

Name : July 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 I	Monday, July 3, 2023	Tuesday, July 4, 2023	Wednesday, July 5, 2023	Thursday, July 6, 2023	Friday, July 7, 2023
Hot Meal	Popcorn Chicken Ketchup Whole Grain Dinner Roll Fresh Broccoli & Dip Diced Chilled Pears & Milk	Brunch Lunch Buttermilk Pancake Homemade Berry Burst Syrup Scrambled Eggs & Steamed Carrots Chilled Peaches & Milk	Taco Rice Bowl Brown Rice topped w/Seasoned Beef Served with Shred Chz, Cilantro & Crema Steamed Green Peas Banana & Milk	Creamy Mac & Cheese Mixed Dinner Salad w/Dressing Fresh Melon Cubes Milk	Sweet & Sour Chicken Steamed Seasoned Brown Rice Steamed Broccoli Applesauce Cup Milk
Hot Veg	Grilled Cheese Sandwich	Smothered Garden Patty w/ WG Roll	Cheese Quesadilla	Creamy Mac & Cheese	Stuffed Breadsticks w/ Sauce
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 Woubutter & Jelly Sandwich	Deli Cheese Wrap	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll

Week II	Monday, July 10, 2023	Tuesday, July 11, 2023	Wednesday, July 12, 2023	Thursday, July 13, 2023	Friday, July 14, 2023
Hot Meal	BBQ Beef Sandwich CKC Baked Beans Diced Chilled Pears Milk	Soft Shell Chicken Taco WG Tortilla, Seasoned Chicken & Cheese Steamed Mixed Veggies Chilled Peaches Milk	Meatball Sub w/Mozzarella Sliced Cucumbers & Dip Banana Milk	Brunch Lunch French Toast Sticks & Syrup Tater Tots & Ketchup Fresh Melon Cubes Milk	Fresh Hot Pizza Mixed Greens Salad & Dressing Applesauce Cup Milk
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese	Cheesy Pull-Aparts	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 Woubutter & Jelly Sandwich	Deli Cheese Wrap	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll

Week III	Monday, July 17, 2023	Tuesday, July 18, 2023	Wednesday, July 19, 2023	Thursday, July 20, 2023	Friday, July 21, 2023
Hot Meal	Premium Chicken Nuggets Ketchup Steamed Green Beans Diced Chilled Pears Milk	Mandarin Orange Chicken Steamed Brown Rice Crisp Broccoli w/ Dip Chilled Peaches Milk	Good Ole Fashioned Hamburger Ketchup Steamed Mixed Veggies Banana Milk	Cheesy Meatballs WG Roll Garden Salad & Dressing Fresh Melon Cubes Milk	Stuffed Breadsticks Warm Red Sauce Glazed Carrots Applesauce Cup Milk
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Cheese Quesadilla	Grilled Cheese Sandwich	Pizza Crunchers w/ Italian Dip	Stuffed Breadsticks w/ Sauce
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 Woubutter & Jelly Sandwich	Deli Cheese Wrap	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll

Week IV	Monday, July 24, 2023	Tuesday, July 25, 2023	Wednesday, July 26, 2023	Thursday, July 27, 2023	Friday, July 28, 2023
Hot Meal	Old Fashioned Sloppy Joe Whole Grain Bun Steamed Mixed Veggies Diced Chilled Pears Milk	Breaded Chicken Patty Sandwich Bakery Bun & Ketchup Steamed Green Beans Chilled Peaches Milk	Italian Dunkers Dippin' Sauce Sliced Cucumbers & Ranch Banana Milk	Brunch Lunch Buttermilk Pancake Homemade Berry Burst Syrup Scrambled Eggs & Cheese, Tater Tots & Ketchup Fresh Melon Cubes & Milk	Fresh Hot Pizza Crisp Salad & Dressing Applesauce Cup Milk
Hot Veg	Garden Cheeseburger	Cheese Quesadilla	Italian Dunkers w/Dippin Sauce	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 Woubutter & Jelly Sandwich	Deli Cheese Wrap	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll

