

Menu Info	Name : July 2022 Child Care #2 Pizza EOW Friday Menu - with Fresh & Steamed Veggies Age Group : Childcare (Ages 3-5)	Options Provided : Hot, Hot Vegetarian, Cold & Cold Vegetarian Meals Meal : Lunch Meal Pattern : CACFP
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Friday, July 1, 2022	
Week II	Chef Spotlight - Chris Olson (Prep Team Manager)
Hot Meal	<b>Making New Traditions through Food</b> Every year on thanksgiving, my family gets together. My mother and I make all the food for this grand get-together. It's our favorite holiday and there's always lots of leftovers. When we're done with the turkey, we always make a turkey vegetable soup, which has become part of the tradition as well. The soup has a home-made turkey stock (made from the leftover Turkey from Thanksgiving meal and that's the best part) with a little bit of cream and curry seasoning, something about that combination that leaves me craving it every year.
Hot Veg	Fresh Hot Cheese Pizza
Cold	Asian Chicken Sticky Bun
Cold Veg	Egg Salad & Dinner Roll
Chris Olson's 'Turkey Vegetable Soup' recipe is on Page 2	

Monday, July 4, 2022		Tuesday, July 5, 2022		Wednesday, July 6, 2022		Thursday, July 7, 2022		Friday, July 8, 2022	
Week III	<b>Meatball Mac &amp; Cheese</b>	<b>Hamburger w/ Ketchup</b>	<b>Juicy Chicken Parmesan Sandwich</b>	<b>Mongolian Meatballs</b>	<b>Lemony Garlic Chicken</b>				
Hot Meal	Steamed Peas Fruit of the Day	Beef Patty, WG Bun & Ketchup Crisp Salad & Dressing Fruit of the Day	Parmesan Chicken WG Bun & Mozzarella Cheese 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	Bean & Cheese Burrito	Veggie Burger	Egg Fried Rice	Veggie Lasagna Roll	Teriyaki Veggie Nuggets & Cinnamon Goldfish				
Cold	Chicken & Cheese Torta Sandwich	Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken on Sandwich w/Sauce	Chicken & Cheddar Wrap	Teriyaki Chicken 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				

Monday, July 11, 2022		Tuesday, July 12, 2022		Wednesday, July 13, 2022		Thursday, July 14, 2022		Friday, July 15, 2022	
Week IV	<b>Ole Fashioned Sloppy Joe</b>	<b>Chicken Taco</b>	<b>Italian Dunkers</b>	<b>BBQ Chicken Filet</b>	<b>Fresh Hot Pizza</b>				
Hot Meal	Whole Grain Bun Steamed Mixed Veggies Fruit of the Day	WG Tortilla, Chicken & Cheese Cheesy Refried Beans Fruit of the Day	Dippin' Sauce Sliced Cucumbers & Dip Fruit of the Day	WG Roll Steamed Green Beans Fruit of the Day	Garden Salad & Dressing Fruit of the Day				
Hot Veg	Pizza Crunchers & Italian Dip	Swedish Veggie Patty & WG Roll	Cheese Breadsticks w/ Red Sauce	French Toast w/ Syrup & Yogurt	Fresh Hot Cheese Pizza				
Cold	Turkey Bun w/Mayo	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap	Sesame Chicken Bun	Chicken & Cheese Torta Sandwich				
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				

Monday, July 18, 2022		Tuesday, July 19, 2022		Wednesday, July 20, 2022		Thursday, July 21, 2022		Friday, July 22, 2022	
Week V	<b>Golden Chicken Patty Sandwich</b>	<b>Brunch Lunch</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Creamy Swedish Meatballs</b>	<b>Cheese Quesadilla</b>				
Hot Meal	WG Bakery Bun & Ketchup Steamed Mixed Vegetable Fruit of the Day	Waffle & Syrup Turkey Sausage Patty Crisp Broccoli & Ranch Dip Fruit of the Day	Wheat Dinner Roll Steamed Green Beans Fruit of the Day	Dinner Roll Crisp Salad & Dressing Fruit of the Day	Steamed Peas Fruit of the Day				
Hot Veg	Mozzarella Veggie Burger	Twisted Cheese Breadsticks	Creamy Mac & Cheese	Waffles w/Syrup, Yogurt & Chz Stick	Egg Fried Rice				
Cold	Roast Turkey on Wheat Bread	Asian Chicken Sticky Bun	Chicken Ceasar Wrap	CKC Crazy Good Chicken Bun	Chicken & Cheese Torta Sandwich				
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				

Monday, July 25, 2022		Tuesday, July 26, 2022		Wednesday, July 27, 2022		Thursday, July 28, 2022		Friday, July 29, 2022	
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 Dinner Roll Steamed Mixed Veggies Fruit of the Day	French Toast Sticks & Syrup Yogurt Cup Tater Tots w/Ketchup Fruit of the Day	Fresh Bakery Roll Garden Salad & Dressing Fruit of the Day	WG Bun & Ketchup Cucumber Slices & Dip Fruit of the Day	Steamed Green Beans Fruit of the Day				
Hot Veg	Pizza Crunchers & Italian Dip	Veggie TexMex Wrap	Garden Cheeseburger	Cheese Breadsticks	Fresh Hot Cheese Pizza				
Cold	Turkey Bun w/Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap	Asian Chicken Sticky Bun	Teriyaki Chicken 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				

Hot Veg and Cold meals are served with vegetables and fruit of the day

\* 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.

