

Menu Info		Name : March 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				
		Tuesday, March 1, 2022	Wednesday, March 2, 2022	Thursday, March 3, 2022	Friday, March 4, 2022	
Week III	<i>Chef Spotlight Recipe, Theeka Aloo, presented by Teja Adapa, our Database Analyst, is in Page 2</i>	<b>Hamburger w/ Ketchup</b>	<b>Juicy Chicken Parmesan Sandwich</b>	<b>Mongolian Meatballs</b>	<b>Lemony Garlic Chicken</b>	
Hot Meal		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		<b>Veggie Burger</b>	<b>Egg Fried Rice</b>	<b>Veggie Lasagna Roll</b>	<b>Teriyaki Veggie Nuggets &amp; Cinnamon Goldfish</b>	
Cold		Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken on Sandwich w/Sauce	Chicken & Cheddar Wrap	Teriyaki Chicken Bun	
		Monday, March 7, 2022	Tuesday, March 8, 2022	Wednesday, March 9, 2022	Thursday, March 10, 2022	Friday, March 11, 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	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Swedish Veggie Patty &amp; WG Roll</b>	<b>Cheese Bosco Sticks w/ Marinara Sauce</b>	<b>French Toast Sticks w/ Syrup &amp; Yogurt</b>	<b>Fresh Hot Cheese Pizza</b>	
Cold	Turkey Bun w/Mayo	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap	Sesame Chicken Bun	Chicken & Cheese Torta Sandwich	
		Monday, March 14, 2022	Tuesday, March 15, 2022	Wednesday, March 16, 2022	Thursday, March 17, 2022	Friday, March 18, 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>Chicken Fried Rice</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	<b>Mozzarella Veggie Burger</b>	<b>Twisted Cheese Breadsticks</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Waffles w/Syrup &amp; Yogurt Cup &amp; Chz Stick</b>	<b>Egg Fried Rice</b>	
Cold	Roast Turkey on Wheat Bread	Asian Chicken Sticky Bun	Chicken Caesar Wrap	CKC Crazy Good Chicken Bun	Chicken & Cheese Torta Sandwich	
		Monday, March 21, 2022	Tuesday, March 22, 2022	Wednesday, March 23, 2022	Thursday, March 24, 2022	Friday, March 25, 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	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Veggie TexMex Wrap</b>	<b>Garden Cheeseburger</b>	<b>Cheese Bosco Sticks</b>	<b>Fresh Hot Cheese Pizza</b>	
Cold	Turkey Bun w/Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap	Asian Chicken Sticky Bun	Teriyaki Chicken Bun	
		Monday, March 28, 2022	Tuesday, March 29, 2022	Wednesday, March 30, 2022	Thursday, March 31, 2022	
Week I	<b>Cheesy Lasagna Roll</b>	<b>Meatball Sub</b>	<b>Orange Chicken</b>	<b>Brunch Lunch</b>	<i>Aloo is a Hindi term for potato. And Theeka Aloo is a flavorful spiced potato dish that goes well, with almost anything as a side. It is usually eaten with rice or Indian flatbread. But to experience its natural flavors, eat it as it is.</i>	
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		
Hot Veg	<b>Louisiana Veggie Burger</b>	<b>Grilled Cheese Sandwich</b>	<b>Twisted Cheese Breadsticks</b>	<b>Cheesy Calzone</b>		
Cold	Turkey Bun w/Mayo	Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap	Chicken & Cheese Torta Sandwich		

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

Cold Vegetarian meals (Served with Veggie & Fruit of the Day)					
	Monday	Tuesday	Wednesday	Thursday	Friday
Cold Veg Weeks I, III, V	Cheese Bun	Yogurt Cup, Cheese Stick & Muffin	WG Bagel & Wow Butter Cup Cheese Stick	Cheese Sandwich on Wheat Bread	Yogurt Cup, Cheese Stick & Cinnamon Goldfish
Cold Veg Weeks II, IV, VI	Stuffed Cream Chz Bagel, Yogurt & Cheese Cubes	WG Tortilla w/ Cheese Cup, String Cheese	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Egg Salad & Dinner Roll

