

This institution is an equal opportunity provider

Name : August 2022 Child Care #2 Pizza EOW Friday Menu - with Fresh & Steamed Veggies		Options Provided : Hot, Hot Veg, Cold & Cold Veg Meals			
Age Group : Childcare (Ages 3-5)		Meal : Lunch		Meal Pattern : CACFP	
Week I	Monday, August 1, 2022	Tuesday, August 2, 2022	Wednesday, August 3, 2022	Thursday, August 4, 2022	Friday, August 5, 2022
Hot Meal	Cheesy Lasagna Roll Steamed Green Beans Fruit of the Day & Milk	Meatball Sub Whole Grain Hot Dog Bun Crisp Dinner Salad & Dressing Fruit of the Day & Milk	Orange Chicken Steamed Rice Steamed Sweet Peas Fruit of the Day & Milk	Brunch Lunch Buttermilk Pancake & Syrup Sausage Patties Cucumber Slices & Dip Fruit of the Day & Milk	Teriyaki Grilled Chicken WG Dinner Roll CKC Baked Beans Fruit of the Day & Milk
Hot Veg	Louisiana Veggie Burger	Grilled Cheese Sandwich	Twisted Cheese Breadsticks	Cheesy Calzone	Sweet & Sour Veggie Nuggets w/ WG Roll
Cold	Turkey Bun w/Mayo	Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap	Chicken & Cheese Torta Sandwich	Banh Mi Chicken Sandwich w/Sauce
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, August 8, 2022	Tuesday, August 9, 2022	Wednesday, August 10, 2022	Thursday, August 11, 2022	Friday, August 12, 2022
Hot Meal	BBQ Meatballs Corn Muffin CKC Baked Beans Fruit of the Day & Milk	Chicken Tenders & Waffle Cucumber Slices & Dip Fruit of the Day & Milk	Soft Shell Beef Taco WG Tortilla, Seasoned Beef & Cheese Garden Salad & Dressing Fruit of the Day & Milk	Chicken Fried Rice Steamed Carrots Fruit of the Day & Milk	Fresh Hot Pizza Crisp Broccoli & Dip Fruit of the Day & Milk
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese	Veggie Lasagna Roll	Pancake w/ Syrup, Yogurt & Chz 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
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 III	Monday, August 15, 2022	Tuesday, August 16, 2022	Wednesday, August 17, 2022	Thursday, August 18, 2022	Friday, August 19, 2022
Hot Meal	Meatball Mac & Cheese Steamed Peas Fruit of the Day & Milk	Hamburger w/ Ketchup Beef Patty, WG Bun & Ketchup Crisp Salad & Dressing Fruit of the Day & Milk	Juicy Chicken Parmesan Sandwich Parmesan Chicken WG Bun & Mozzarella Cheese Steamed Green Beans Fruit of the Day & Milk	Mongolian Meatballs WG Roll Steamed Carrots Fruit of the Day & Milk	Lemony Garlic Chicken Warm Cilantro Rice Broccoli & Dip Fruit of the Day & Milk
Hot Veg	Bean & Cheese Burrito	Veggie Burger	Egg Fried Rice	Veggie Lasagna Roll	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
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 IV	Monday, August 22, 2022	Tuesday, August 23, 2022	Wednesday, August 24, 2022	Thursday, August 25, 2022	Friday, August 26, 2022
Hot Meal	Ole Fashioned Sloppy Joe Whole Grain Bun Steamed Mixed Veggies Fruit of the Day & Milk	Chicken Taco WG Tortilla, Chicken & Cheese Cheesy Refried Beans Fruit of the Day & Milk	Italian Dunkers Dippin' Sauce Sliced Cucumbers & Dip Fruit of the Day & Milk	BBQ Chicken Filet WG Roll Steamed Green Beans Fruit of the Day & Milk	Fresh Hot Pizza Garden Salad & Dressing Fruit of the Day & Milk
Hot Veg	Pizza Crunchers & Italian Dip	Swedish Veggie Patty & WG Roll	Cheese Breadsticks w/ Red Sauce	French Toast 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
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, August 29, 2022	Tuesday, August 30, 2022	Wednesday, August 31, 2022	Chef Spotlight -Mai-Yang Yang (Food Service Manager, CKC)	
Hot Meal	Golden Chicken Patty Sandwich WG Bakery Bun & Ketchup Steamed Mixed Vegetable Fruit of the Day & Milk	Brunch Lunch Waffle & Syrup Turkey Sausage Patty Crisp Broccoli & Ranch Dip Fruit of the Day & Milk	Sweet & Sour Chicken Wheat Dinner Roll Steamed Green Beans Fruit of the Day & Milk	<p>Good Taste Does Not Come From Measuring Cups</p> <p>" I started cooking at a very young age of 5. Every morning, I cooked a common dish for all my siblings. I have never used any measuring cups or tools. I just eyeball the measurements. But I have always made sure to taste test the recipe, to make sure it meets my expectation. And the outcome of my food has always tasted amazing!"</p> <p>- Mai-Yang</p> <p>Chef Mai-Yang's 'Sweet & Spicy Scrambled Egg Stir-Fry' recipe is on Page 2</p>	
Hot Veg	Mozzarella Veggie Burger	Twisted Cheese Breadsticks	Creamy Mac & Cheese		
Cold	Roast Turkey on Wheat Bread	Asian Chicken Sticky Bun	Chicken Ceasar Wrap		
Cold Veg	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	WG Bagel w/ Wow Butter & Chz Stick		