**Chef Chris Olson's Recipe - Turkey Vegetable Soup**

Ingredients	Servings : 6 to 8	Steps
<ol style="list-style-type: none"> <li>1. <b>Butter (or) Margarine</b> – 1/4 Cup</li> <li>2. <b>Onions</b> – 2 Medium, chopped</li> <li>3. <b>All Purpose Flour</b> – 2 Tablespoons</li> <li>4. <b>Curry Powder</b> – 1 Teaspoon</li> <li>5. <b>Turkey Broth (Made from leftover Turkey)</b> – 3 Cups</li> <li>6. <b>Potatoes</b> – 1 Cup, Chopped</li> <li>7. <b>Carrots</b> – 1/2 Cup, Sliced thin</li> <li>8. <b>Celery</b> - 1/2 Cup</li> <li>9. <b>Fresh Parsley</b> - 2 Tablespoons, Chopped.</li> <li>10. <b>Sage or Poultry Seasoning</b> - 1/2 Teaspoon</li> <li>11. <b>Turkey, Cooked &amp; Cubed (Leftover)</b> - 2 Cups</li> <li>12. <b>Half and half</b> - 1.5 Cups</li> <li>13. <b>Spinach</b> - 1.5 Cups, Chopped</li> <li>14. <b>Salt &amp; Ground Pepper</b>- As needed</li> </ol>		<p><b>Making Turkey Broth:</b></p> <ul style="list-style-type: none"> <li>* Take the leftover bones and simmer them for a few hours until the stock has a light brown color.</li> <li>* After the soup is made and if it needs a little salt and more turkey flavor add some bouillon turkey base until the desired flavor has been reached.</li> </ul> <p><b>Making Soup:</b></p> <ul style="list-style-type: none"> <li>* Melt butter/Margarine in a large saucepan over medium-high heat.</li> <li>* Add chopped onions and saute until translucent (It might take about 10 minutes).</li> <li>* Stir in flour and curry powder and cook for 2 to 3 minutes.</li> <li>* Add the broth, chopped potatoes, carrots, celery, parsley and sage and let it boil.</li> <li>* Once it starts boiling, reduce heat to low, cover and simmer for 10 minutes.</li> <li>* Continue simmering, for little more time, if desired consistency is not reached.</li> <li>* Season with salt and pepper.</li> </ul>

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

Menu Info									
August 2022 Menu (Subject to Change)									
Monday, August 1, 2022		Tuesday, August 2, 2022		Wednesday, August 3, 2022		Thursday, August 4, 2022		Friday, August 5, 2022	
Week I	<b>Cheesy Lasagna Roll</b>	<b>Meatball Sub</b>		<b>Orange Chicken</b>		<b>Brunch Lunch</b>		<b>Teriyaki Grilled Chicken</b>	
Hot Meal	Steamed Green Beans Fruit of the Day	Whole Grain Hot Dog Bun Crisp Dinner Salad & Dressing Fruit of the Day		Steamed Rice Steamed Sweet Peas Fruit of the Day		Buttermilk Pancake & Syrup Sausage Patties Cucumber Slices & Dip Fruit of the Day		WG Dinner Roll CKC Baked Beans Fruit of the Day	
Hot Veg	<b>Louisiana Veggie Burger</b>	<b>Grilled Cheese Sandwich</b>		<b>Twisted Cheese Breadsticks</b>		<b>Cheesy Calzone</b>		<b>Sweet &amp; Sour Veggie Nuggets</b>	
Cold	Turkey Bun w/Mayo	Honey Mustard Chicken on WG Bun		Chicken Caesar Wrap		Chicken & Cheese Torta Sandwich		Banh Mi Chicken Sandwich w/Sauce	
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	
Monday, August 8, 2022		Tuesday, August 9, 2022		Wednesday, August 10, 2022		Thursday, August 11, 2022			
Week II	<b>BBQ Meatballs</b>	<b>Chicken Tenders &amp; Waffle</b>		<b>Soft Shell Beef Taco</b>		<b>Chicken Fried Rice</b>			
Hot Meal	Corn Muffin CKC Baked Beans Fruit of the Day	Cucumber Slices & Dip Fruit of the Day		WG Tortilla, Seasoned Beef & Cheese Garden Salad & Dressing Fruit of the Day		Steamed Carrots Fruit of the Day			
Hot Veg	<b>BBQ Garden Burger</b>	<b>Creamy Mac &amp; Cheese</b>		<b>Veggie Lasagna Roll</b>		<b>Pancake w/ Syrup, Yogurt &amp; Chz Stick</b>			
Cold	Wowbutter & Jelly Sandwich	Sesame Chicken Bun		Turkey & Cheese Wrap w/Mayo		CKC Crazy Good Chicken Bun			
Cold Veg	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich		WG Bagel w/ Wow Butter & Chz Stick		Cheese Sandwich on Wheat Bread			

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