

School Lunch: March 2016

Community Kitchen Pittsburgh

Using food as the foundation to change lives and strengthen communities



Feb 29th	March 1st	March 2nd	March 3rd	March 4th
CHILI · All Beef & Black Beans · · Roasted Squash · Caesar Salad w Housemade Dressing · Mandarin Oranges ·	CHEESE FILLED RAVIOLI · Marinara · Tossed Salad w Tomatoes, Chickpeas Croutons & Balsamic Dressing · Dinner Roll · · Sliced Peaches ·	CHEESEBURGER SUB · On a Whole Grain Sub Bun · with sliced Provolone · Corn and Bean Salsa · Pineapple ·	NEW YORK BRAT PATTY · Brat-Patty Whole Grain Bun · Ketchup & Mustard · Sweet Potato Wedges · Peas & Carrots · Orange ·	PASTA ALFREDO - Chicken Alfredo - Whole Grain Rigatoni - Broccoli Florets - Dinner Roll - Banana -
March 7th	March 8th	March 9th	March 10th	March 7th
BURGER DAY · All Beef Patty Whole Grain Bun · Pickles & Lettuce, Ketchup & Mustard · Chips & Homemade Salsa · Carolina Slaw ·	PASTA DAY · Baked Penne Pasta w/ Mozzarella & Tomatoes · · Spinach Salad w Chickpeas & Red Onion, Balsamic · Pears ·	CKPGH BUFFALO WRAP Baked Chicken w Lettuce, Onions, Peppers & Our Buffalo Sauce - Carrots/Ranch · Grapes -	BBQ SANDWICH · Whole Grain Bun · Pulled Pork · Roasted Red Peppers, Corn Quinoa · Baked Beans · · Orange Wedges ·	STUFFED SHELLS · Cheesy Shells, Marinara · · Snow Peas · Tomato & Cucumber Salad w Chickpeas · Breadstick · Grapes ·
March 14th	March 15th	March 16th	March 17th	March 18th
MACARONI & CHEESE Wholegrain elbow Macaroni, Sharp - Ground Beef - Cheddar Cheese Sauce Sweet potato Peas Fruit Tart	BAKED POTATO BAR with: Cheese, Sour Cream, Black Bean, & Bacon Crumble · Broccoli · Dinner Roll · · Apple ·	BURRITO DAY · Beef with: Chef D's Housemade Salsa, Chopped Romaine, Shredded Cheese, Sour Cream Spanish Rice w/black beans - Roasted Yellow Squash · Oranges	CALZONE DAY · Pepperoni Calzone Marinara Cup · · Tossed Salad w Onion, Chickpeas & Ranch · · Pineapple Tidbits ·	PASTA DAY · Whole Grain Spaghetti · · Housemade Meat Sauce · · Green Pepper Slices w Housemade Dip · · Sliced Melon ·
March 21st	March 22nd	March 23rd	March 24th	March 25th
CHICKEN CAPRESE Chicken w Housemade Basil Pesto Sliced Tomato, Sliced Mozzarella - Spinach Salad w Onion, Chickpea Balsamic - Apple -	PORK CARNITAS Roast Pork Carnitas - Cajun Beans & Greens - Dinner Roll - Apple -	TACO DAY · Chicken Soft Taco w Chef D's Housemade Salsa, Chopped Romaine, & Shredded Cheese · Southwest Potato Hash · Pears ·	HOT HOAGIE · Meatball Housemade Marinara · Mixed Peppers, Onions & Provolone · Potato Salad · Carrot sticks w Housemade Dip · · Grapes ·	CHICKEN POT PIE w/ Carrot, Peas, Corn - Biscuit - Mashed Potatoes - Collard Greens - Banana
March 28th	March 29th	March 30th	March 31st	
CHILI · All Beef and Black Beans · · Roasted Squash · Caesar Salad w Housemade Dressing · Mandarin Oranges ·	CHEESE FILLED RAVIOLI · Marinara · Tossed Salad w Tomatoes, Chickpeas Croutons & Balsamic Dressing · Dinner Roll · · Sliced Peaches ·	CHEESEBURGER SUB · On a Whole Grain Sub Bun · with sliced Provolone · Corn & Bean Salsa · Pineapple ·	NEW YORK BRAT PATTY · Brat-Patty Whole Grain Bun · Ketchup & Mustard · Sweet Potato Wedges · Peas & Carrots · Orange ·	

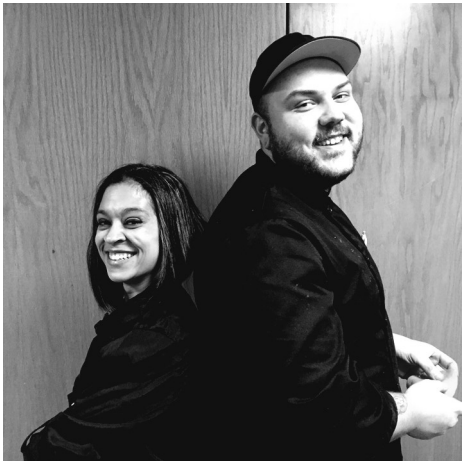
The Lunch Times

Mar 2016

CKPgh

Issue no. 3

Ckpgh.org



CKP Chefs Face-off in Project Lunch Tray 2016: LaTricia vs. Eugene

Community Kitchen Pittsburgh's very own are taking part in this years Project Lunch Tray. PLT is a food education program & cooking competition that challenges participants from local schools to create a lunch menu item that is healthy, kid-friendly & delicious!

Chefs LaTricia "Trish" Proctor & Eugene "Geno" Rutkowski each have a team, marking the first ever CKP Face-off for PLT! Trish is mentoring for Propel Braddock hills & Geno for CISC. Needless to say there has been some friendly competition going on at the CKP office. Geno & Trish will go up against 13 other teams for Round 1 & The Finals.

Round 1 - 2/27 at Smallman Galley 9AM -5:45PM, Free to public
The Finals -3/19 at Farm to Table 11AM-2:00PM, contact for tickets



Project Lunch Tray 2015 Runner Up: Corn & Bean Salsa

A recipe submission from Propel McKeesport

1/2 cup mixed peppers, diced

1/2 cup diced red onion

2 cups cut corn

1 cup beans, rinsed

2 T fresh cilantro, chopped

1 T sugar (optional)

Salt, pepper & ketchup to taste



A recipe submission from
Community Kitchen Pittsburgh's

**2015 PROJECT
LUNCH TRAY**

Dice peppers and onion, in a small dice. Add corn, beans and peppers to bowl and mix. Then add sugar, cilantro, salt and pepper.

Let sit for 4 hours or over night in the fridge.

Remove from fridge, mix thoroughly to disperse flavor. If needed, add ketchup for further flavor. Top with more fresh cilantro and its ready to eat. Enjoy with salad, soups, tacos, or try with a quesadilla!

The original recipe submission included:

Spiced Apple Quesadilla, Corn & Bean Salsa, & Blueberry BBQ Chicken. By Propel McKeesport