

Menu Name : August 2023 Childcare #2 Pizza Every Other Fridays Menu
Grade Level / Age Group : Childcare (Ages 3-5)

Options Provided : Hot, Hot Vegetarian, Cold and Cold Vegetarian
Meal Pattern : CACFP Meal: Lunch

	Chef Spotlight	Tuesday, August 1, 2023	Wednesday, August 2, 2023	Thursday, August 3, 2023	Friday, August 4, 2023	
Hot Meal	Xeng Yang <i>Prep Tag Coordinator</i> <i>Xeng Yang's recipe for Spicy Asian Honey Chicken Wings is on Page 2.</i>	Pomodoro Meatballs	Creamy Mac & Cheese	Teriyaki Chicken	Cheese Quesadilla	Week V
		WG Dinner Roll Mashed Potatoes Chilled Peaches Milk	Fresh Greens & Dressing Banana Milk	Steamed Seasoned Rice Steamed Carrots Fresh Melon Cubes Milk	Fresh Broccoli & Dip Applesauce Cup Milk	
		Veggie Nuggets w/ Ketchup & Dinner Roll	Cheese Hot Pocket w/ Italian Dip	Grilled Cheese Sandwich	Cheese Quesadilla	
		Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	
Hot Veg						
Cold						
Cold Veg		4.6 oz Wowbutter & Jelly Sandwich	Deli Cheese Wrap	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll	

	Monday, August 7, 2023	Tuesday, August 8, 2023	Wednesday, August 9, 2023	Thursday, August 10, 2023	Friday, August 11, 2023	
Hot Meal	Swedish Meatballs	Macaroni & Meatsauce	Stuffed Cheese Stick Pack w/ Dip	Cheeseburger	Fresh Hot Pizza	Week VI
	Soft Dinner Roll Steamed Green Beans Diced Chilled Pears Milk	Steamed Sweet Peas Chilled Peaches Milk	Steamed Mixed Veggies Banana Milk	Whole Grain Bun & Ketchup CKC Baked Beans Fresh Melon Cubes Milk	Mixed Greens Salad & Dressing Applesauce Cup Milk	
	Pizza Crunchers & Italian Dip	Cheesy Pull-Aparts	Cheese Quesadilla	Garden Cheeseburger	Fresh Hot Cheese Pizza	
	Turkey & Cheddar Chz Wrap	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	
Hot Veg						
Cold						
Cold Veg	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Deli Cheese Wrap	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll	

	Monday, August 14, 2023	Tuesday, August 15, 2023	Wednesday, August 16, 2023	Thursday, August 17, 2023	Friday, August 18, 2023	
Hot Meal	Popcorn Chicken	Brunch Lunch	Taco Rice Bowl	Creamy Mac & Cheese	Sweet & Sour Chicken	Week I
	Ketchup Whole Grain Dinner Roll Fresh Broccoli & Dip Diced Chilled Pears & Milk	Buttermilk Pancake Homemade Berry Burst Syrup Scrambled Eggs & Steamed Carrots Chilled Peaches & Milk	Brown Rice topped w/Seasoned Beef Served with Shred Chz, Cilantro & Crema Steamed Green Peas Banana & Milk	Mixed Dinner Salad w/Dressing Fresh Melon Cubes Milk	Steamed Seasoned Brown Rice Steamed Broccoli Applesauce Cup Milk	
	Grilled Cheese Sandwich	Smothered Garden Patty w/ WG Roll	Cheese Quesadilla	Creamy Mac & Cheese	Stuffed Breadsticks w/ Sauce	
	Turkey & Cheddar Chz Wrap	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	
Hot Veg						
Cold						
Cold Veg	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Deli Cheese Wrap	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll	

	Monday, August 21, 2023	Tuesday, August 22, 2023	Wednesday, August 23, 2023	Thursday, August 24, 2023	Friday, August 25, 2023	
Hot Meal	BBQ Beef Sandwich	Soft Shell Chicken Taco	Meatball Sub w/Mozzarella	Brunch Lunch	Fresh Hot Pizza	Week II
	CKC Baked Beans Diced Chilled Pears Milk	WG Tortilla, Seasoned Chicken & Cheese Steamed Mixed Veggies Chilled Peaches Milk	Sliced Cucumbers & Dip Banana Milk	French Toast Sticks & Syrup Tater Tots & Ketchup Fresh Melon Cubes Milk	Mixed Greens Salad & Dressing Applesauce Cup Milk	
	BBQ Garden Burger	Creamy Mac & Cheese	Cheesy Pull-Aparts	French Toast Sticks & Syrup	Fresh Hot Cheese Pizza	
	Turkey & Cheddar Chz Wrap	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	
Hot Veg						
Cold						
Cold Veg	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Deli Cheese Wrap	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll	

