



## Hummus Sandwiches

(Michael Bauce, Thousand Oaks Elementary)

### Ingredients:

- 1 ¼ cup dried chickpeas or 3 ½ cups canned chickpeas (garbanzo or ceci beans)
- 5 to 6 cups water
- ¼ cup tahini
- 3 to 5 cloves garlic
- 2 to 3 lemons, for ¼ cup juice
- 1 teaspoon sea salt
- 1 carrot
- 5 small whole-wheat pita breads

### Steps:

1. If using dried chickpeas, rinse and soak chickpeas overnight. Drain soaking water; place chickpeas in pot and add fresh water. Cook 1 to 2 hours or until chickpeas are soft.
2. Mince the garlic, squeeze the lemons, and peel and grate the carrot.
3. Place chickpeas in blender and add tahini, garlic, lemon juice and salt. Blend until creamy smooth, adding water if necessary.
4. Heat a skillet and toast the pita bread. Keep warm under a clean dish towel. Cut bread into 2 to 4 wedges, spread with hummus, place carrots on top and serve.

10 servings

## Monday Tuesday Wednesday Thursday Friday

### 3 Meat or Vegetable Pizza

Salad Bar  
Fresh Fruit  
1% Milk

### 4 Sloppy Joes or Vegetable Joes

Whole-Wheat Bun  
Salad Bar  
Fresh Fruit  
1% Milk

### 5 Meat or Vegetable Pasta with Marinara Sauce

Salad Bar with **Hummus**  
Fresh Fruit  
1% Milk

### 6 BBQ Chicken or Tofu

Roasted Potato Fries & Fresh Vegetables  
Whole-Wheat Roll  
Salad Bar, Fresh Fruit  
1% Milk

### 7 Beef or Vegetable Nachos

Rice & Beans  
Salad Bar  
Fresh Fruit  
1% Milk

### 10 Mediterranean Pita Pizza

Salad Bar  
Fresh Fruit  
1% Milk

### 11 Hot Dogs or Vegetable Dogs on a Whole-Wheat Bun

Baked Beans or Corn  
Salad Bar  
Fresh Fruit  
1% Milk

### 12 Macaroni & Cheese

Fresh Vegetables  
Salad Bar with **Hummus**  
Fresh Fruit  
1% Milk

### 13 Roast Turkey or Vegetable Patty

Mashed Potatoes & Fresh Vegetables, Whole-Wheat Roll  
Salad Bar  
Fresh Fruit  
1% Milk

### 14 Chicken or Vegetable Burritos

Rice & Beans  
Salad Bar  
Fresh Fruit  
1% Milk

### 17 Corned Beef & Cabbage

Potatoes & Carrots  
Salad Bar  
Fresh Fruit  
1% Milk  
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### 18 Tuna Melt on a Whole-Wheat Bagel

Salad Bar  
Fresh Fruit  
1% Milk

### 19 Meat or Vegetable Pasta with Marinara Sauce

Fresh Vegetables  
Salad Bar with **Hummus**  
Fresh Fruit  
1% Milk

### 20 Oven-Fried Chicken or Tofu

Mashed Potatoes & Fresh Vegetables  
Salad Bar  
Fresh Fruit  
1% Milk

### 21 Chicken or Vegetable Quesadilla

Rice & Beans  
Salad Bar  
Fresh Fruit  
1% Milk

### 24 Meat or Vegetable Pizza

Salad Bar  
Fresh Fruit  
1% Milk

### 25 Asian Pork or Vegetable Chow or Lo Mein

Salad Bar  
Fresh Fruit  
1% Milk

### 26 Garlic Chicken & Pasta or Vegetable Pasta with Cheese

Salad Bar with **Hummus**  
Fresh Fruit  
1% Milk

### 27 Teriyaki Chicken or Tofu & Vegetable Stir-Fry on Rice

Salad Bar  
Fresh Fruit  
1% Milk

### 28 Chicken or Vegetable Tamales

Rice & Beans  
Salad Bar  
Fresh Fruit  
1% Milk

### 31 Holiday

# March