

| Menu Info | Name : January 2022 Child Care #2 Pizza EOW Friday Menu - with Fresh & Steamed Veggies | | | | Options Provided : Hot, Hot Vegetarian, Cold & Cold Vegetarian Meals |
|---|--|--|--|--|--|
| | Age Group : Childcare (Ages 3-5) | | Meal : Lunch | | Meal Pattern : CACFP |
| | Monday, January 3, 2022 | Tuesday, January 4, 2022 | Wednesday, January 5, 2022 | Thursday, January 6, 2022 | Friday, January 7, 2022 |
| Week I | Premium Chicken Tenders | Meatball Sub | Orange Chicken | Brunch Lunch | Teriyaki Grilled Chicken |
| Hot Meal | Ketchup CKC Baked 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 | WG Dinner Roll Steamed Green Beans Fruit of the Day |
| Hot Veg | Louisiana Veggie Burger | Grilled Cheese Sandwich | Twisted Cheese Breadsticks | Cheesy Calzone | Sweet & Sour Veggie Nuggets |
| Cold | Turkey Bun w/Mayo | Honey Mustard Chicken on WG Bun | Chicken Caesar Wrap | Chicken & Cheese Torta Sandwich | Banh Mi Chicken Sandwich w/Sauce |
| | Monday, January 10, 2022 | Tuesday, January 11, 2022 | Wednesday, January 12, 2022 | Thursday, January 13, 2022 | Friday, January 14, 2022 |
| Week II | BBQ Meatballs | Chicken Tenders & Waffle | Soft Shell Beef Taco | Chicken & Potato Pilaf | Fresh Hot Pizza |
| 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 | BBQ Garden Burger | Creamy Mac & Cheese | 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 |
| | Monday, January 17, 2022 | Tuesday, January 18, 2022 | Wednesday, January 19, 2022 | Thursday, January 20, 2022 | Friday, January 21, 2022 |
| Week III | Meatball Mac & Cheese | Hamburger w/ Ketchup | Italian Dunkers | Mongolian Meatballs | Chicken Tenders & Ketchup |
| Hot Meal | Steamed Peas Fruit of the Day | Beef Patty, WG Bun & Ketchup Crisp Salad & Dressing Fruit of the Day | Dippin Sauce Steamed Green Beans Fruit of the Day | WG Roll Steamed Carrots Fruit of the Day | Cucumbers & Dip 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, January 24, 2022 | Tuesday, January 25, 2022 | Wednesday, January 26, 2022 | Thursday, January 27, 2022 | Friday, January 28, 2022 |
| Week IV | Ole Fashioned Sloppy Joe | Chicken Taco | Swedish Salisbury Steak | Premium Chicken Nuggets | Fresh Hot Pizza |
| Hot Meal | Whole Grain Bun Steamed Mixed Veggies Fruit of the Day | WG Tortilla, Chicken & Cheese Cheesy Refried Beans Fruit of the Day | Cucumber Slices & Dip Whole Grain Bakery Roll Fruit of the Day | Ketchup Steamed Green Beans Fruit of the Day | Garden Salad & Dressing Fruit of the Day |
| Hot Veg | Pizza Crunchers & Italian Dip | Swedish Veggie Patty & WG Roll | Cheese Bosco Sticks w/ Marinara Sauce | 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, January 31, 2022 | Chef Spotlight - Joel Wight (Offsite Kitchen Manager, CKC) | | | |
| Week V | Golden Chicken Patty Sandwich | Food & Tradition Go Hand-in-Hand | | | |
| Hot Meal | WG Bakery Bun & Ketchup Steamed Mixed Vegetable Fruit of the Day | Lefse is a traditional Norwegian flatbread, which is a relatively easy recipe. If you can make mashed potatoes, you can also make Lefse! Lefse is a traditional dish, and when it comes to my family, we make it every holiday season. Thanksgiving, Christmas, no matter the occasion is, Lefse is made in our family. Lefse, however, wouldn't be complete without Grandma in Montana. Now a days 20 lbs is the limit, but I've heard stories of whole weekend adventures! One can only imagine how many pounds of potatoes that might need. We laugh, we sing, and drink mountains of tea and coffee! Gorging till we can no longer move, we feast off lefse for months to come as it also freezes great! | | | |
| Hot Veg | Mozzarella Veggie Burger | Lefse can be served with fruit or used to make burritos and even tacos! Our family favorite, however, is butter with cinnamon and sugar! The best part about making lefse, though, is making a mess, the fun flour fights, and just being with friends and family. So from our family to yours, enjoy this easy to make, and ever so hard to quit eating tradition! Enjoy! | | | |
| Cold | Roast Turkey on Wheat Bread | -Joel Chef Joel's Recipe for Lefse is on Page 2. | | | |
| <i>Hot Veg and Cold 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.

Lefse (Chef Joel's Recipe)

Ingredients:

- 3 Cups Water
- 2 1/2 Cups milk
- 1 1/2 Cups butter
- 2 Tbsp sugar
- 3 teaspoons salt
- 2 Cups potato flakes
- 2-3 Cups flour

Makes 12 - 16 Lefse

Steps:

1. In a large pot bring water to boil. Add milk, butter, sugar and salt.
2. When this comes to a boil, add potato flakes and stir until smooth. Pour the mixture into a large bowl and refrigerate.
3. When ready to make, take 2 cups of mixture at a time. Add 1 to 1 1/2 cups of flour, mix in until workable dough.
4. Flour your surface, roll dough as thin as possible. Cut into 6-8 inch circles using a pan lid and transfer to a griddle or a Lefse Grill, cook and enjoy!

This is our instant mashed potato recipe, if using real potatoes (my favorite) just make them like mashed potatoes and don't forget the sugar!

Menu Info February 2022 Menu (Subject to Change)

| Menu Info | | Tuesday, February 1, 2022 | Wednesday, February 2, 2022 | Thursday, February 3, 2022 | Friday, February 4, 2022 |
|--------------------------|---|--|--|---|--|
| Week V | | Brunch Lunch | Sweet & Sour Chicken | Creamy Swedish Meatballs | Bosco Stuffed Breadstick |
| Hot Meal | | 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 | Italian Dip Cucumbers & Dip Fruit of the Day |
| Hot Veg | | Twisted Cheese Breadsticks | Creamy Mac & Cheese | Waffles w/Syrup & Yogurt Cup & Chz Stick | Egg Fried Rice |
| Cold | | Asian Chicken Sticky Bun | Chicken Ceasar Wrap | CKC Crazy Good Chicken Bun | Chicken & Cheese Torta Sandwich |
| Monday, February 7, 2022 | | Tuesday, February 8, 2022 | Wednesday, February 9, 2022 | Thursday, February 10, 2022 | Friday, February 11, 2022 |
| Week VI | Popcorn Chicken | Brunch Lunch | Mac & Cheese | All Beef Hamburger | Fresh Hot Pizza |
| 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 | Pizza Crunchers & Italian Dip | Veggie TexMex Wrap | Garden Cheeseburger | Cheese Bosco Sticks | Fresh Hot Cheese Pizza |
| Cold | Turkey Bun w/Mayo | Grilled BBQ Chicken Bun | Turkey & Cheddar Chz Wrap | Asian Chicken Sticky Bun | Teriyaki Chicken Bun |

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