

Name : October 2022 Childcare #2 Main Menu		Options Provided : Hot, Hot Veg, Cold & Cold Veg Meals			
Age Group : Childcare (Ages 3-5)		Meal : Lunch		Meal Pattern : CACFP	
Week IV	Monday, October 3, 2022	Tuesday, October 4, 2022	Wednesday, October 5, 2022	Thursday, October 6, 2022	Friday, October 7, 2022
Hot Meal	Old Fashioned Sloppy Joe Whole Grain Bun Steamed Mixed Veggies Diced Chilled Pears Milk	Breaded Chicken Patty Sandwich Bakery Bun & Ketchup Steamed Green Beans Sliced Chilled Peaches Milk	Italian Dunkers Dippin' Sauce Sliced Cucumbers & Ranch Banana Milk	Brunch Lunch Scrambled Eggs & Cheese Corn Muffin & Tator Tots w/ Ketchup Orange Wedges/Mandarin Oranges Milk	Sheet Pan Chicken Dinner Roll Crisp Salad & Dressing Fruited Applesauce/Apple Wedges Milk
Hot Veg	Garden Cheeseburger	Cheese Quesadilla	Italian Dunkers w/Dippin Sauce	French Toast Sticks & Syrup	Grilled Cheese Sandwich
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Cold Veg	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	WG Bagel w/ Wow Butter & Chz Stick	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll
Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022	Thursday, October 13, 2022	Friday, October 14, 2022
Hot Meal	Mozzarella Burger Fresh Bakery Bun & Ketchup CKC Baked Beans Diced Chilled Pears Milk	Pomodoro Meatballs WG Dinner Roll Mashed Potatoes Sliced Chilled Peaches Milk	Creamy Mac & Cheese Fresh Greens & Dressing Banana Milk	Teriyaki Chicken Steamed Seasoned Rice Steamed Cabbage Orange Wedges/Mandarin Oranges Milk	Cheese Quesadilla Fresh Broccoli & Dip Fruited Applesauce/Apple Wedges Milk
Hot Veg	Mozzarella Veggie Burger	Veggie Lasagna Roll	Cheese Hot Pocket w/ Italian Dip	Grilled Cheese Sandwich	Cheese Quesadilla
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Cold Veg	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	WG Bagel w/ Wow Butter & Chz Stick	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll
Week VI	Monday, October 17, 2022	Tuesday, October 18, 2022	Wednesday, October 19, 2022	Thursday, October 20, 2022	Friday, October 21, 2022
Hot Meal	Swedish Meatballs Soft Dinner Roll Steamed Green Beans Diced Chilled Pears Milk	Cheesy Lasagna Roll Steamed Sweet Peas Sliced Chilled Peaches Milk	"New" Sheet Pan Curry Chicken Bakery Roll Creamy Mashed Potatoes Banana Milk	Cheeseburger Whole Grain Bun & Ketchup CKC Baked Beans Orange Wedges/Mandarin Oranges Milk	Chicken Fritters w/ Ketchup Mixed Green Salad & Dressing Fruited Applesauce/Apple Wedges Milk
Hot Veg	Pizza Crunchers & Italian Dip	Veggie Lasagna	Veggie Nuggets w/ Ketchup & Dinner Roll	Garden Cheeseburger	Cheese Quesadilla
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Cold Veg	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	WG Bagel w/ Wow Butter & Chz Stick	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll
Week I	Monday, October 24, 2022	Tuesday, October 25, 2022	Wednesday, October 26, 2022	Thursday, October 27, 2022	Friday, October 28, 2022
Hot Meal	Popcorn Chicken Ketchup Whole Grain Dinner Roll Fresh Broccoli & Dip Diced Chilled Pears & Milk	"New" Creamy Chicken Pasta Steamed Carrots Sliced Chilled Peaches Milk	Taco Rice Bowl Brown Rice topped w/Seasoned Beef Served with Shred Chz, Cilantro & Crema Steamed Green Peas Banana & Milk	Creamy Mac & Cheese Mixed Dinner Salad w/Dressing Orange Wedges/Mandarin Oranges Milk	Sweet & Sour Chicken Steamed Seasoned Brown Rice Steamed Cabbage Fruited Applesauce/Apple Wedges Milk
Hot Veg	Grilled Cheese Sandwich	Smothered Garden Patty w/ WG Roll	Cheese Quesadilla	Creamy Mac & Cheese	Stuffed Breadsticks w/ Sauce
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Cold Veg	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	WG Bagel w/ Wow Butter & Chz Stick	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll
Week II	Monday, October 31, 2022	Chef Spotlight - Nora Martinez (Food Service Manager, CKC) An easy and tasty recipe for Thanksgiving, or even a barbeque night			
Hot Meal	"New" BBQ Beef Sandwich CKC Baked Beans Diced Chilled Pears Milk	<p>"I love cooking for family and friends. Cooking this recipe together as a team with my children for Thanksgiving brings me memories of when I was younger and helped my mother to prepare this special dish. Now that I grew up, I enjoy cooking special meals that my mother used to prepare for our family. Loaded potatoes was a favorite dish on our plate for Thanksgiving and we enjoy every bite of it with special memories.</p> <p style="text-align: right;">- Nora"</p>			
Hot Veg	BBQ Garden Burger				
Cold	Turkey & Cheddar Chz Wrap w/ Mayo				
Cold Veg	Cheese Bun	<p style="text-align: center;">Chef Nora's recipe for 'Loaded Potatoes' is on Page 2</p>			

