

This institution is an equal opportunity provider

Menu Info		Name : Child Care #2 Pizza EOW Friday Menu - with Fresh & Steamed Veggies			Options: Hot, Hot Vegetarian, Cold and Cold Vegetarian Meals		
		Age Group : Childcare (Ages 3-5)		Meal : Lunch		Meal Pattern : CACFP	
		Monday, August 2, 2021	Tuesday, August 3, 2021	Wednesday, August 4, 2021	Thursday, August 5, 2021	Friday, August 6, 2021	
Week III		Meatball Mac & Cheese	Hamburger w/ Ketchup	Orange Chicken	Mongolian Meatballs	Chicken Tenders & Ketchup	
Hot Meal		Steamed Peas	Beef Patty, WG Bun & Ketchup	Steamed Rice	WG Roll	Cucumbers & Dip	
		Fruit of the Day	Crisp Salad & Dressing	Steamed Green Beans	Steamed Carrots	Fruit of the Day	
			Fruit of the Day	Fruit of the Day	Fruit of the Day		
Hot Veg		Bean & Cheese Burrito	Veggie Burger	Egg Fried Rice	Veggie Lasagna Roll	Teriyaki Veggie Nuggets & Cinnamon Goldfish	
Cold		Chicken & Cheese Torta Sandwich	Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken on Sandwich w/Sauce	Chicken & Cheddar Wrap	Teriyaki Chicken Bun	
		Monday, August 9, 2021	Tuesday, August 10, 2021	Wednesday, August 11, 2021	Thursday, August 12, 2021	Friday, August 13, 2021	
Week IV		Old Fashioned Sloppy Joe	Chicken Taco	Swedish Salisbury Steak	Premium Chicken Nuggets	Fresh Hot Pizza	
Hot Meal		Whole Grain Bun	WG Tortilla, Chicken & Cheese	Cucumber Slices & Dip	Ketchup	Garden Salad & Dressing	
		Steamed Mixed Veggies	Cheesy Refried Beans	Whole Grain Bakery Roll	Steamed Green Beans	Fruit of the Day	
		Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day		
Hot Veg		Pizza Crunchers & Italian Dip	Colby Cheese Omelet & WG Muffin	Cheese Bosco Sticks w/ Italian Dip	French Toast Sticks w/ Syrup & Yogurt	Fresh Hot Cheese Pizza	
Cold		Turkey Bun w/Mayo	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap	Sesame Chicken Bun	Chicken & Cheese Torta Sandwich	
		Monday, August 16, 2021	Tuesday, August 17, 2021	Wednesday, August 18, 2021	Thursday, August 19, 2021	Friday, August 20, 2021	
Week V		Golden Chicken Patty Sandwich	Brunch Lunch	Sweet & Sour Chicken	Creamy Swedish Meatballs	Bosco Stuffed Breadstick	
Hot Meal		WG Bakery Bun & Ketchup	Waffle & Syrup	Wheat Dinner Roll	Dinner Roll	Italian Dip	
		Steamed Mixed Vegetable	Turkey Sausage Patty	Steamed Green Beans	Crisp Salad & Dressing	Cucumbers & Dip	
		Fruit of the Day	Crisp Broccoli & Ranch Dip	Fruit of the Day	Fruit of the Day	Fruit of the Day	
Hot Veg		Mozzarella Veggie Burger	Wild Mikes Cheese Bites	Creamy Mac & Cheese	Waffles w/Syrup & Yogurt Cup & Chz Stick	Cheese Quesadilla	
Cold		Roast Turkey on Wheat Bread	Asian Chicken Sticky Bun	Chicken Ceasar Wrap	CKC Crazy Good Chicken Bun	Chicken & Cheese Torta Sandwich	
		Monday, August 23, 2021	Tuesday, August 24, 2021	Wednesday, August 25, 2021	Thursday, August 26, 2021	Friday, August 27, 2021	
Week VI		Popcorn Chicken	Brunch Lunch	Mac & Cheese	All Beef Hamburger	Fresh Hot Pizza	
Hot Meal		Ranch Dip	French Toast Sticks & Syrup	Fresh Bakery Roll	WG Bun & Ketchup	Steamed Green Beans	
		Dinner Roll	Yogurt Cup	Garden Salad & Dressing	Cucumber Slices & Dip	Fruit of the Day	
		Steamed Mixed Veggies	Tater Tots w/Ketchup	Fruit of the Day	Fruit of the Day		
		Fruit of the Day	Fruit of the Day				
Hot Veg		Pizza Crunchers & Italian Dip	Veggie TexMex Wrap	Garden Cheeseburger	Cheese Quesadilla	Fresh Hot Cheese Pizza	
Cold		Turkey Bun w/Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap	Asian Chicken Sticky Bun	Teriyaki Chicken Bun	
		Monday, August 30, 2021	Tuesday, August 31, 2021	CKC Chef Spotlight - CKC Chef Najil Bagdadi (A Recipe & Some Background)			
Week I		Premium Chicken Tenders	Meatball Sub	<p>CKC Chef Naj's Guacamole Wisdom (Chef Naj's Guacamole Recipe on Page 2)</p> <p>" I love guacamole (guac), when done right. A great condiment or great by itself with some chips. What I don't like is under seasoned, bland guac that looks beautiful but underwhelming the moment you taste it. The below recipe was my response to that experience happening TOO MANY TIMES.</p> <p>Being married to a Mexican, I've acquired several recipes over the years. Some I learned from my wife, some are improved versions, some I developed myself for family functions. This recipe is the only one I had before I met my wife. I make this for family events all the time for my in-laws and I often hear, "best guac ever" when I bring it. Always a hit. Hopefully, the cartels will someday loosen their stranglehold on avocado farmers so you can make a big batch of this without it costing a fortune. "</p> <p style="text-align: right;">- Chef Naj</p>			
Hot Meal		Ketchup	Whole Grain Hot Dog Bun				
		CKC Baked Beans	Crisp Dinner Salad & Dressing				
		Fruit of the Day	Fruit of the Day				
Hot Veg		Louisiana Veggie Burger	Grilled Cheese Sandwich				
Cold		Turkey Bun w/Mayo	Honey Mustard Chicken on WG Bun				
<i>Hot Veg, Cold and Cold Veg meals are served with vegetables and fruit of the day</i>							
Cold Vegetarian meals (Served with Veggie & Fruit of the Day)							
	Monday	Tuesday	Wednesday	Thursday	Friday		
Cold Veg Weeks I, III, V	Cheese Bun	Yogurt Cup, Cheese Stick & Muffin	WG Bagel & Wow Butter Cup Cheese Stick	Cheese Sandwich on Wheat Bread	Yogurt Cup, Cheese Stick & Cinnamon Goldfish		
Cold Veg Weeks II, IV, VI	Stuffed Cream Chz Bagel, Yogurt & Cheese Cubes	WG Tortilla w/ Cheese Cup, String Cheese	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Egg Salad & Dinner Roll		

