

Name : February 2023 Childcare #2 Pizza Every Other Fridays Menu		Options Provided : Hot, Hot Vegetarian, Cold & Cold Vegetarian Meals			
Age Group : Childcare (Ages 3-5)		Meal : Lunch		Meal Pattern : CACFP	
Week III		Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023	
Hot Meal	Chettinad Cuisine belongs to a region called 'Chettinad' in South India. It is a cuisine that is famous for its aroma, made with freshly ground spices.	<b>Good Ole Fashioned Hamburger</b> Ketchup Steamed Mixed Veggies Banana Milk	<b>Cheesy Meatballs</b> WG Roll Garden Salad & Dressing Orange Wedges or Mandarin Oranges Milk	<b>Authentic Chicken Stir Fry</b> Seasoned Rice Glazed Carrots Fruited Applesauce/Apple Wedges Milk	
Hot Veg		<b>Grilled Cheese Sandwich</b>	<b>Pizza Crunchers w/ Italian Dip</b>	<b>Stuffed Breadsticks w/ Sauce</b>	
Cold		<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>	
Cold Veg		<b>Deli Cheese Wrap</b>	<b>Cheese Sandwich on Wheat Bread</b>	<b>Egg Salad &amp; Dinner Roll</b>	
Week IV		Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023
Hot Meal	<b>Old Fashioned Sloppy Joe</b> Whole Grain Bun Steamed Mixed Veggies Diced Chilled Pears Milk	<b>Breaded Chicken Patty Sandwich</b> Bakery Bun & Ketchup Steamed Green Beans Chilled Peaches Milk	<b>Italian Dunkers</b> Dippin' Sauce Sliced Cucumbers & Ranch Banana Milk	<b>Brunch Lunch</b> Buttermilk Pancake & Syrup Scrambled Eggs & Cheese Tater Tots & Ketchup Orange Wedges or Mandarin Oranges & Milk	<b>Fresh Hot Pizza</b> Crisp Salad & Dressing Fruited Applesauce/Apple Wedges Milk
Hot Veg	<b>Garden Cheeseburger</b>	<b>Cheese Quesadilla</b>	<b>Italian Dunkers w/Dippin Sauce</b>	<b>French Toast Sticks &amp; Syrup</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Turkey &amp; Cheddar Chz Wrap</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>
Cold Veg	<b>Cheese Bun</b>	<b>4.6 oz Wowbutter &amp; Jelly Sandwich</b>	<b>Deli Cheese Wrap</b>	<b>Cheese Sandwich on Wheat Bread</b>	<b>Egg Salad &amp; Dinner Roll</b>
Week V	Monday, February 13, 2023	Tuesday, February 14, 2023	Wednesday, February 15, 2023	Thursday, February 16, 2023	Friday, February 17, 2023
Hot Meal	<b>Mozzarella Burger</b> Fresh Bakery Bun & Ketchup CKC Baked Beans Diced Chilled Pears Milk	<b>Pomodoro Meatballs</b> WG Dinner Roll Mashed Potatoes Chilled Peaches Milk	<b>Creamy Mac &amp; Cheese</b> Fresh Greens & Dressing Banana Milk	<b>Teriyaki Chicken</b> Steamed Seasoned Rice Steamed Carrots Orange Wedges or Mandarin Oranges Milk	<b>Cheese Quesadilla</b> Fresh Broccoli & Dip Fruited Applesauce/Apple Wedges Milk
Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Veggie Lasagna Roll</b>	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Grilled Cheese Sandwich</b>	<b>Cheese Quesadilla</b>
Cold	<b>Turkey &amp; Cheddar Chz Wrap</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>
Cold Veg	<b>Cheese Bun</b>	<b>4.6 oz Wowbutter &amp; Jelly Sandwich</b>	<b>Deli Cheese Wrap</b>	<b>Cheese Sandwich on Wheat Bread</b>	<b>Egg Salad &amp; Dinner Roll</b>
Week VI	Monday, February 20, 2023	Tuesday, February 21, 2023	Wednesday, February 22, 2023	Thursday, February 23, 2023	Friday, February 24, 2023
Hot Meal	<b>Swedish Meatballs</b> Soft Dinner Roll Steamed Green Beans Diced Chilled Pears Milk	<b>Cheesy Lasagna Roll</b> Steamed Sweet Peas Chilled Peaches Milk	<b>Sheet Pan Curry Chicken</b> Bakery Roll Creamy Mashed Potatoes Banana Milk	<b>Cheeseburger</b> Whole Grain Bun & Ketchup CKC Baked Beans Orange Wedges or Mandarin Oranges Milk	<b>Fresh Hot Pizza</b> Mixed Green Salad & Dressing Fruited Applesauce/Apple Wedges Milk
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Veggie Lasagna</b>	<b>Veggie Nuggets w/ Ketchup &amp; Dinner Roll</b>	<b>Garden Cheeseburger</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Turkey &amp; Cheddar Chz Wrap</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>
Cold Veg	<b>Cheese Bun</b>	<b>4.6 oz Wowbutter &amp; Jelly Sandwich</b>	<b>Deli Cheese Wrap</b>	<b>Cheese Sandwich on Wheat Bread</b>	<b>Egg Salad &amp; Dinner Roll</b>
Week I	Monday, February 27, 2023	Tuesday, February 28, 2023	Chef Spotlight - Annapoorna Meyyappan, Product and Data Analyst		
Hot Meal	<b>Popcorn Chicken</b> Ketchup Whole Grain Dinner Roll Fresh Broccoli & Dip Diced Chilled Pears & Milk	<b>Brunch Lunch</b> Buttermilk Pancake & Syrup Scrambled Eggs Steamed Carrots Chilled Peaches & Milk	<b>Simple and Luscious Cold Indian Dessert</b>		
Hot Veg	<b>Grilled Cheese Sandwich</b>	<b>Smothered Garden Patty w/ WG Roll</b>	The delicacy of "Chettinad Fruit Kheer" brings me the nostalgia of having grand lunch with a variety of dishes served on a banana leaf in all Chettinad marriages. It is a simple dessert but a rich drink made from delectable amalgamation of nuts and fruits. I will share the recipe picking a sleeve from my mom's cookbook and I am sure it will be your sumptuous dessert. -- Annapoorna Meyyappan		
Cold	<b>Turkey &amp; Cheddar Chz Wrap</b>	<b>Honey Mustard Chicken Bun</b>			
Cold Veg	<b>Cheese Bun</b>	<b>4.6 oz Wowbutter &amp; Jelly Sandwich</b>	<b>'Chettinad Fruit Kheer' recipe is on Page 2</b>		

