



This institution is an equal opportunity provider

| Menu Info   |  | Name : December 2021 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  |                                   |  |  |                           |  |  |
|   |  | *Chef Spotlight - Laurie Yohn (General Manager, CKC)                                    |  | Wednesday, December 1, 2021                  |  | Thursday, December 2, 2021                                  |                                   | Friday, December 3, 2021                               |  |                           |  |  |
|   |  | <b>Memories Preserved in Food</b>   |  |  |  |   |                                   |  |  |                           |  |  |
| Week II   | <p>"Cooking and baking have always been a passion of mine. Growing up in a large family with 8 siblings, our parents taught us the importance of eating healthy and caring for our bodies. We grew our own produce, picked up fresh eggs &amp; milk from the neighbor almost daily, and our father would make Saturday morning trips to the local meat market. My mother baked fresh bread and/or cookies daily! That was our treat after walking down our mile long driveway where the bus picked and dropped us off.</p> <p>Both of our parents were great cooks and bakers. We neither went to restaurants nor ate convenience foods until I was age 13-14. Boil-in-a-bag dinners were the hot ticket item back in the day but we got that "treat" only on Fridays! My mother went into the work force when I was 12 and this is when I started to prepare meals for my family. I have my parents to thank, for influencing me to cook and bake and I will forever cherish the moments, spent with them in the kitchen." - Laurie</p> | <b>Soft Shell Beef Taco</b>   |  | <b>Chicken &amp; Potato Pilaf</b>            |  | <b>Fresh Hot Pizza</b>                                      |                                   |  |  |                           |  |  |
| Hot Meal  |  | WG Tortilla, Seasoned Beef & Cheese   |  | Steamed Carrots                              |  | Crisp Broccoli & Dip  |                                   |  |  |                           |  |  |
| Hot Veg   |  | Garden Salad & Dressing   |  | Fruit of the Day                             |  | Fruit of the Day  |                                   |  |  |                           |  |  |
| Cold  |  | Fruit of the Day  |  | <b>Veggie Lasagna Roll</b>                   |  | <b>Pancake &amp; Syrup w/ Yogurt Cup &amp; Cheese Stick</b> |                                   | <b>Fresh Hot Cheese Pizza</b>                          |  |                           |  |  |
|   |  | Turkey & Cheese Wrap w/Mayo   |  | CKC Crazy Good Chicken Bun                   |  | Asian Chicken Sticky Bun                                    |                                   |  |  |                           |  |  |
|   |  | Monday, December 6, 2021  |  | Tuesday, December 7, 2021                    |  | Wednesday, December 8, 2021                                 |                                   | Thursday, December 9, 2021                             |  | Friday, December 10, 2021 |  |  |
| Week III  | <b>Meatball Mac &amp; Cheese</b>   | <b>Hamburger w/ Ketchup</b>   |  | <b>Italian Dunkers</b>                       |  | <b>Mongolian Meatballs</b>                                  |                                   | <b>Chicken Tenders &amp; Ketchup</b>                   |  |                           |  |  |
| Hot Meal  | Steamed Peas   | Beef Patty, WG Bun & Ketchup  |  | Dippin Sauce                                 |  | WG Roll   |                                   | Cucumbers & Dip  |  |                           |  |  |
|   | Fruit of the Day   | Crisp Salad & Dressing  |  | Steamed Green Beans                          |  | Steamed Carrots   |                                   | Fruit of the Day                                       |  |                           |  |  |
| Hot Veg   | <b>Bean &amp; Cheese Burrito</b>   | <b>Veggie Burger</b>  |  | <b>Egg Fried Rice</b>                        |  | <b>Veggie Lasagna Roll</b>                                  |                                   | <b>Teriyaki Veggie Nuggets &amp; Cinnamon Goldfish</b> |  |                           |  |  |
| 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, December 13, 2021   |  | Tuesday, December 14, 2021                   |  | Wednesday, December 15, 2021                                |                                   | Thursday, December 16, 2021                            |  | Friday, December 17, 2021 |  |  |
| Week IV   | <b>Ole Fashioned Sloppy Joe</b>  | <b>Chicken Taco</b>   |  | <b>Swedish Salisbury Steak</b>               |  | <b>Premium Chicken Nuggets</b>                              |                                   | <b>Fresh Hot Pizza</b>                                 |  |                           |  |  |
| Hot Meal  | Whole Grain Bun  | WG Tortilla, Chicken & Cheese   |  | Cucumber Slices & Dip                        |  | Ketchup   |                                   | Garden Salad & Dressing                                |  |                           |  |  |
|   | Steamed Mixed Veggies  | Cheesy Refried Beans  |  | Whole Grain Bakery Roll                      |  | Steamed Green Beans   |                                   | Fruit of the Day                                       |  |                           |  |  |