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

* 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.

This institution is an equal opportunity provider

Loaded Potatoes - Recipe		
Ingredients: * 8 Potatoes *1 Cup butter *1 Cup sour cream *1/2 tsp salt *1/2 Tbls ground black pepper *1 Cup bacon bites *3 whole pickled jalapenos (chop them into little pieces) <u>Reserve these for later</u> *1 Cup shredded cheddar cheese *1 1/2 Cup green onions	Servings: 16	Steps: 1. Wash the potatoes, dry them and cut them in half. Wrap them in thin foil with both slices together and place it on an oven pan. Bake @375 degrees for about 45 minutes. 2. Once cooked, cool and scoop some flesh out of the potatoes leaving a thick shell. The shell will be used later. 3. Mash the scooped flesh and mix all other ingredients. 4. Fill the shells with the mashed potato mix and bake them for about 15-20 minutes. 5. Garnish with cheese, green onions and loaded potatoes are ready to serve.

November 2022 Menu (Subject to Change)

Week II	Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022
Hot Meal	Soft Shell Chicken Taco WG Tortilla, Seasoned Chicken & Cheese Steamed Mixed Veggies Sliced Chilled Peaches Milk	Meatball Sub w/Mozzarella Sliced Cucumbers & Dip Banana Milk	Brunch Lunch French Toast Sticks & Syrup Tator Tots & Ketchup Orange Wedges/Mandarin Oranges Milk	Chicken Butter Parmesan Pasta Mixed Greens Salad & Dressing Fruited Applesauce/Apple Wedges Milk
Hot Veg	Creamy Mac & Cheese	Veggie Lasagna Roll	French Toast Sticks & Syrup	Egg Fried Rice
Cold	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Cold Veg	4.6 oz Wowbutter & Jelly Sandwich	WG Bagel w/ Wow Butter & Chz Stick	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll

Week III	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
Hot Meal	Premium Chicken Nuggets Ketchup Steamed Green Beans Diced Chilled Pears	Mandarin Orange Chicken Steamed Brown Rice Crisp Broccoli w/ Dip Sliced Chilled Peaches	Good Ole Fashioned Hamburger Ketchup Steamed Mixed Veggies Banana	Cheesy Meatballs WG Roll Garden Salad & Dressing Orange Wedges/Mandarin Oranges	"New" Authentic Chicken Stir Fry Seasoned Rice Steamed Cabbage Fruited Applesauce/Apple Wedges
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Bean & Cheese Burrito	Grilled Cheese Sandwich	Pizza Crunchers w/ Italian Dip	Stuffed Breadsticks w/ Sauce
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Cold Veg	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	WG Bagel w/ Wow Butter & Chz Stick	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll

* 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.