	Monday, August 28, 2023	Tuesday, August 29, 2023	Wednesday, August 30, 2023	Thursday, August 31, 2023		
Hot Meal	Premium Chicken Nuggets	Mandarin Orange Chicken	Good Ole Fashioned Hamburger	Cheesy Meatballs	<i>"I never had much of an interest in cooking until I was in university. But once I started cooking, I found out how much I enjoyed it. One of the first dish that I learned how to cook was Spicy Asian Honey Chicken Wings. It's an easy to cook dish that's way too tasty for its simplicity. There are many different ways to cook this dish and it seems like everyone does it their own way" - Xeng</i>	Week III
	Ketchup Steamed Green Beans Diced Chilled Pears Milk	Steamed Brown Rice Crisp Broccoli w/ Dip Chilled Peaches Milk	Ketchup Steamed Mixed Veggies Banana Milk	WG Roll Garden Salad & Dressing Fresh Melon Cubes Milk		
	Cheese Hot Pocket w/ Italian Dip	Cheese Quesadilla	Grilled Cheese Sandwich	Pizza Crunchers w/ Italian Dip		
	Turkey & Cheddar Chz Wrap	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap		
Hot Veg						
Cold						
Cold Veg	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Deli Cheese Wrap	Cheese Sandwich on Wheat Bread		

*** Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.

Spicy Asian Honey Chicken Wings		
Ingredients	Steps	Serves 4 - 5
2 lbs of chicken wings 3 tbsp of honey 1 ½ tbsp of chili sauce 1 tsp of Dijon mustard 1 tsp of baking powder 2 tsp soy sauce 1 tsp of salt 1 tsp of black pepper 1 tsp of paprika 1 tsp of dried herbs of your choice 1 tsp of garlic powder 1 tsp of onion powder A handful of dried Chile pepper 2 tsp of dried chili flake Green onion	1. Preheat the oven to 425 degrees. 2. Combine the dry ingredients (baking powder, salt, black pepper, paprika, herbs, garlic powder, onion powder). 3. Rub them onto chicken wings. 4. Spray nonstick onto sheet pan and place chicken wings. Place the pan in the oven at 425 degrees for 30 minutes, don't forget to flip your wings mid-way through so they cook evenly. 5. Once the wings finish cooking, combine your wet ingredients in a bowl (honey, chili sauce, soy sauce, Dijon mustard). 6. In a pan, melt 1 stick of butter and add your wet ingredients. 7. Add the dried Chile pepper and the dried chili flakes to the pan and stir. 8. Once the sauce starts to bubble a little, pour it into a bowl. 9. Lastly combine your sauce with the chicken wings in a bowl. 10. Plate and add green onion as garnish.	

September 2023 Menu (Subject to Change)

		Friday, September 1, 2023	
Hot Meal		Stuffed Breadsticks	Week III
		Warm Red Sauce	
		Glazed Carrots	
		Applesauce Cup	
Hot Veg		Milk	
Cold		Stuffed Breadsticks w/ Sauce	
Cold Veg		Grilled Chicken & Cheese Bun	
		Egg Salad & Dinner Roll	

	Monday, September 4, 2023	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Thursday, September 7, 2023	Friday, September 8, 2023	
Hot Meal	Old Fashioned Sloppy Joe	Breaded Chicken Patty Sandwich	Italian Dunkers	Brunch Lunch	Fresh Hot Pizza	Week IV
	Whole Grain Bun	Bakery Bun & Ketchup	Dippin' Sauce	Buttermilk Pancake	Crisp Salad & Dressing	
	Steamed Mixed Veggies	Steamed Green Beans	Sliced Cucumbers & Ranch	Homemade Berry Burst Syrup	Applesauce Cup	
	Diced Chilled Pears	Chilled Peaches	Banana	Scrambled Eggs & Cheese, Tater Tots & Ketchup	Milk	
Hot Veg	Garden Cheeseburger	Cheese Quesadilla	Italian Dunkers w/Dippin Sauce	French Toast Sticks & Syrup	Fresh Hot Cheese Pizza	
Cold	Turkey & Cheddar Chz Wrap	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	Deli Cheese Wrap	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll	

		Monday, September 11, 2023	
Hot Meal		Mozzarella Burger	Week IV
		Fresh Bakery Bun & Ketchup	
		CKC Baked Beans	
		Diced Chilled Pears	
Hot Veg		Mozzarella Veggie Burger	
Cold		Turkey & Cheddar Chz Wrap	
Cold Veg		Cheese Bun	