|   | Fruit of the Day   | Fruit of the Day  |  | Fruit of the Day                             |  | Fruit of the Day  |                                   |  |  |                           |  |  |
| Hot Veg   | <b>Pizza Crunchers &amp; Italian Dip</b>   | <b>Swedish Veggie Patty &amp; WG Roll</b>   |  | <b>Cheese Bosco Sticks w/ Marinara Sauce</b> |  | <b>French Toast Sticks w/ Syrup &amp; Yogurt</b>            |                                   | <b>Fresh Hot Cheese Pizza</b>                          |  |                           |  |  |
| Cold  | Turkey Bun w/Mayo  | CKC Crazy Good Chicken Bun  |  | Chicken Mozzarella Wrap                      |  | Sesame Chicken Bun  |                                   | Chicken & Cheese Torta Sandwich                        |  |                           |  |  |
|   |  | Monday, December 20, 2021   |  | Tuesday, December 21, 2021                   |  | Wednesday, December 22, 2021                                |                                   | Thursday, December 23, 2021                            |  | Friday, December 24, 2021 |  |  |
| Week V  | <b>Golden Chicken Patty Sandwich</b>   | <b>Brunch Lunch</b>   |  | <b>Sweet &amp; Sour Chicken</b>              |  | <b>Creamy Swedish Meatballs</b>                             |                                   | <b>Bosco Stuffed Breadstick</b>                        |  |                           |  |  |
| Hot Meal  | WG Bakery Bun & Ketchup  | Waffle & Syrup  |  | Wheat Dinner Roll                            |  | Dinner Roll   |                                   | Italian Dip  |  |                           |  |  |
|   | Steamed Mixed Vegetable  | Turkey Sausage Patty  |  | Steamed Green Beans                          |  | Crisp Salad & Dressing                                      |                                   | Cucumbers & Dip  |  |                           |  |  |
|   | Fruit of the Day   | Crisp Broccoli & Ranch Dip  |  | Fruit of the Day                             |  | Fruit of the Day  |                                   | Fruit of the Day                                       |  |                           |  |  |
| Hot Veg   | <b>Mozzarella Veggie Burger</b>  | <b>Twisted Cheese Breadsticks</b>   |  | <b>Creamy Mac &amp; Cheese</b>               |  | <b>Waffles w/Syrup &amp; Yogurt Cup &amp; Chz Stick</b>     |                                   | <b>Egg Fried Rice</b>                                  |  |                           |  |  |
| Cold  | Roast Turkey on Wheat Bread  | Asian Chicken Sticky Bun  |  | Chicken Caesar Wrap                          |  | CKC Crazy Good Chicken Bun                                  |                                   | Chicken & Cheese Torta Sandwich                        |  |                           |  |  |
|   |  | Monday, December 27, 2021   |  | Tuesday, December 28, 2021                   |  | Wednesday, December 29, 2021                                |                                   | Thursday, December 30, 2021                            |  | Friday, December 31, 2021 |  |  |
| Week VI   | <b>Popcorn Chicken</b>   | <b>Brunch Lunch</b>   |  | <b>Mac &amp; Cheese</b>                      |  | <b>All Beef Hamburger</b>                                   |                                   | <b>Fresh Hot Pizza</b>                                 |  |                           |  |  |
| Hot Meal  | Ranch Dip  | French Toast Sticks & Syrup   |  | Fresh Bakery Roll                            |  | WG Bun & Ketchup  |                                   | Steamed Green Beans                                    |  |                           |  |  |
|   | Dinner Roll  | Yogurt Cup  |  | Garden Salad & Dressing                      |  | Cucumber Slices & Dip                                       |                                   | Fruit of the Day                                       |  |                           |  |  |
|   | Steamed Mixed Veggies  | Tater Tots w/Ketchup  |  | Fruit of the Day                             |  | Fruit of the Day  |                                   |  |  |                           |  |  |
|   | Fruit of the Day   | Fruit of the Day  |  |  |  |   |                                   |  |  |                           |  |  |
| Hot Veg   | <b>Pizza Crunchers &amp; Italian Dip</b>   | <b>Veggie TexMex Wrap</b>   |  | <b>Garden Cheeseburger</b>                   |  | <b>Cheese Bosco Sticks</b>                                  |                                   | <b>Fresh Hot Cheese Pizza</b>                          |  |                           |  |  |
| Cold  | Turkey Bun w/Mayo  | Grilled BBQ Chicken Bun   |  | Turkey & Cheddar Chz Wrap                    |  | Asian Chicken Sticky Bun                                    |                                   | Teriyaki Chicken Bun                                   |  |                           |  |  |
| <i>Hot Veg and Cold meals are served with vegetables and fruit of the day</i> |  |   |  |  |  |   |                                   |  |  |                           |  |  |
| <b>Cold Vegetarian meals (Served with Veggie &amp; Fruit of the Day)</b>      |  |   |  |  |  |   |                                   |  |  |                           |  |  |
|   |  | 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.