*Skim and 1% milk choices offered daily.
*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

Guacamole - Chef Naj's Recipe

Ingredients	Yield : 6 Cups	Steps
<ul style="list-style-type: none"> - 5 avocados - 3 jalapenos (seeds taken out) - 1/2 yellow onion - 4 whole ripe limes - 1 can of chipotle peppers. Use only the juice, discard the whole peppers. - 2 tsp cumin - 1 tsp chili powder - 3 cloves raw garlic 	<ul style="list-style-type: none"> - 2 tsp tajin seasoning - 1 cup sliced cilantro (use a sharp knife, bunch up the cilantro with your fingers and slice using the length of the blade so you're cutting the cilantro instead of pulverizing it into grass clippings) - 1 tbsp. of salt to start, add more if desired at the end. 	<ul style="list-style-type: none"> - Dice garlic, onion and jalapeno. Combine in a small bowl w/ salt and lime to macerate, let sit while doing other steps. - Cut avocados in half, remove cores and crisscross cut while still in the skin. Cuts should be 1 inch thick so when you scoop out with a spoon you have little avocado cubes. - Scoop avocado cubes into mixing bowl, add the rest of your ingredients including macerated mix from step 1. Thoroughly mix with fork or gloved hand. I prefer to leave a little chunky, but you can make smoother if desired. Taste and add more salt and lime if you prefer, sometimes I do.

Menu Info					
September 2021 Menu (Subject to Change)					
		Wednesday, September 1, 2021	Thursday, September 2, 2021	Friday, September 3, 2021	
Week I					
Hot Meal					
Hot Veg					
Cold					
Monday, September 6, 2021		Tuesday, September 7, 2021	Wednesday, September 8, 2021	Thursday, September 9, 2021	Friday, September 10, 2021
Week II	BBQ Meatballs	Wild Mikes Cheese Bites	Soft Shell Beef Taco	Tater Tots Casserole	Fresh Hot Pizza
Hot Meal	Corn Muffin	Italian Dippin Sauce	WG Tortilla, Seasoned Beef & Cheese	Tater Tots served over hot dish	Crisp Broccoli & Dip
	CKC Baked Beans	Cucumber Slices & Dip	Garden Salad & Dressing	Dinner Roll	Fruit of the Day
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	
Hot Veg	BBQ Garden Burger	Cheesy Pull Apart Bread	Veggie Lasagna Roll	Pancake & Syrup w/ Yogurt Cup & Cheese Stick	Fresh Hot Cheese Pizza
Cold	Wowbutter & Jelly Sandwich	Sesame Chicken Bun	Turkey & Cheese Wrap w/Mayo	CKC Crazy Good Chicken Bun	Asian Chicken Sticky Bun

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