

This institution is an equal opportunity provider

Name : February 2023 Childcare #2 Pizza Every Other Fridays Menu Age Group : Childcare (Ages 3-5)			Options Provided : Hot, Hot Vegetarian, Cold & Cold Vegetarian Meals Meal : Lunch Meal Pattern : CACFP		
Week III			Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023
			Good Ole Fashioned Hamburger	Cheesy Meatballs	Authentic Chicken Stir Fry
			Ketchup	WG Roll	Seasoned Rice
lot Meal				Garden Salad & Dressing	Glazed Carrots
	Chettinad Cuisine belongs to a r	egion called 'Chettinad' in South	Banana	Orange Wedges or Mandarin Oranges	Fruited Applesauce/Apple Wedges
	India. It is a cuisine that is fan	nous for its aroma, made with	Milk	Milk	Milk
Hot Veg	freshly ground spices. Monday, February 6, 2023 Tuesday, February 7, 2023		Grilled Cheese Sandwich	Pizza Crunchers w/ Italian Dip	Stuffed Breadsticks w/ Sau
Cold			Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bi
Cold Veg			Deli Cheese Wrap		Egg Salad & Dinner R
Week IV			·		55
WEEK IV	Old Fashioned Sloppy Joe	Tuesday, February 7, 2023 Breaded Chicken Patty Sandwich	Wednesday, February 8, 2023 Italian Dunkers	Thursday, February 9, 2023 Brunch Lunch	Friday, February 10, 2023 Fresh Hot Pizza
	Whole Grain Bun	Bakery Bun & Ketchup	Dippin' Sauce	Buttermilk Pancake & Syrup	Crisp Salad & Dressing
Hot Meal		Steamed Green Beans	Sliced Cucumbers & Ranch	Scrambled Eggs & Cheese	Fruited Applesauce/Apple Wedges
	Diced Chilled Pears	Chilled Peaches	Banana	Tater Tots & Ketchup	Milk
		Milk	Milk	Orange Wedges or Mandarin Oranges &	IVIIIK
11-41/				Milk	Freeh Het Chesse Die
Hot Veg	Garden Cheeseburger	Cheese Quesadilla	Italian Dunkers w/Dippin Sauce	French Toast Sticks & Syrup	Fresh Hot Cheese Piz
Cold	Turkey & Cheddar Chz Wrap	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bi
Cold Veg	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Deli Cheese Wrap	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner R
Week V	Monday, February 13, 2023	Tuesday, February 14, 2023	Wednesday, February 15, 2023	Thursday, February 16, 2023	Friday, February 17, 2023
	Mozzarella Burger	Pomodoro Meatballs	Creamy Mac & Cheese	Teriyaki Chicken	Cheese Quesadilla
	Fresh Bakery Bun & Ketchup	WG Dinner Roll	Fresh Greens & Dressing	Steamed Seasoned Rice	Fresh Broccoli & Dip
Hot Meal	CKC Baked Beans	Mashed Potatoes	Banana	Steamed Carrots	Fruited Applesauce/Apple Wedges
	Diced Chilled Pears	Chilled Peaches	Milk	Orange Wedges or Mandarin Oranges	Milk
	Milk	Milk		Milk	
Hot Veg	Mozzarella Veggie Burger	Veggie Lasagna Roll	Cheese Hot Pocket w/ Italian Dip	Grilled Cheese Sandwich	Cheese Quesadi
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Cold	Turkey & Cheddar Chz Wrap	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bu
······································	Turkey & Cheddar Chz Wrap Cheese Bun	Honey Mustard Chicken Bun 4.6 oz Wowbutter & Jelly Sandwich	Turkey Bun w/Mayo Deli Cheese Wrap		
Cold Veg					
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Cold Veg	Cheese Bun Monday, February 20, 2023	4.6 oz Wowbutter & Jelly Sandwich Tuesday, February 21, 2023	Deli Cheese Wrap Wednesday, February 22, 2023	Cheese Sandwich on Wheat Bread Thursday, February 23, 2023	Egg Salad & Dinner R Friday, February 24, 2023
Cold Veg	Cheese Bun Monday, February 20, 2023 Swedish Meatballs Soft Dinner Roll	4.6 oz Wowbutter & Jelly Sandwich Tuesday, February 21, 2023 Cheesy Lasagna Roll	Deli Cheese Wrap Wednesday, February 22, 2023 Sheet Pan Curry Chicken	Cheese Sandwich on Wheat Bread Thursday, February 23, 2023 Cheeseburger	Egg Salad & Dinner Ro Friday, February 24, 2023 Fresh Hot Pizza
Cold Veg	Cheese Bun Monday, February 20, 2023 Swedish Meatballs Soft Dinner Roll	4.6 oz Wowbutter & Jelly Sandwich Tuesday, February 21, 2023 Cheesy Lasagna Roll Steamed Sweet Peas	Deli Cheese Wrap Wednesday, February 22, 2023 Sheet Pan Curry Chicken Bakery Roll	Cheese Sandwich on Wheat Bread Thursday, February 23, 2023 Cheeseburger Whole Grain Bun & Ketchup CKC Baked Beans	Egg Salad & Dinner Ro Friday, February 24, 2023 Fresh Hot Pizza Mixed Green Salad & Dressing
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Cold Veg Week VI Hot Meal Hot Veg	Cheese Bun Monday, February 20, 2023 Swedish Meatballs Soft Dinner Roll Steamed Green Beans Diced Chilled Pears Milk Pizza Crunchers & Italian Dip	4.6 oz Wowbutter & Jelly Sandwich Tuesday, February 21, 2023 Cheesy Lasagna Roll Steamed Sweet Peas Chilled Peaches Milk Veggie Lasagna	Deli Cheese Wrap Wednesday, February 22, 2023 Sheet Pan Curry Chicken Bakery Roll Creamy Mashed Potatoes Banana Milk Veggie Nuggets w/ Ketchup & Dinner Roll	Cheese Sandwich on Wheat Bread Thursday, February 23, 2023 Cheeseburger Whole Grain Bun & Ketchup CKC Baked Beans Orange Wedges or Mandarin Oranges Milk Garden Cheeseburger	Friday, February 24, 2023 Fresh Hot Pizza Mixed Green Salad & Dressing Fruited Applesauce/Apple Wedges Milk Fresh Hot Cheese Pizz
Week VI Hot Meal Hot Veg Cold	Cheese Bun Monday, February 20, 2023 Swedish Meatballs Soft Dinner Roll Steamed Green Beans Diced Chilled Pears Milk	4.6 oz Wowbutter & Jelly Sandwich Tuesday, February 21, 2023 Cheesy Lasagna Roll Steamed Sweet Peas Chilled Peaches Milk Veggie Lasagna Honey Mustard Chicken Bun	Deli Cheese Wrap Wednesday, February 22, 2023 Sheet Pan Curry Chicken Bakery Roll Creamy Mashed Potatoes Banana Milk Veggie Nuggets w/ Ketchup & Dinner Roll Turkey Bun w/Mayo	Cheese Sandwich on Wheat Bread Thursday, February 23, 2023 Cheeseburger Whole Grain Bun & Ketchup CKC Baked Beans Orange Wedges or Mandarin Oranges Milk Garden Cheeseburger Chicken Caesar Wrap	Egg Salad & Dinner Ro Friday, February 24, 2023 Fresh Hot Pizza Mixed Green Salad & Dressing Fruited Applesauce/Apple Wedges Milk Fresh Hot Cheese Pizza
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^{*} 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.



