	Boneless Chicken Wings & BBQ Sauce	Pizza Day
Hot Meal	Chick-fil-A Sandwich & Chips	Assorted Salad Bar	Steamed Rice	Dinner Roll & Steamed Corn	Pepperoni Pizza
	Chick-fil-A Grilled Sandwich & Chips	Fruit of the Day	Soy Sauce	Assorted Salad Bar	Cheese Pizza
	Choice Milk	Choice Milk	Assorted Salad Bar	Fruit of the Day	Optional Extra Slice
Cold			Fruit of the Day & Choice Milk	Choice Milk	Choice Milk
Salad		Sesame Chicken Bun	Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad

	Monday, May 23, 2022	Tuesday, May 24, 2022	Wednesday, May 25, 2022	Thursday, May 26, 2022	Friday, May 27, 2022
Week III	Chick-fil-A	Cheesy Lasagna w/Red Sauce	Walking Beef Taco w/Fixings	Orange Chicken Bowl	Pizza Day
Hot Meal	12 Count Nuggets & Chips	Garlic Toast	Nacho Chips, Beef, Shred Chz, Cilantro	Steamed White Rice	Pepperoni Pizza
	5 Count Nuggets & Chips	Assorted Salad Bar	Sour Cream & Hot Sauce	Soy Sauce	Cheese Pizza
	5 Count Grilled Nuggets & Chips	Fruit of the Day	Assorted Salad Bar	Assorted Salad Bar	Optional Extra Slice
Cold		Choice Milk	Choice Milk	Fruit of the Day & Choice Milk	Choice Milk
Salad		Lime Chicken Bun w/ Boom Sauce	Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad

	Monday, May 30, 2022	Tuesday, May 31, 2022	Chef Spotlight - Steve Fleming (Inventory Analyst)		
Week IV	No School	Turkey & Gravy	Another Pi(e) that goes on and forever		
Hot Meal		Buttered Mashed Potatoes	Recently when thinking about buying a pie for holidays, I recalled a pie, that my dad had made when I was a kid, which I hadn't seen since moving to Minnesota 25 years ago. After calling around - and getting a few laughs and comical remarks - I discovered no one had even heard of such a pie at the half-dozen local bakeries I called. I also read this dessert was a favorite of Johnny Cash and decided if it was good enough for the "The Man In Black", then I'd just make my own! I don't recall ever baking a pie before myself, but this recipe was even easy enough for me. This recipe only takes 5, 6, or 7 ingredients, depending on what options you pick. (Note: While this isn't an exact copy, this is pretty close to the online recipes of the "Johnny Cash's Mom's" version.) -Steve		
		Dinner Roll & Margarine			
		Assorted Salad Bar			
Cold		Fruit of the Day & Choice Milk	Chef Steve Fleming's 'Easy Pineapple Pie' is on Page 2		
Salad		CKC Crazy Good Chicken Bun			

Hot Veg and Cold meals are served with vegetables and fruit of the day

Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruits and milk)

Days	Monday	Tuesday	Wednesday	Thursday	Friday
Deli Salads (Vegetarian choices come with eggs in the place of chicken)		Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	
		Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll 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.	Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	

*Skim and 1% milk choices offered daily.

*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

Easy Pineapple Pie (Chef Steve's Recipe)

Ingredients:	Steps:
<p>* 9-inch pie crust (home-made, store-bought or graham Cracker)</p> <p>* 20 oz (or 2 1/4 cups) canned crushed pineapple in pineapple juice (include juice when preparing)</p> <p>* 8 oz regular cream cheese (This was listed as an Optional ingredient, so I decided to use it)</p> <p>* 1/2 cup unrefined sugar</p> <p>* 1/4 tsp salt</p> <p>* 4 tbsp cornstarch</p> <p>* 1/2 cup shredded coconut (Another optional ingredient, to add a layer of flavor and texture)</p>	<ol style="list-style-type: none"> 1. If it's not already, place an oven rack in the center of your oven, and preheat to 350 F. 2. While preheating, set pie crust aside, and stir all pie filling ingredients together. 3. Slowly pour pie filling into crust, and smooth it around to the edges. 4. When oven is ready at 350 F, put pie in center of the tray and bake for 35 minutes. 5. After removing from oven, cool pie about 20-30 minutes (filling should thicken a bit). 6. After cooling, slice & serve pie. Or you can also... Serve with Cool Whip or ice cream (vanilla bean or coconut work great), if desired. 7. (If it's not all gone...) a covered and refrigerated pie will stay fresh about 4-days, or freeze immediately to enjoy beyond that timeframe

Menu Info June 2022 Menu (Subject to Change)

		Wednesday, June 1, 2022	Thursday, June 2, 2022	Friday, June 3, 2022
Week IV		Twisted Mozzarella Breadsticks w/Italian Dip	Brunch Lunch	Half-Day: No Lunch
Hot Meal		Crispy Cube Potatoes w/Ketchup Assorted Salad Bar Fruit of the Day Choice Milk	French Toast Sticks, Berries & Syrup Turkey Sausage Assorted Salad Bar Fruit of the Day & Choice Milk	
Cold		Chicken Mozzarella Wrap	Sesame Chicken Bun	
Salad		Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	

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