

This institution is an equal opportunity provider

Name: May 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 IV	Monday, May 1, 2023	Tuesday, May 2, 2023	Wednesday, May 3, 2023	Thursday, May 4, 2023	Friday, May 5, 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 Orange Wedges or Mandarin Oranges & Milk	Fresh Hot Pizza Crisp Salad & Dressing Cinnamon Apple Slices Milk	
	Hot Veg	Garden Cheeseburger	Cheese Quesadilla	Italian Dunkers w/Dippin Sauce	French Toast Sticks & Syrup	
	Cold	Turkey & Cheddar Chz Wrap	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	
	Cold Veg	Cheese Bun	4.6 oz Woubutter & Jelly Sandwich	Deli Cheese Wrap	Cheese Sandwich on Wheat Bread	
Hot Veg				Fresh Hot Cheese Pizza	Grilled Chicken & Cheese Bun	
Cold					Egg Salad & Dinner Roll	
Week V	Monday, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023	
Hot Meal	Mozzarella Burger Fresh Bakery Bun & Ketchup CKC Baked Beans Diced Chilled Pears Milk	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 Orange Wedges or Mandarin Oranges Milk	Cheese Quesadilla Fresh Broccoli & Dip Cinnamon Apple Slices Milk	
	Hot Veg	Mozzarella Veggie Burger	Veggie Nuggets w/ Ketchup & Dinner Roll	Cheese Hot Pocket w/ Italian Dip	Grilled Cheese Sandwich	
	Cold	Turkey & Cheddar Chz Wrap	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	
	Cold Veg	Cheese Bun	4.6 oz Woubutter & Jelly Sandwich	Deli Cheese Wrap	Cheese Sandwich on Wheat Bread	
Hot Veg				Cheese Quesadilla	Grilled Chicken & Cheese Bun	
Cold					Egg Salad & Dinner Roll	
Week VI	Monday, May 15, 2023	Tuesday, May 16, 2023	Wednesday, May 17, 2023	Thursday, May 18, 2023	Friday, May 19, 2023	
Hot Meal	Swedish Meatballs Soft Dinner Roll Steamed Green Beans Diced Chilled Pears 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 Orange Wedges or Mandarin Oranges Milk	Fresh Hot Pizza Mixed Greens Salad & Dressing Cinnamon Apple Slices Milk	
	Hot Veg	Pizza Crunchers & Italian Dip	Mozzarella Pinwheel	Cheese Quesadilla	Garden Cheeseburger	
	Cold	Turkey & Cheddar Chz Wrap	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	
	Cold Veg	Cheese Bun	4.6 oz Woubutter & Jelly Sandwich	Deli Cheese Wrap	Cheese Sandwich on Wheat Bread	
Hot Veg				Fresh Hot Cheese Pizza	Grilled Chicken & Cheese Bun	
Cold					Egg Salad & Dinner Roll	
Week I	Monday, May 22, 2023	Tuesday, May 23, 2023	Wednesday, May 24, 2023	Thursday, May 25, 2023	Friday, May 26, 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 Orange Wedges or Mandarin Oranges Milk	Sweet & Sour Chicken Steamed Seasoned Brown Rice Steamed Broccoli Cinnamon Apple Slices Milk	
	Hot Veg	Grilled Cheese Sandwich	Smothered Garden Patty w/ WG Roll	Cheese Quesadilla	Creamy Mac & Cheese	
	Cold	Turkey & Cheddar Chz Wrap	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	
	Cold Veg	Cheese Bun	4.6 oz Woubutter & Jelly Sandwich	Deli Cheese Wrap	Cheese Sandwich on Wheat Bread	
Hot Veg				Stuffed Breadsticks w/ Sauce	Grilled Chicken & Cheese Bun	
Cold					Egg Salad & Dinner Roll	
Week II	Monday, May 29, 2023	Tuesday, May 30, 2023	Wednesday, May 31, 2023	Chef Spotlight - Steve Schnaser - Finance Coordinator		
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	Swagt and Tangy Pickled Onions One of my favorite things to make isn't a main entrée - it's quick pickled onions! I have always loved pickles. My Grandma Ruby canned pickles every year and would always give us a jar or two. As an only child, I always did my best to eat the majority of them. Making quick pickling recipe always reminds me of her. -Steve 'Pickled Red Onions' recipe is on Page 2		
	Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese			Mozzarella Pinwheel
	Cold	Turkey & Cheddar Chz Wrap	Honey Mustard Chicken Bun			Turkey Bun w/Mayo
	Cold Veg	Cheese Bun	4.6 oz Woubutter & Jelly Sandwich			Deli Cheese Wrap
Hot Veg						
Cold						

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

* 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.

Pickled Red Onions		
Ingredients:	Steps	Serves 4-5
1.Red Onions, 2.Vinegar, 3.Sugar, 4.Salt and 5.Water. Use a glass canning jar with a screw on lid (I keep a lot of glass jars rather than recycling them). I like to play with different combinations of the Vinegar (rice vinegar, white vinegar or red wine vinegar (or a combination of vinegars) and sweeteners (Sugar, Maple Syrup or Agave sweetener).	1. Slice one large red onion and place into a glass mason jar and pack down gently. 2. Heat 3/4 cup vinegar, 1/4 cup water, 1 teaspoon salt, 1-2 tablespoons sweetener to a simmer. 3. Pour the hot liquid into the container to cover the onions. 4. Let the jar sit out at room temp for a while - at least 30 minutes. 5. Enjoy as a topping on meats, eggs, sandwiches or add to side dishes as well.	

June 2023 Menu (Subject to Change)

Week II	Benefits of Pickled Red Onions		Thursday, June 1, 2023	Friday, June 2, 2023
Hot Meal	Red onions are rich in folate, or vitamin B9, which can improve cardiovascular health and reduce your risk of a stroke. This pickled red onions contain many other vitamins and minerals such as calcium, potassium, magnesium and vitamin C.		Brunch Lunch	Fresh Hot Pizza
Hot Veg			French Toast Sticks & Syrup	Mixed Greens Salad & Dressing
Cold			Tater Tots & Ketchup	Cinnamon Apple Slices
Cold Veg			Orange Wedges or Mandarin Oranges	Milk
			Milk	
		French Toast Sticks & Syrup	Fresh Hot Cheese Pizza	
		Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	
		Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll	

Week III	Monday, June 5, 2023	Tuesday, June 6, 2023	Wednesday, June 7, 2023	Thursday, June 8, 2023	Friday, June 9, 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 Orange Wedges or Mandarin Oranges Milk	Stuffed Breadsticks Warm Red Sauce Glazed Carrots Cinnamon Apple Slices 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 Wowbutter & Jelly Sandwich	Deli Cheese Wrap	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll

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