Chettinad Fruit Kheer Recipe

Ingredients:

Serves 4 - 5

Steps:

•Raw whole Almonds - 1/2 cup •Raw whole Cashews - 1/2 cup •Shelled Pistachios - 1/2 cup •Sugar - 2 1/2 cups ·Chilled condensed Milk - 2 cups

•Water - 1 cup •Ice cubes - 20 pieces •Cardamom powder - 1/2 tsp

•Apple, Banana, Orange,Grapes,Pineapple (peeled and chopped) - 1 cup

•Fresh Pomegranate kernels - 1/4 cup

•Seperately soak almonds, cashews and pistachios in water for about 4 hours, peel the skin and grind them to smooth paste.

•Add half a cup of water and ice cubes to the paste and mix thoroughly.

•In a pan, bring remaining half a cup of water to boil and add sugar. Stir it until the sugar gets dissolved and cool it to room temperature.

•Now our sugar syrup is ready. Add this syrup to nuts paste.

•Add chopped fruits to it and mix it well.

•Add chilled condensed milk and cardamom powder to it.

•Sprinkle few finely chopped pistachios on the top and serve chilled.

March 2023 Menu (Subject to Change)

Week I			Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
			Taco Rice Bowl	Creamy Mac & Cheese	Sweet & Sour Chicken
			Brown Rice topped w/Seasoned Beef	Mixed Dinner Salad w/Dressing	Steamed Seasoned Brown Rice
Hot Meal			Served with Shred Chz, Cilantro & Crema	Orange Wedges or Mandarin Oranges	Steamed Broccoli
			Steamed Green Peas	Milk	Fruited Applesauce/Apple Wedges
			Banana & Milk		Milk
Hot Veg			Cheese Quesadilla	Creamy Mac & Cheese	Stuffed Breadsticks w/ Sauce
Cold			Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Cold Veg			Deli Cheese Wrap	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll
Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
	BBQ Beef Sandwich	Soft Shell Chicken Taco	Meatball Sub w/Mozzarella	Brunch Lunch	Fresh Hot Pizza
	CKC Baked Beans	WG Tortilla, Seasoned Chicken & Cheese	Sliced Cucumbers & Dip	French Toast Sticks & Syrup	Mixed Greens Salad & Dressing
Hot Meal	Diced Chilled Pears	Steamed Mixed Veggies	Banana	Tater Tots & Ketchup	Fruited Applesauce/Apple Wedges
	Milk	Chilled Peaches	Milk	Orange Wedges or Mandarin Oranges	Milk
		Milk		Milk	
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese	Veggie Lasagna Roll	French Toast Sticks & Syrup	Fresh Hot Cheese Pizza
Cold	Turkey & Cheddar Chz Wrap	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	Deli Cheese Wrap	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll
Week III	Monday, March 13, 2023	Tuesday, March 14, 2023			
	Premium Chicken Nuggets	Mandarin Orange Chicken			
	Ketchup	Steamed Brown Rice			
Hot Meal	Steamed Green Beans	Crisp Broccoli w/ Dip			
	Diced Chilled Pears	Chilled Peaches			
	Milk	Milk			
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Bean & Cheese Burrito			
Cold	Turkey & Cheddar Chz Wrap	Honey Mustard Chicken Bun			
Cold Veg	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich			

^{*} Skim and 1% milk choices offered daily.
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