

Menu Name : ChildCare #2 Pizza Every Other Friday Menu	Options Provided : Hot, Hot Vegetarian, Cold & Cold Vegetarian
Grade Level / Age Group : Childcare(Ages 3-5)	Meal Pattern : CACFP Meal: Lunch

October - 2023					
	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023
Hot Meal	Classic Cheeseburger	Chicken & Egg Fried Rice	Soft Tortilla Taco	Mandarin Orange Chicken	Fresh Hot Pizza
	WG Bun & Ketchup	Crisp Broccoli & Dip	Seasoned Beef & Shredded Cheese	Mild Seasoned Brown Rice	Sliced Cucumbers & Dip
	CKC Baked Beans	Chilled Pears	Steamed Mixed Veggies	Steamed Green Beans	Crisp Varietal Apple
	Cinnamon Apple Slices	Choice Milk	Banana	Orange Wedges	Choice Milk
Hot Veg	Bean & Cheese Burrito	Pizza Crunchers	Cheesy Pull Aparts	French Pizza Bread	Fresh Hot Cheese Pizza
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Cold Veg	Cheese Bun	Yogurt Cup, Chz Stick & Grahams	Deli Cheese Wrap	Wowbutter & Jelly sandwich	Egg Salad & Dinner Roll

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023
Hot Meal	Brunch Lunch	"New" CKC Sweet & Sour Meatballs	Cheese Hot Pocket	Greek Rice Bowl	Garlic Dusted French Bread Pizza
	Buttermilk Pancake & Berry Burst Syrup	Seasoned Rice	Garden Greens Salad & Dressing	Steamed Rice & Seasoned Meat	Italian Dip
	Fruited Yogurt Cup & String Cheese	Chilled Sweet Pea Salad	Banana	Tatziki Sauce	Crisp Broccoli & Dip
	Tater Tots & Ketchup	Chilled Pears	Choice Milk	Steamed Mixed Veggies	Crisp Varietal Apple
Hot Veg	Veggie Hot Pocket & Sauce	Cheesy Bites w/Italian Dip	Veggie Quesadilla	Cheese Nachos	Cheesy Pull Aparts
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Cold Veg	Cheese Bun	Yogurt Cup, Chz Stick & Grahams	Deli Cheese Wrap	Wowbutter & Jelly sandwich	Egg Salad & Dinner Roll

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023
Hot Meal	Popcorn Chicken & Ketchup	Meatballs & Ketchup	"New" CKC Gyro Bowl	Golden Chicken Patty Sandwich	Fresh Hot Pizza
	Steamed Carrots & Green Beans	WG Dinner Roll	Mashed Potatoes, Grilled Chicken	Bakery Bun & Ketchup	Tater Tots & Ketchup
	Cinnamon Apple Slices	Steamed Mixed Veggies	Top w/Greek Sauce	Sliced Cucumbers & Dip	Crisp Varietal Apple
	Choice Milk	Chilled Pears	WG Dinner Roll	Orange Wedges	Choice Milk
Hot Veg	Buttermilk Pancake w/ Syrup & Colbv Cheese Omelet	Egg Fried Rice	Stuffed Breadsticks w/ Dip	Veggie Garden Burger & Mayo	Fresh Hot Cheese Pizza
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Cold Veg	Cheese Bun	Yogurt Cup, Chz Stick & Grahams	Deli Cheese Wrap	Wowbutter & Jelly sandwich	Egg Salad & Dinner Roll

	Monday, October 23, 2023	Tuesday, October 24, 2023	Wednesday, October 25, 2023	Thursday, October 26, 2023	Friday, October 27, 2023
Hot Meal	Crunchy Tender Fritters	Sweet & Sour Chicken	Taco Rice Bowl	"New" Chicken Tikka	SouthWest Chx Empanada Hot Pocket
	Chix Tenders & Ketchup	Steamed Seasoned Rice	Taco Beef & Shred Chz	WG Bakery Roll	Garden Greens Salad & Homemade Dressing
	Steamed Green Beans	Chilled Sweet Pea Salad	Served with Mild Seasoned Rice	Mashed Potatoes	Crisp Apple Slices
	Cinnamon Apples	Chilled Pears	Cheesy Refried Beans	Orange Wedges	Choice Milk
Hot Veg	Cheesy Pull Aparts	Veggie Hot Pocket & Dip	Bean Nachos	Egg Fried Rice	Buttermilk Pancake w/ Syrup & Colbv Cheese Omelet
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Cold Veg	Cheese Bun	Yogurt Cup, Chz Stick & Grahams	Deli Cheese Wrap	Wowbutter & Jelly sandwich	Egg Salad & Dinner Roll