**Applesauce - Using Pressure Cooker (Chef Laurie's Recipe)**

| Ingredients   | Uses   | Steps  |
|---|--|--|
| <p>(Using a covered pan on the stove top instead of pressure cooker will work as well. Heat on medium heat until apples are soft)</p> <ul style="list-style-type: none"> <li>- 15 -20 medium sized apples. We like Haralson</li> <li>- ¼ c. pure maple syrup (fresh local syrup is the best!)</li> <li>- 2 teaspoons ground cinnamon</li> <li>- ¼ teaspoon freshly grated nutmeg</li> <li>- 1/8 teaspoon salt</li> <li>- 1 cup water (may use apple cider)</li> </ul> | <ul style="list-style-type: none"> <li>• In baking to replace ½ the amount of oil that the recipe calls for</li> <li>• Great in oatmeal</li> <li>• Excellent with porkchops</li> <li>• Top your pancakes and waffles with applesauce instead of syrup</li> </ul> | <ol style="list-style-type: none"> <li>1. Core, peel and slice apples into 8 sections</li> <li>2. Place all ingredients in pressure cooker and stir until combined</li> <li>3. Close pot and cook on high pressure for 5 minutes.</li> <li>4. Allow to rest in pot for 10 minutes</li> <li>5. After 10 minutes, slowly release the pressure and open lid</li> <li>6. The applesauce should be a little chunky. Using an immersion blender (or regular blender), blend until you reach preferred consistency. We like our applesauce smooth.</li> <li>7. Store in sealed jar for 7 days or freeze in small containers.</li> </ol> <p>I hope you enjoy this simple but delicious recipe for applesauce. It is so basic and versatile and brings back many beautiful memories that I have of spending time in the kitchen with my parents. We used our senses to determine what ingredients worked well with each other and did not follow recipes. To this day, I don't use many recipes when cooking but will use as a guide when baking.</p> |

**January 2022 Menu (Subject to Change)**

| Menu Info       | Monday, January 3, 2022                            | Tuesday, January 4, 2022   | Wednesday, January 5, 2022                             | Thursday, January 6, 2022  | Friday, January 7, 2022                                   |
|-----------------|--|--|--|--|---|
| <b>Week I</b>   | <b>Premium Chicken Tenders</b>                     | <b>Meatball Sub</b>  | <b>Orange Chicken</b>                                  | <b>Brunch Lunch</b>  | <b>Teriyaki Grilled Chicken</b>                           |
| <b>Hot Meal</b> | Ketchup<br>CKC Baked Beans<br>Fruit of the Day     | Whole Grain Hot Dog Bun<br>Crisp Dinner Salad & Dressing<br>Fruit of the Day | Steamed Rice<br>Steamed Sweet Peas<br>Fruit of the Day | Buttermilk Pancake & Syrup<br>Sausage Patties<br>Cucumber Slices & Dip<br>Fruit of the Day | WG Dinner Roll<br>Steamed Green Beans<br>Fruit of the Day |
| <b>Hot Veg</b>  | Louisiana Veggie Burger                            | Grilled Cheese Sandwich  | Twisted Cheese Breadsticks                             | Cheesy Calzone   | Sweet & Sour Veggie Nuggets                               |
| <b>Cold</b>     | Turkey Bun w/Mayo                                  | Honey Mustard Chicken on WG Bun  | Chicken Caesar Wrap                                    | Chicken & Cheese Torta Sandwich  | Banh Mi Chicken Sandwich w/Sauce                          |
| <b>Week II</b>  | <b>BBQ Meatballs</b>                               | <b>Chicken Tenders &amp; Waffle</b>  |  |  |   |
| <b>Hot Meal</b> | Corn Muffin<br>CKC Baked Beans<br>Fruit of the Day | Cucumber Slices & Dip<br>Fruit of the Day                                    |  |  |   |
| <b>Hot Veg</b>  | BBQ Garden Burger                                  | Creamy Mac & Cheese  |  |  |   |
| <b>Cold</b>     | Wowbutter & Jelly Sandwich                         | Sesame Chicken Bun   |  |  |   |

\*Skim and 1% milk choices offered daily.

\*All Bread/Chips/Tortillas listed in the menu are whole-grain products.