

This institution is an equal opportunity provider

Menu Info		Name : February 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					
		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		Chicken Fried Rice			
Hot Meal		Waffle & Syrup		Wheat Dinner Roll		Dinner Roll		Steamed Peas			
		Turkey Sausage Patty		Steamed Green Beans		Crisp Salad & Dressing		Fruit of the Day			
		Crisp Broccoli & Ranch Dip		Fruit of the Day		Fruit of the Day					
		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 Caesar 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		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		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	
		Monday, February 14, 2022		Tuesday, February 15, 2022		Wednesday, February 16, 2022		Thursday, February 17, 2022		Friday, February 18, 2022	
Week I		Cheesy Lasagna Roll		Meatball Sub		Orange Chicken		Brunch Lunch		Teriyaki Grilled Chicken	
Hot Meal		Steamed Green Beans		Whole Grain Hot Dog Bun		Steamed Rice		Buttermilk Pancake & Syrup		WG Dinner Roll	
		Fruit of the Day		Crisp Dinner Salad & Dressing		Steamed Sweet Peas		Sausage Patties		CKC Baked Beans	
				Fruit of the Day		Fruit of the Day		Cucumber Slices & Dip		Fruit of the Day	
								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, February 21, 2022		Tuesday, February 22, 2022		Wednesday, February 23, 2022		Thursday, February 24, 2022		Friday, February 25, 2022	
Week II		BBQ Meatballs		Chicken Tenders & Waffle		Soft Shell Beef Taco		Chicken & Potato Pilaf		Fresh Hot Pizza	
Hot Meal		Corn Muffin		Cucumber Slices & Dip		WG Tortilla, Seasoned Beef & Cheese		Steamed Carrots		Crisp Broccoli & Dip	
		CKC Baked Beans		Fruit of the Day		Garden Salad & Dressing		Fruit of the Day		Fruit of the Day	
		Fruit of the Day				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, February 28, 2022		Chef Spotlight - Wolfgang Mayr (Procurement/Offsite Manager, CKC)							
Week III		Meatball Mac & Cheese		A Little Time and Effort Goes A long way!							
Hot Meal		Steamed Peas		Cooking has always been an adventure to me, of course being a chef. Raising children and trying to appease to their palates adds more challenge. Good old hearty food on a cold winter's day can be nothing more than inviting even for the pickiest eater! Braised meats take a long time to cook, but in the end, it's worth all the effort. With a nice crusty baguette to top up the sauce, what more can the kids want?							
		Fruit of the Day									
Hot Veg		Bean & Cheese Burrito		Bon Appetit Wolfgang							
Cold		Chicken & Cheese Torta Sandwich		Chef Wolfgang's Recipe for Potroast 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.

Boneless Short Rib Pot Roast (Chef Wolfgang's Recipe)

Ingredients:		Steps:
<ul style="list-style-type: none"> • 3-4lb Boneless beef short ribs or thick beef chunk • 1 tsp Kosher salt • 1/2 tsp Fresh ground black pepper • 2 Tbsp canola oil • 3 cups chopped onion • 2 cups peeled chopped carrots • 2 washed & chopped celery stalks • 2 sprigs fresh thyme • 2 sprigs fresh rosemary, stems removed 	<ul style="list-style-type: none"> • Zest of 1 lemon • 3 Tbsp tomato paste • 2 cups red wine (cabernet) • 3 1/2 cups beef broth (low salt) • 2 large potatoes peeled and quartered • 1 1/2 cups carrot slims • Kosher salt and pepper to taste to finish <p>Makes 4 servings</p>	<ol style="list-style-type: none"> 1. Cut beef into manageable pieces, season with salt and pepper. 2. Turn burner on high and add oil to a two-quart pot. When it is smoking, take tongs and gently place beef in the oil very slowly to prevent splashing. Cover the pot and brown the beef. Carefully take the lid off and repeat for the other side of beef. Once the beef is browned, remove and set on a plate. 3. Place the chopped carrots, celery and onions in the pot and sauté until lightly cooked, then place beef back into the pot with herbs, lemon zest and tomato paste and slowly add red wine. Bring to a boil. 4. After 5 minutes, add the beef broth and bring to a boil. Cover the pot and lower the heat to simmer lightly, and not boiling. 5. Check after 3 hours for the tenderness of the beef, if it's still tough continue cooking for another 1/2 hour (I take tongs and bend the beef, should start to rip). 6. Remove the beef and thyme stems from the pot. Reserve beef on a plate and discard thyme stems. With an immersion blender puree cooked vegetables in broth, then add carrot slims, potatoes and the beef. Remove lid and simmer an additional half an hour until veggies are tender and sauce has thickened. 7. Portion into 4 bowls, the beef should be tender enough to pull apart, then ladle sauce over. Serve with a nice crusty baguette and enjoy.

Menu Info March 2022 Menu (Subject to Change)

Menu Info		Tuesday, March 1, 2022	Wednesday, March 2, 2022	Thursday, March 3, 2022	Friday, March 4, 2022
Week III		Hamburger w/ Ketchup	Italian Dunkers	Mongolian Meatballs	Lemony Garlic Chicken
Hot Meal		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	Warm Cilantro Rice Broccoli & Dip Fruit of the Day
Hot Veg		Veggie Burger	Egg Fried Rice	Veggie Lasagna Roll	Teriyaki Veggie Nuggets & Cinnamon Goldfish
Cold		Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken on Sandwich w/Sauce	Chicken & Cheddar Wrap	Teriyaki Chicken Bun
		Monday, March 7, 2022	Tuesday, March 8, 2022	Wednesday, March 9, 2022	Thursday, March 10, 2022
Week IV		Ole Fashioned Sloppy Joe	Chicken Taco	Swedish Salisbury Steak	BBQ Chicken Filet
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	WG Roll Steamed Green Beans 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
Cold		Turkey Bun w/Mayo	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap	Sesame Chicken Bun
		Monday, March 14, 2022			
Week V		Golden Chicken Patty Sandwich			
Hot Meal		WG Bakery Bun & Ketchup Steamed Mixed Vegetable Fruit of the Day			
Hot Veg		Mozzarella Veggie Burger			
Cold		Roast Turkey on Wheat Bread			

*Skim and 1% milk choices offered daily.

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