* 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.

Sweet & Spicy Scrambled Egg Stir-Fry w/ Mixed Veggies & Sour Sesame Rice

<p>Ingredients : Sweet & Spicy Scrambled Egg Stir-Fry</p> <ul style="list-style-type: none"> * Eggs : 2 * Mixed Veggies : 1/2 Cup (Diced Carrots, Peas and corn) * Salt : 1/4 Tsp + 1/4 Tsp * Brown Sugar : 1 Tbsp + 1 Tbsp * Soy Sauce : 1 Tsp + 1 Tsp * Fish Sauce : 1 Tsp * Butter/Oil : 1 Tbsp * Water : 1 Tbsp * Red Pepper Powder : 1/2 Tsp (Optional, add only if you prefer spicy version) 	<p>Number of Servings: 1</p>	<p>Steps : Sweet & Spicy Scrambled Egg Stir-Fry</p> <ol style="list-style-type: none"> 1. Heat Butter/Oil in a saucepan. Add mixed veggies and cook on a medium temperature. 2. Add 1/4 Tsp salt and 1 Tbsp Brown sugar. Stir Well. 3. When the veggies are cooked half-way through, add 1 Tsp of Soy Sauce, 1 Tsp of Fish Sauce and 1 Tbsp of water. Mix the sauces with veggies well. 4. The mixture should be thick, not watery. 5. Once the veggies are cooked, the stir-fry portion is done. Keep it in a separate bowl, for later use. 6. Cook the eggs in a different pan, to make the scramble. 7. Add 1 Tsp of Soy Sauce, 1 Tbsp of Brown Sugar, 1/4 Tsp of Salt and stir well. 8. When the eggs are well cooked, add the veggie stir-fry mixture to the scrambled egg mixture and stir well.
<p>Ingredients: Sour Sesame Rice</p> <ul style="list-style-type: none"> * Rice - 1 Cup * Water : 1 Cup * Black Pepper : 1/4 Tsp * Sesame Seeds : 1/4 Tsp * Salt : As needed * Lemon/Lime Wedge : 1 	<p>Number of Servings: 1</p>	<p>Steps: Sour Sesame Rice</p> <ol style="list-style-type: none"> 1. Rinse the rice well and cook it. (I use rice cooker to cook the rice) 2. Once the rice is cooked, gently stir in black pepper, salt, and sesame seeds into it. 3. Squeeze the lemon/lime wedge on rice and mix gently. 4. Enjoy the Scrambled egg stir-fry with the warm rice.

September 2022 Menu (Subject to Change)

Week V	Thursday, September 1, 2022	Friday, September 2, 2022
Hot Meal	Creamy Swedish Meatballs Dinner Roll Crisp Salad & Dressing Fruit of the Day & Milk	Cheese Quesadilla Steamed Peas Fruit of the Day & Milk
Hot Veg	Waffles w/Syrup, Yogurt & Chz Stick	Egg Fried Rice
Cold	CKC Crazy Good Chicken Bun	Chicken & Cheese Torta Sandwich
Cold Veg	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll

Week VI	Monday, September 5, 2022	Tuesday, September 6, 2022	Wednesday, September 7, 2022	Thursday, September 8, 2022	Friday, September 9, 2022
Hot Meal	Popcorn Chicken Ranch Dip Dinner Roll Steamed Mixed Veggies Fruit of the Day & Milk	Brunch Lunch French Toast Sticks & Syrup Yogurt Cup Tater Tots w/Ketchup Fruit of the Day & Milk	Mac & Cheese Fresh Bakery Roll Garden Salad & Dressing Fruit of the Day & Milk	All Beef Hamburger WG Bun & Ketchup Cucumber Slices & Dip Fruit of the Day & Milk	Fresh Hot Pizza Steamed Green Beans Fruit of the Day & Milk
Hot Veg	Pizza Crunchers & Italian Dip	Veggie TexMex Wrap	Garden Cheeseburger	Cheese Breadsticks	Fresh Hot Cheese Pizza
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

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