

This institution is an equal opportunity provider

Menu Info		Name : June 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					
Chef Spotlight - Edward Harr (Offsite Food Service Manager)		Wednesday, June 1, 2022		Thursday, June 2, 2022		Friday, June 3, 2022				
Week IV	<p>Families Bonded Through Kitchen</p> <p>One meal I like to make, that everyone in my household enjoys, is a big pot of Chili. It's a simple dish, but so delicious with your choice of meat and various combination of vegetables, to let simmer allowing all those flavors to fuse together. I always make sure to cook enough so that I can send some to other family members to enjoy. I don't follow an exact recipe so the flavor is different for each batch that I make but nevertheless tasty each time. I love spicy foods so when I make chili, I always make a separate small pot for myself which almost always has added Habaneros, Jalapenos, and Carolina Reaper powder.</p>	Italian Dunkers		BBQ Chicken Filet		Fresh Hot Pizza				
Hot Meal		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		Cheese Breadsticks w/ Red Sauce		French Toast w/ Syrup & Yogurt		Fresh Hot Cheese Pizza				
Cold		Chicken Mozzarella Wrap		Sesame Chicken Bun		Chicken & Cheese Torta Sandwich				
Cold Veg		- Ed Harr		WG Bagel w/ Wow Butter & Chz Stick		Cheese Sandwich on Wheat Bread		Egg Salad & Dinner Roll		
Monday, June 6, 2022		Tuesday, June 7, 2022		Wednesday, June 8, 2022		Thursday, June 9, 2022		Friday, June 10, 2022		
Week V	Golden Chicken Patty Sandwich	Brunch Lunch		Sweet & Sour Chicken		Creamy Swedish Meatballs		Cheese Quesadilla		
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 Caesar 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, June 13, 2022		Tuesday, June 14, 2022		Wednesday, June 15, 2022		Thursday, June 16, 2022		Friday, June 17, 2022		
Week VI	Popcorn Chicken	Brunch Lunch		Mac & Cheese		All Beef Hamburger		Fresh Hot Pizza		
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	
Monday, June 20, 2022		Tuesday, June 21, 2022		Wednesday, June 22, 2022		Thursday, June 23, 2022		Friday, June 24, 2022		
Week I	Cheesy Lasagna Roll	Meatball Sub		Orange Chicken		Brunch Lunch		Teriyaki Grilled Chicken		
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	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	
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, June 27, 2022		Tuesday, June 28, 2022		Wednesday, June 29, 2022		Thursday, June 30, 2022				
Week II	BBQ Meatballs	Chicken Tenders & Waffle		Soft Shell Beef Taco		Chicken Fried Rice		<p>Chef Edward Harr's Chili recipe is on Page 2</p>		
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	BBQ Garden Burger		Creamy Mac & Cheese		Veggie Lasagna Roll				Pancake w/ Syrup, Yogurt & Chz Stick
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			

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.

Ched Edward Harr's Chili Recipe

<p>Ingredients</p> <p>Servings : 6 to 8</p> <p>(My ingredients keep changing every time I cook, so I am trying to capture the most basic version here)</p> <p>Main Batch:</p> <ol style="list-style-type: none"> 1. <input type="checkbox"/> Ground Beef or Shredded Chicken – 2 Pounds 2. <input type="checkbox"/> Kidney Bean / Pinto Bean – 1 can drained and rinsed 3. <input type="checkbox"/> Whole Kernel Corn – 1 can drained and rinsed 4. <input type="checkbox"/> Diced Red and Green Bell Peppers – About 1 cup chopped 5. <input type="checkbox"/> Diced Tomatoes – 2 medium sized, chopped 6. <input type="checkbox"/> Diced Red Onion – 1/2 medium sized, diced 7. <input type="checkbox"/> Chopped Cilantro – ½ cup finely chopped 8. <input type="checkbox"/> Variety of Seasonings (Your Choice...my choice of seasonings ranges anywhere from garlic powder 2 tsp, cumin powder 2 tsp, chili powder 1 Tbls, salt 1 Tbls) 9. <input type="checkbox"/> Optional Toppings include Shred cheese, Sour cream, saltine crackers etc. 	<p>Ingredients (Continued)</p> <p>Spicy Batch: (Including the main batch Ingredients)</p> <ol style="list-style-type: none"> 1. <input type="checkbox"/> Diced Habanero - 1 tsp 2. <input type="checkbox"/> Diced Jalapeno - 1 tsp 3. <input type="checkbox"/> Carolina Reaper Powder (Just a pinch) <p>Steps:</p> <ul style="list-style-type: none"> * Heat a large skillet over medium heat until hot. Add diced red onion and sauté for a few minutes till lightly golden. * Add chopped bell peppers next and continue to sauté for about 2 minutes. Add ground beef/shredded chicken; cook for 8 to 10 minutes. * Stir occasionally, until browned. If using beef crumble, break into crumbles while stirring. * Stir in the other ingredients (except toppings) and bring to a boil. (Cilantro is best added at the end if you enjoy fresh flavor. If you add it while cooking it loses a lot of the flavor people love about cilantro) * Reduce heat and simmer for about 20 minutes, uncovered, stirring occasionally. 	
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Menu Info **July 2022 Menu (Subject to Change)**

		Friday, July 1, 2022
Week II		Fresh Hot Pizza
Hot Meal		Crisp Broccoli & Dip Fruit of the Day
Hot Veg		Fresh Hot Cheese Pizza
Cold		Asian Chicken Sticky Bun
Cold Veg		Egg Salad & Dinner Roll

	Monday, July 4, 2022	Tuesday, July 5, 2022	Wednesday, July 6, 2022	Thursday, July 7, 2022	Friday, July 8, 2022
Week III	Meatball Mac & Cheese	Hamburger w/ Ketchup	Juicy Chicken Parmesan Sandwich	Mongolian Meatballs	Lemony Garlic Chicken
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
Week IV	Ole Fashioned Sloppy Joe	Chicken Taco
Hot Meal	Whole Grain Bun Steamed Mixed Veggies Fruit of the Day	WG Tortilla, Chicken & Cheese Cheesy Refried Beans Fruit of the Day
Hot Veg	Pizza Crunchers & Italian Dip	Swedish Veggie Patty & WG Roll
Cold	Turkey Bun w/Mayo	CKC Crazy Good Chicken Bun
Cold Veg	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich

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