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Hot Meal Whole Grain Fresh Brocco Diced Chille Hot Veg Cold Tun Cold Veg  Week II Monda "New" BBC CKC Baked E Hot Meal Diced Chille Milk Hot Veg Cold Tun Cold Veg  Week II Monda Tun Monda Monda	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	WG Bagel w/ Wow Butter & Chz Stick	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll						
Hot Meal Whole Grain Fresh Brocco Diced Chille Hot Veg Cold Tui Cold Veg Week II Monda "New" BBC CKC Baked E Hot Meal Diced Chille Milk Hot Veg Cold Tui Cold Veg Week II Monda Tui	ay, September 12, 2022	Tuesday, September 13, 2022	Wednesday, September 14, 2022	Thursday, September 15, 2022	Friday, September 16, 2022						
Hot Meal   Whole Grain Fresh Brocco Diced Chille   Hot Veg   Cold   Ture   Cold Veg   Week II   Monda   "New" BBC   CKC Baked E   Milk   Hot Veg   Cold   Ture   Cold Veg   Cold Veg   Week III   Monda	Chicken	"New" Creamy Chicken Pasta	Taco Rice Bowl	Creamy Mac & Cheese	Sweet & Sour Chicken						
Fresh Brocco Diced Chille Hot Veg  Cold Tur  Cold Veg  Week II Monda "New" BBC CKC Baked E Diced Chille Milk  Hot Veg  Cold Tur  Cold Veg  Week III Monda		Steamed Carrots	Brown Rice topped w/Seasoned Beef	Mixed Dinner Salad w/Dressing	Steamed Seasoned Brown Rice						
Fresh Brocco Diced Chille Hot Veg  Cold Tur  Cold Veg  Week II Monda "New" BBC CKC Baked E Diced Chille Milk  Hot Veg  Cold Tur  Cold Veg  Week III Monda	in Dinner Roll	Sliced Chilled Peaches	Served with Shred Chz, Cilantro & Crema	Orange Wedges/Mandarin Oranges	Steamed Cabbage						
Hot Veg  Cold Veg  Week II Monda "New" BBC CKC Baked E Hot Meal Diced Chille Milk  Hot Veg Cold Tur  Cold Veg  Week III Monda		Milk	Steamed Green Peas	Milk	Fruited Applesauce/Apple Wedges						
Hot Veg  Cold Veg  Week II Monda "New" BBC CKC Baked B Milk  Hot Veg  Cold Tur  Cold Veg  Week III Monda		Willia		Wilk							
Cold Tui Cold Veg  Week II Monda "New" BBC CKC Baked E Diced Chille Milk  Hot Veg Cold Veg  Cold Veg  Week III Monda	ed Pears & Milk	Smothered Garden Patty	Banana & Milk		Milk						
Cold Veg  Week II Monda "New" BBC CKC Baked E Hot Meal Diced Chille Milk  Hot Veg Cold Tut Cold Veg  Week III Monda	Grilled Cheese Sandwich	ω/ WG Roll	Cheese Quesadilla	Creamy Mac & Cheese	Stuffed Breadsticks w/ Sauce						
Week II Monda "New" BBC CKC Baked E Hot Meal Diced Chille Milk Hot Veg Cold Tui Cold Veg  Week III Monda	urkey & Cheddar Chz Wrap w/ Mayo		Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun						
Week II Monda "New" BBC CKC Baked E Hot Meal Diced Chille Milk Hot Veg Cold Tui Cold Veg  Week III Monda	Cheese Bun		WG Bagel w/ Wow Butter	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll						
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Hot Meal Diced Chille Milk  Hot Veg  Cold Veg  Week III Monda	ay, September 19, 2022	Tuesday, September 20, 2022	Wednesday, September 21, 2022	Thursday, September 22, 2022	Friday, September 23, 2022						
Hot Meal Diced Chille Milk  Hot Veg Cold Tui Cold Veg  Week III Monda	3Q Beef Sandwich	Soft Shell Chicken Taco	Meatball Sub w/Mozzarella	Brunch Lunch	Fresh Hot Pizza						
Hot Veg Cold Cold Veg Week III Monda	Beans	WG Tortilla, Seasoned Chicken & Cheese	Sliced Cucumbers & Dip	French Toast Sticks & Syrup	Mixed Greens Salad & Dressing						
Hot Veg Cold Tur Cold Veg  Week III Monda	ed Pears	Steamed Mixed Veggies	Banana	Tator Tots & Ketchup	Fruited Applesauce/Apple Wedges						
Cold Veg  Week III Monda		Sliced Chilled Peaches	Milk	Orange Wedges/Mandarin Oranges	Milk						
Cold Veg  Week III Monda		Milk		Milk							
Cold Veg  Week III Monda	BBQ Garden Burger	Creamy Mac & Cheese	Veggie Lasagna Roll	French Toast Sticks & Syrup	Fresh Hot Cheese Pizza						
Week III Monda	urkey 8 Cheddar Chz Wrap w/ Mayo		Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun						
	Cheese Bun		WG Bagel w/ Wow Butter & Chz Stick	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll						
	ay, September 26, 2022	Tuesday, September 27, 2022	Wednesday, September 28, 2022	Thursday, September 29, 2022	Friday, September 30, 2022						
Premum	ay, September 20, 2022	Mandarin Orange Chicken	Good Ole Fashioned Hamburger	Cheesy Meatballs	"New" Authentic Chicken Stir Fry						
Wataba .	Chicken Nuggets	_	-	•	-						
Ketchup	ı Chicken Nuggets	Steamed Brown Rice	Ketchup	WG Roll	Seasoned Rice						
Hot Meal Steamed Gr		Crisp Broccoli w/ Dip	Steamed Mixed Veggies	Garden Salad & Dressing	Steamed Cabbage						
Diced Chille	Greeen Beans	Sliced Chilled Peaches	Banana	Orange Wedges/Mandarin Oranges	Fruited Applesauce/Apple Wedges						
Milk	Greeen Beans	Milk	Milk	Milk	Milk						
9	Greeen Beans		Grilled Cheese Sandwich	Pizza Crunchers w/ Italian Dip	Stuffed Breadsticks w/ Sauce						
Cold <b>Tu</b> i	ireeen Beans led Pears e Hot Pocket w/ Italian Dip		Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bur						
Cold Veg	Greeen Beans led Pears	HODEL MUSTARO CHICKEN BUD	WG Bagel w/ Wow Butter & Chz Stick	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Rol						
•	Greeen Beans led Pears e Hot Pocket w/ Italian Dip urkey & Cheddar Chz Wrap	Honey Mustara Chicken Bun	*** Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.								