	Monday, October 30, 2023	Tuesday, October 31, 2023	Chef Spotlight		
Hot Meal	Premium Chicken Nuggets	Swedish Meatballs (Homemade Gravy)	Dave Kayoum - Director of Business Development		
	Ketchup	Wg Dinner Roll	<i>Tuna & Peas on Buttered Saltines</i>		
	Steamed Green Beans	Mashed Potatoes	<i>My wife and I literally grew up in the same neighborhood. I love that my wife always asks my mom how to make my favorite recipes. My children and I have loved the tradition of family recipes! I continue to make this simple favorite meal to this day. It is one of my favorites 'Go-to' meals and I think it will remain a family tradition for my children and theirs. I love the stories I have gotten to share with my kids when making a family traditional recipe. It's best to spend time with your kids reminiscing about fond best food memories while making and teaching them how to make something so simple and full of tradition. - Dave</i>		
	Cinnamon Apples	Chilled Pears			
Hot Veg	Grilled Cheese Sandwich	Veggie Quesadilla			
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun			
Cold Veg	Cheese Bun	Yogurt Cup, Chz Stick & Grahams	<i>Tuna & Peas on Buttered Saltines recipe is on Page 2</i>		

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

TUNA & PEAS ON BUTTERED SALTINES

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> •2 Cups Cold Milk •¼ Cup White Flour •2 TBLS Salted Butter •2 Cans Tuna, packed in water •1 Cup Frozen Thawed Sweet Green Peas •Ground Black Pepper •Saltine Crackers •Butter 	<ol style="list-style-type: none"> 1. Preparing White sauce: On low heat, melt 2 TBLS butter. Whisk ½ cup of white flour into the cold milk till smooth (slurry). Add the slurry slowly to the melted butter and stir on medium heat till sauce thickens. Turn heat down to low. 2. Flaking Tuna: Open and drain water from the tuna cans as best as you can. Dump tuna out into a bowl. Grasp a handful of tuna and rub it between your palms, like you are trying to warm your hands. This is called flaking tuna. It fluffs the tuna up. Don't over flake, but rub palms together about 10 times into a bowl. 3. Add tuna and peas to white sauce and heat on low till 165. 4. While all is heating in saucepan, butter your saltines. Once mixture is hot, pour over buttered saltine and sprinkle black ground pepper on top. Bon Appetite ! 	

November 2023 Menu (Subject to Change)

		Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023	
Hot Meal	<p><i>While this recipe is incredibly simple, it was a Kayoum family tradition that my grandmother used to make for her five daughters. This yummy comfort meal was common in my mom's family when she grew up and became a nostalgic favorite of mine and my siblings when we grew up. It is a favorite in my home and a true comfort food meal.</i></p>	"New" Butter Chicken	Enchilada Rice Bowl	Fresh Hot Pizza	Week VI
		Steamed Seasoned Rice	Top your Steamed Rice w/ delicious Enchilada Chicken & Shred Cheese	Tater Tots & Ketchup	
		Sliced Cucumbers & Dip	Mixed Greens Salad	Crisp Varietal Apple	
		Banana	Orange Wedges	Choice Milk	
Hot Veg		Veggie Garden Burger & Mayo	Bean & Cheese Burrito	Fresh Hot Cheese Pizza	
Cold		Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	
Cold Veg		Deli Cheese Wrap	Wowbutter & Jelly sandwich	Egg Salad & Dinner Roll	

		Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023	
Hot Meal	<p>Creamy Mac & Cheese</p> <p>Steamed Peas & Carrots</p> <p>Cinnamon Apples</p> <p>Choice Milk</p>	"New" Chicken & Potato Bowl	Chicken Tenders w/Ketchup	Sesame Chicken	Twisted Cheesy Breadsticks	Week I	
		Chix & Potato w/Bengali Sauce	Mashed Sweet Potatoes	Steamed Seasoned Brown Rice	Cold Italian Dip		
		Soft Bakery Roll	Banana	Chilled Sweet Pea Salad	Mixed Greens Salad & Dressing		
		Steamed Broccoli Normandy	Choice Milk	Orange Wedges	Crisp Apple Slices		
Hot Veg	Cheese Calzone	Stuffed Dipping Bites w/ Sauce	Veggie Burrito	Grilled Cheese Sandwich	Buttermilk Pancake w/ Syrup & Colby Cheese Omelet		
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun		
Cold Veg	Cheese Bun	Yogurt Cup, Chz Stick & Grahams	Deli Cheese Wrap	Wowbutter & Jelly sandwich	Egg Salad & Dinner Roll		