

Menu Info	Name : April 2022 Child Care #2 Pizza E0W Friday Menu - with Fresh & Steamed Veggies		Options Provided : Hot, Hot Vegetarian, Cold & Cold Vegetarian Meals	
	Age Group : Childcare (Ages 3-5)		Meal Pattern : CACFP	
Chef Spotlight - Oscar Yangari (Offsite Kitchen Manager)				
Week I	<b>Food is not just about eating for Energy; It's something to Experience</b>			Friday, April 1, 2022
Hot Meal	<p>If you know how to cut a whole chicken into pieces, you can make 'Seco de pollo' in just a few steps! This traditional family recipe has been in the family for decades and inherited by young generations, inspiring what to cook on the fly, when you have guests unexpected. My short personal experience:</p> <p>One day, I had my significant other over for dinner and my menu for that day was shrimp ceviche (another typical delicious dish). I had everything ready and was ready to serve when she arrives. My luck (or the opposite), I totally forgot that my then roommate was allergic to shrimp even by the smell. My roommate was out that morning and I remembered this allergy only after he reached home. Immediately, I got so nervous not knowing what to do for plan B because she was on her way already! What could I cook on the fly? And this recipe flashed in my mind. Right away I asked my roommate, "Do you have chicken?". Luckily, he did! I was thinking to myself "No matter how it turns out, I am cooking it". I started cutting the whole chicken into pieces, shaking and nervous! By the time she got home I had the rice going and the chicken in process, but I was so nervous because I told her that the dinner was ready and to not be late, lol! Somehow, I did it fast and she just waited 15 minutes while she was watching me cooking nervous! I still remember those intense moments, as if it was just yesterday but that was a great day!</p>			<p><b>Teriyaki Grilled Chicken</b></p> <p>WG Dinner Roll</p> <p>CKC Baked Beans</p> <p>Fruit of the Day</p>
Hot Veg	<p>Luckily, he did! I was thinking to myself "No matter how it turns out, I am cooking it". I started cutting the whole chicken into pieces, shaking and nervous! By the time she got home I had the rice going and the chicken in process, but I was so nervous because I told her that the dinner was ready and to not be late, lol! Somehow, I did it fast and she just waited 15 minutes while she was watching me cooking nervous! I still remember those intense moments, as if it was just yesterday but that was a great day!</p>			<b>Sweet &amp; Sour Veggie Nuggets</b>
Cold				Banh Mi Chicken Sandwich w/Sauce
Cold Veg	Chef Oscar's recipe 'Seco De Pollo' is on Page 2			Egg Salad & Dinner Roll

	Monday, April 4, 2022	Tuesday, April 5, 2022	Wednesday, April 6, 2022	Thursday, April 7, 2022	Friday, April 8, 2022
Week II	<b>BBQ Meatballs</b>	<b>Chicken Tenders &amp; Waffle</b>	<b>Soft Shell Beef Taco</b>	<b>Chicken &amp; Potato Pilaf</b>	<b>Fresh Hot Pizza</b>
Hot Meal	Corn Muffin CKC Baked Beans Fruit of the Day	Cucumber Slices & Dip Fruit of the Day	WG Tortilla, Seasoned Beef & Cheese Garden Salad & Dressing Fruit of the Day	Steamed Carrots Fruit of the Day	Crisp Broccoli & Dip Fruit of the Day
Hot Veg	<b>BBQ Garden Burger</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Veggie Lasagna Roll</b>	<b>Pancake &amp; Syrup w/ Yogurt Cup &amp; Cheese Stick</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	Wowbutter & Jelly Sandwich	Sesame Chicken Bun	Turkey & Cheese Wrap w/Mayo	CKC Crazy Good Chicken Bun	Asian Chicken Sticky 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

	Monday, April 11, 2022	Tuesday, April 12, 2022	Wednesday, April 13, 2022	Thursday, April 14, 2022	Friday, April 15, 2022
Week III	<b>Meatball Mac &amp; Cheese</b>	<b>Hamburger w/ Ketchup</b>	<b>Juicy Chicken Parmesan Sandwich</b>	<b>Mongolian Meatballs</b>	<b>Lemony Garlic Chicken</b>
Hot Meal	Steamed Peas Fruit of the Day	Beef Patty, WG Bun & Ketchup Crisp Salad & Dressing Fruit of the Day	Parmesan Chicken WG Bun & Mozzarella Cheese Steamed Green Beans Fruit of the Day	WG Roll Steamed Carrots Fruit of the Day	Warm Cilantro Rice Broccoli & Dip Fruit of the Day
Hot Veg	<b>Bean &amp; Cheese Burrito</b>	<b>Veggie Burger</b>	<b>Egg Fried Rice</b>	<b>Veggie Lasagna Roll</b>	<b>Teriyaki Veggie Nuggets &amp; Cinnamon Goldfish</b>
Cold	Chicken & Cheese Torta Sandwich	Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken on Sandwich w/Sauce	Chicken & Cheddar Wrap	Teriyaki Chicken 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

	Monday, April 18, 2022	Tuesday, April 19, 2022	Wednesday, April 20, 2022	Thursday, April 21, 2022	Friday, April 22, 2022
Week IV	<b>Ole Fashioned Sloppy Joe</b>	<b>Chicken Taco</b>	<b>Italian Dunkers</b>	<b>BBQ Chicken Filet</b>	<b>Fresh Hot Pizza</b>
Hot Meal	Whole Grain Bun Steamed Mixed Veggies Fruit of the Day	WG Tortilla, Chicken & Cheese Cheesy Refried Beans Fruit of the Day	Dippin' Sauce Sliced Cucumbers & Dip Fruit of the Day	WG Roll Steamed Green Beans Fruit of the Day	Garden Salad & Dressing Fruit of the Day
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Swedish Veggie Patty &amp; WG Roll</b>	<b>Cheese Bosco Sticks w/ Marinara Sauce</b>	<b>French Toast Sticks w/ Syrup &amp; Yogurt</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	Turkey Bun w/Mayo	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap	Sesame Chicken Bun	Chicken & Cheese Torta Sandwich
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