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

**Chettinad Fruit Kheer Recipe**

<b>Ingredients:</b>	<b>Serves 4 - 5</b>	<b>Steps:</b>
<ul style="list-style-type: none"> <li>•Raw whole Almonds - 1/2 cup</li> <li>•Raw whole Cashews - 1/2 cup</li> <li>•Shelled Pistachios - 1/2 cup</li> <li>•Sugar - 2 1/2 cups</li> <li>•Chilled condensed Milk - 2 cups</li> <li>•Water - 1 cup</li> <li>•Ice cubes - 20 pieces</li> <li>•Cardamom powder - 1/2 tsp</li> <li>•Apple, Banana, Orange, Grapes, Pineapple (peeled and chopped) - 1 cup</li> <li>•Fresh Pomegranate kernels - 1/4 cup</li> </ul>		<ul style="list-style-type: none"> <li>•Seperately soak almonds, cashews and pistachios in water for about 4 hours, peel the skin and grind them to smooth paste.</li> <li>•Add half a cup of water and ice cubes to the paste and mix thoroughly.</li> <li>•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.</li> <li>•Now our sugar syrup is ready. Add this syrup to nuts paste.</li> <li>•Add chopped fruits to it and mix it well.</li> <li>•Add chilled condensed milk and cardamom powder to it.</li> <li>•Sprinkle few finely chopped pistachios on the top and serve chilled.</li> </ul>

**March 2023 Menu (Subject to Change)**

Week I	Wednesday, March 1, 2023		Thursday, March 2, 2023		Friday, March 3, 2023	
Hot Meal	<b>Taco Rice Bowl</b> Brown Rice topped w/Seasoned Beef Served with Shred Chz, Cilantro & Crema Steamed Green Peas Banana & Milk		<b>Creamy Mac &amp; Cheese</b> Mixed Dinner Salad w/Dressing Orange Wedges or Mandarin Oranges Milk		<b>Sweet &amp; Sour Chicken</b> Steamed Seasoned Brown Rice Steamed Broccoli Fruited Applesauce/Apple Wedges 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	
Hot Meal	<b>BBQ Beef Sandwich</b> CKC Baked Beans Diced Chilled Pears Milk	<b>Soft Shell Chicken Taco</b> WG Tortilla, Seasoned Chicken & Cheese Steamed Mixed Veggies Chilled Peaches Milk	<b>Meatball Sub w/Mozzarella</b> Sliced Cucumbers & Dip Banana Milk	<b>Brunch Lunch</b> French Toast Sticks & Syrup Tater Tots & Ketchup Orange Wedges or Mandarin Oranges Milk	<b>Fresh Hot Pizza</b> Mixed Greens Salad & Dressing Fruited Applesauce/Apple Wedges 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				
Hot Meal	<b>Premium Chicken Nuggets</b> Ketchup Steamed Green Beans Diced Chilled Pears Milk	<b>Mandarin Orange Chicken</b> Steamed Brown Rice Crisp Broccoli w/ Dip Chilled Peaches 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.  
\* 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.