**Theeka Aloo (Chef Teja's Recipe)**

<u>Ingredients:</u>		<u>Steps:</u>
<ul style="list-style-type: none"> <li>•Coriander seeds (Dried seeds from matured coriander herb) – 1 tsp</li> <li>•Black Peppercorn – 1/2 tsp</li> <li>•Carom seeds (seeds from carom plant) – 1 tsp</li> <li>•Mustard seeds (Black round seeds from mustard plant)– 1 tsp</li> <li>•Dry red chili seeds – 1/2 tsp</li> <li>•Dry red chili – 4</li> </ul> <p>All the above whole spices can be bought from Indian or Asian stores.</p>	<ul style="list-style-type: none"> <li>•Rock salt – to taste</li> <li>•Oil – 3 tbsp</li> <li>•Garlic, chopped to small pieces – 1 tsp</li> <li>•Onion, cut lengthwise – 1 cup</li> <li>•Cubed potatoes – 2 cups</li> <li>•Turmeric powder – ¼ tsp</li> </ul> <p style="text-align: center;"><b>Makes 4 servings</b></p>	<ol style="list-style-type: none"> <li>1. Take a pan and add coriander seeds, pepper, carom seeds, mustard seeds and dry roast them on medium heat.</li> <li>2. Add rock salt, dry red chili seeds, red chilies, and sauté them for ½ minute. Cool, transfer to blender and blend it coarsely into powder. This is the spice powder for our recipe.</li> <li>3. Wash the potatoes and cut them into cubes, unpeeled.</li> <li>4. In the pan, heat the oil and add garlic, onion, and sauté them till onions turn translucent.</li> <li>5. Add turmeric and potato cubes and cover with the lid. Cook for 5 to 8 mins, till potatoes are nicely cooked.</li> <li>6. Add the spice powder, mix well, and place the lid on. Cook for 2 mins on low heat.</li> <li>7. Can be served with hot rice or Indian flatbread.</li> </ol>

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

Chef Spotlight - Teja Adapa (Database Analyst, CKC) Friday, April 1, 2022

<b>Week I</b>	<b>Food is as much about the company, as it is about taste</b>	<b>Teriyaki Grilled Chicken</b>
<b>Hot Meal</b>	<p>I am a traditional home chef, mostly learnt from my mom and spent a while following her recipes without experimenting much. Theeka Aloo is the first recipe I tried watching YouTube videos as it felt as a risk free experiment, and I am glad I tried. It is quite flavorful and unique because of the blend of spices. It instantly became a hit in my family and thus became a staple of all potlucks, family &amp; friends' get-togethers, I attend. I hope it becomes a hit with you as well.</p>	WG Dinner Roll
<b>Hot Veg</b>		CKC Baked Beans
<b>Cold</b>		Fruit of the Day
		<b>Sweet &amp; Sour Veggie Nuggets</b>
		Banh Mi Chicken Sandwich w/Sauce

	Monday, April 4, 2022	Tuesday, April 5, 2022	Wednesday, April 6, 2022	Thursday, April 7, 2022	Friday, April 8, 2022
<b>Week II</b>	<b>BBQ Meatballs</b>	<b>Chicken Tenders &amp; Waffle</b>	<b>Soft Shell Beef Taco</b>	<b>Chicken &amp; Potato Pilaf</b>	<b>Fresh Hot Pizza</b>
<b>Hot Meal</b>	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	Crisp Broccoli & Dip Fruit of the Day
<b>Hot Veg</b>	<b>BBQ Garden Burger</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Veggie Lasagna Roll</b>	<b>Pancake &amp; Syrup w/ Yogurt Cup &amp; Cheese Stick</b>	<b>Fresh Hot Cheese Pizza</b>
<b>Cold</b>	Wowbutter & Jelly Sandwich	Sesame Chicken Bun	Turkey & Cheese Wrap w/Mayo	CKC Crazy Good Chicken Bun	Asian Chicken Sticky Bun

Monday, April 11, 2022					
<b>Week III</b>	<b>Meatball Mac &amp; Cheese</b>				
<b>Hot Meal</b>	Steamed Peas Fruit of the Day				
<b>Hot Veg</b>	<b>Bean &amp; Cheese Burrito</b>				
<b>Cold</b>	Chicken & Cheese Torta Sandwich				

\*Skim and 1% milk choices offered daily.

\*All Bread/Chips/Tortillas listed in the menu are whole-grain products.