	Monday, April 25, 2022	Tuesday, April 26, 2022	Wednesday, April 27, 2022	Thursday, April 28, 2022	Friday, April 29, 2022
Week V	<b>Golden Chicken Patty Sandwich</b>	<b>Brunch Lunch</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Creamy Swedish Meatballs</b>	<b>Chicken Fried Rice</b>
Hot Meal	WG Bakery Bun & Ketchup Steamed Mixed Vegetable Fruit of the Day	Waffle & Syrup Turkey Sausage Patty Crisp Broccoli & Ranch Dip Fruit of the Day	Wheat Dinner Roll Steamed Green Beans Fruit of the Day	Dinner Roll Crisp Salad & Dressing Fruit of the Day	Steamed Peas Fruit of the Day
Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Twisted Cheese Breadsticks</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Waffles w/Syrup &amp; Yogurt Cup &amp; Chz Stick</b>	<b>Egg Fried Rice</b>
Cold	Roast Turkey on Wheat Bread	Asian Chicken Sticky Bun	Chicken Caesar Wrap	CKC Crazy Good Chicken Bun	Chicken & Cheese Torta Sandwich
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

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

**Seco De Pollo (Ecuadorian Chicken Stew) (Chef Oscar's Recipe)**

Ingredients:	Ingredients to Blend	Steps:
* 3.3 Lbs Mix of Chicken Legs & Thighs * 1 Tsp Cumin * 1 Tsp Paprika (or 1 Tsp Achiote) * 1 Tbsp Vegetable Oil * Salt & Pepper To taste  <b>Prep Time : 30 Minutes Cook Time : 60 Minutes Servings 5</b>	* 3 Large Tomatoes Cut into chunks * 1 Bell Pepper. Deseeded and cut into small pieces (reserve half to add to the stew) * 1 Yellow onion peeled and cut into chunks * 5 Cloves of garlic, peeled * 1 Bunch Parsley (reserve some leaves to garnish) * 2 Thai chilis (optional) or add chili powder to taste * Juice of 1/2 orange * 1 Cup chicken stock	** Rub the chicken with cumin and paprika, and set it aside to marinate for about 30 minutes while you work on the other ingredients. ** Place the tomatoes, bell pepper, onions, garlic, parsley, chilis, orange juice into a food processor. Blend together to a thick chunky sauce. ** Heat some vegetable oil in a large pot and brown the chicken. ** Pour the blended sauce over the chicken and bring to a boil. Add the other chopped half of the bell pepper into the pot. ** Reduce the heat to low, cover and simmer for an hour. ** After an hour, remove the chicken and if you prefer a chunkier sauce, cook it for another 15 minutes to reduce it down. Add salt & pepper to taste. Sprinkle finely chopped fresh parsley on top of the stew. ** Enjoy it with brown rice, pickled red onions and fried plantains.

**Menu Info May 2022 Menu (Subject to Change)**

	Monday, May 2, 2022	Tuesday, May 3, 2022	Wednesday, May 4, 2022	Thursday, May 5, 2022	Friday, May 6, 2022
Week VI	<b>Popcorn Chicken</b>	<b>Brunch Lunch</b>	<b>Mac &amp; Cheese</b>	<b>All Beef Hamburger</b>	<b>Fresh Hot Pizza</b>
Hot Meal	Ranch Dip Dinner Roll Steamed Mixed Veggies Fruit of the Day	French Toast Sticks & Syrup Yogurt Cup Tater Tots w/Ketchup Fruit of the Day	Fresh Bakery Roll Garden Salad & Dressing Fruit of the Day	WG Bun & Ketchup Cucumber Slices & Dip Fruit of the Day	Steamed Green Beans Fruit of the Day
Hot Veg	<i>Pizza Crunchers &amp; Italian Dip</i>	<i>Veggie TexMex Wrap</i>	<i>Garden Cheeseburger</i>	<i>Cheese Bosco Sticks</i>	<i>Fresh Hot Cheese Pizza</i>
Cold	Turkey Bun w/Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap	Asian Chicken Sticky Bun	Teriyaki Chicken 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

	Monday, May 9, 2022	Tuesday, May 10, 2022	Wednesday, May 11, 2022	Thursday, May 12, 2022
Week I	<b>Cheesy Lasagna Roll</b>	<b>Meatball Sub</b>	<b>Orange Chicken</b>	<b>Brunch Lunch</b>
Hot Meal	Steamed Green Beans Fruit of the Day	Whole Grain Hot Dog Bun Crisp Dinner Salad & Dressing Fruit of the Day	Steamed Rice Steamed Sweet Peas Fruit of the Day	Buttermilk Pancake & Syrup Sausage Patties Cucumber Slices & Dip Fruit of the Day
Hot Veg	<i>Louisiana Veggie Burger</i>	<i>Grilled Cheese Sandwich</i>	<i>Twisted Cheese Breadsticks</i>	<i>Cheesy Calzone</i>
Cold	Turkey Bun w/Mayo	Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap	Chicken & Cheese Torta Sandwich
Cold Veg	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	WG Bagel w/ Wow Butter & Chz Stick	Cheese Sandwich on Wheat Bread

\*Skim and 1% milk choices offered daily.

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