Week V	Monday, July 31, 2023	Chef Spotlight - Tyler Lowry - Prep Tag Coordinator			
Hot Meal	Mozzarella Burger Fresh Bakery Bun & Ketchup CKC Baked Beans Diced Chilled Pears Milk	Pozole Rojo			
Hot Veg	Mozzarella Veggie Burger	Traditional Mexican pozole (or posole) is a rich, brothy soup made with pork, hominy, and red chiles. My family moved from Minnesota to New Mexico when I was a child, and I was able to enjoy great exposure to traditional Mexican and Hispanic cuisine. Pozole is one of my favorite dishes from down south that I'm able to share with friends and family here. I may need to tone down the spiciness for some native Minnesotans, but that heat is great for keeping warm in our cold winters! The pork in this recipe can easily be swapped for chicken, and there's so many choices for garnishes or accompaniments: radishes, avocado, cabbage, lettuce, tortillas and tortilla chips to name a few. - Tyler			
Cold	Turkey & Cheddar Chz Wrap				
Cold Veg	Cheese Bun	Pozole Rojo' recipe is on Page 2			

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

POZOLE ROJO		
Ingredients:	Steps	Serves 4-5
<p>a. 3 lb. Pork Shoulder, cut into 2" pieces. b. Kosher Salt c. Freshly ground black pepper d. 1 large yellow onion, quartered. e. 3 cloves garlic, sliced. f. 1 tsp. whole cloves g. 1 tsp. cumin seeds h. 1 bay leaf i. 4 cup chicken broth j. 2 dried chilis de arbol, 2 dried ancho chilis, 2 dried guajillo chilis stem and seeds removed k. 3 15oz cans hominy, drained and rinsed.</p>	<ul style="list-style-type: none"> •Season pork with salt and pepper. •In a large pot over medium heat, add pork, onion, garlic, cloves, cumin seeds, bay leaf, and broth. •Add enough water to cover pork by 2". •Bring to a boil, then cover and reduce heat to a simmer. Let simmer for 1 ½ hours, skimming foam off top as necessary. •Place dried chilis into a medium bowl and pour 2 cups boiling water over. Soak for 30 minutes. •Place chilis and about 1/2C of soaking liquid into blender. Blend until smooth, adding water as necessary. •Add chili puree and hominy to pot with pork. Continue to simmer, covered, until pork is very tender, about 1 ½ hours more. •Serve with a choice of radishes, cabbage, cilantro, avocado, warm corn tortillas, cotija cheese, limes, tortilla chips. 	

August 2023 Menu (Subject to Change)

Week V	Tuesday, August 1, 2023	Wednesday, August 2, 2023	Thursday, August 3, 2023	Friday, August 4, 2023
Hot Meal	Pomodoro Meatballs WG Dinner Roll Mashed Potatoes Chilled Peaches Milk	Creamy Mac & Cheese Fresh Greens & Dressing Banana Milk	Teriyaki Chicken Steamed Seasoned Rice Steamed Carrots Fresh Melon Cubes Milk	Cheese Quesadilla Fresh Broccoli & Dip Applesauce Cup Milk
Hot Veg	Veggie Nuggets w/ Ketchup & Dinner Roll	Cheese Hot Pocket w/ Italian Dip	Grilled Cheese Sandwich	Cheese Quesadilla
Cold	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Cold Veg	4.6 oz Wowbutter & Jelly Sandwich	Deli Cheese Wrap	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll

Week VI	Monday, August 7, 2023	Tuesday, August 8, 2023	Wednesday, August 9, 2023	Thursday, August 10, 2023	Friday, August 11, 2023
Hot Meal	Swedish Meatballs Soft Dinner Roll Steamed Green Beans Diced Chilled Peas Milk	Macaroni & Meatsauce Steamed Sweet Peas Chilled Peaches Milk	Stuffed Cheese Stick Pack w/ Dip Steamed Mixed Veggies Banana Milk	Cheeseburger Whole Grain Bun & Ketchup CKC Baked Beans Fresh Melon Cubes Milk	Fresh Hot Pizza Mixed Greens Salad & Dressing Applesauce Cup Milk
Hot Veg	Pizza Crunchers & Italian Dip	Cheesy Pull-Aparts	Cheese Quesadilla	Garden Cheeseburger	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