<sup>\*</sup> 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.





This institution is an equal opportunity provider

## **Homemade Silly Putty - Recipe**

## Ingredients

- \* Large Bowl, fork / small silicone spatula
- \* 1 cup Corn Starch
- \* ½ cup Dish soap \* 1 tbsp Baby oil/Cooking oil
- \* 3 drops of Food coloring

## Steps:

- 1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl.
  2. Add oil and food coloring, mix with fork/spatula.
  3. Now for the science part --- use your hands to knead the putty until it is smooth.
  4. The putty will last about an hour if you want to save some for later seal it in an air-tight container.

## October 2022 Menu (Subject to Change)

Week IV	Monday, October 3, 2022	Tuesday, October 4, 2022	Wednesday, October 5, 2022	Thursday, October 6, 2022	Friday, October 7, 2022
	Old Fashioned Sloppy Joe	Breaded Chicken Patty Sandwich	Italian Dunkers	Brunch Lunch	Fresh Hot Pizza
	Whole Grain Bun	Bakery Bun & Ketchup	Dippin' Sauce	Scrambled Eggs & Cheese	Crisp Salad & Dressing
Hot Meal	Steamed Mixed Veggies	Steamed Green Beans	Sliced Cucumbers & Ranch	Corn Muffin & Tator Tots w Ketchup	Fruited Applesauce/Apple Wedges
	Diced Chilled Pears	Sliced Chilled Peaches	Banana	Orange Wedges/Mandarin Oranges	Milk
	Milk	Milk	Milk	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 ω/ Mayo	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	WG Bagel w/ Wow Butter & Chz Stick	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll
Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022		
	Mozzarella Burger	Pomodoro Meatballs	Creamy Mac & Cheese		
	Fresh Bakery Bun & Ketchup	WG Dinner Roll	Fresh Greens & Dressing		
Hot Meal	CKC Baked Beans	Mashed Potatoes	Banana		
	Diced Chilled Pears	Sliced Chilled Peaches	Milk		
	Milk	Milk			
Hot Veg	Mozzarella Veggie Burger	Veggie Lasagna Roll	Cheese Hot Pocket w/ Italian Dip		
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo		
Cold Veg	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	WG Bagel w/ Wow Butter & Chz Stick		

<sup>\*</sup> 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.