

This institution is an equal opportunity provider

Menu Info	Name : November 2021 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

	Monday, November 1, 2021	Tuesday, November 2, 2021	Wednesday, November 3, 2021	Thursday, November 4, 2021	Friday, November 5, 2021
Week IV	<b>Old Fashioned Sloppy Joe</b>	<b>Chicken Taco</b>	<b>Swedish Salisbury Steak</b>	<b>Premium Chicken Nuggets</b>	<b>Fresh Hot Pizza</b>
Hot Meal	Whole Grain Bun	WG Tortilla, Chicken & Cheese	Cucumber Slices & Dip	Ketchup	Garden Salad & Dressing
	Steamed Mixed Veggies	Cheesy Refried Beans	Whole Grain Bakery Roll	Steamed Green Beans	Fruit of the Day
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Colby Cheese Omelet &amp; WG Muffin</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, November 8, 2021	Tuesday, November 9, 2021	Wednesday, November 10, 2021	Thursday, November 11, 2021	Friday, November 12, 2021
Week V	<b>Golden Chicken Patty Sandwich</b>	<b>Brunch Lunch</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Creamy Swedish Meatballs</b>	<b>Bosco Stuffed Breadstick</b>
Hot Meal	WG Bakery Bun & Ketchup	Waffle & Syrup	Wheat Dinner Roll	Dinner Roll	Italian Dip
	Steamed Mixed Vegetable	Turkey Sausage Patty	Steamed Green Beans	Crisp Salad & Dressing	Cucumbers & Dip
	Fruit of the Day	Crisp Broccoli & Ranch Dip	Fruit of the Day	Fruit of the Day	Fruit of the Day
Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Wild Mikes Cheese Bites</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, November 15, 2021	Tuesday, November 16, 2021	Wednesday, November 17, 2021	Thursday, November 18, 2021	Friday, November 19, 2021
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	French Toast Sticks & Syrup	Fresh Bakery Roll	WG Bun & Ketchup	Steamed Green Beans
	Dinner Roll	Yogurt Cup	Garden Salad & Dressing	Cucumber Slices & Dip	Fruit of the Day
	Steamed Mixed Veggies	Tater Tots w/Ketchup	Fruit of the Day	Fruit of the Day	
	Fruit of the Day	Fruit of the Day			
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Veggie TexMex Wrap</b>	<b>Garden Cheeseburger</b>	<b>Colby Cheese Omelet &amp; WG Muffin</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, November 22, 2021	Tuesday, November 23, 2021	Wednesday, November 24, 2021	Thursday, November 25, 2021	Friday, November 26, 2021
Week I	<b>Premium Chicken Tenders</b>	<b>Meatball Sub</b>	<b>Orange Chicken</b>	<b>Brunch Lunch</b>	<b>Teriyaki Grilled Chicken</b>
Hot Meal	Ketchup	Whole Grain Hot Dog Bun	Steamed Rice	Buttermilk Pancake & Syrup	WG Dinner Roll
	CKC Baked Beans	Crisp Dinner Salad & Dressing	Steamed Sweet Peas	Sausage Patties	Steamed Green Beans
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Cucumber Slices & Dip	Fruit of the Day
				Fruit of the Day	
Hot Veg	<b>Louisiana Veggie Burger</b>	<b>Grilled Cheese Sandwich</b>	<b>Wild Mikes Cheese Bites</b>	<b>Bean &amp; Cheese Burrito</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

	Monday, November 29, 2021	Tuesday, November 30, 2021	CKC Chef Spotlight - Chef Brandon (Kitchen Manager, CKC)		
Week II	<b>BBQ Meatballs</b>	<b>Wild Mikes Cheese Bites</b>	<b>A Family that dines together, stays together</b>		
Hot Meal	Corn Muffin	Italian Dippin Sauce	<i>Any recipe is a great recipe when it becomes a family favorite. And when it is comforting, flavorful and of lip-smacking taste, it elevates the cooking and dining experience to another level. This Stew recipe is one such for my family. This recipe is fondly tied to my memories, as my sons enjoyed having it so often when they were young.</i>		
	CKC Baked Beans	Cucumber Slices & Dip	<i>With an awesome baker (my wife) in the house, I am the one who holds the position of chef. My amazing oven and I make an awesome team. Together, we never cease to excite the taste buds of my family.</i>		
	Fruit of the Day	Fruit of the Day	<i>- Brandon</i>		
Hot Veg	<b>BBQ Garden Burger</b>	<b>Cheesy Pull Apart Bread</b>			
Cold	Wowbutter & Jelly Sandwich	Sesame Chicken Bun	Brandon's "North African Chicken Stew" recipe is on Page 2		

*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

\*Skim and 1% milk choices offered daily.  
\*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

North African Chicken Stew (Chef Brandon's Recipe)

<b>Ingredients</b>	<b>4 Servings</b>	<b>Method:</b> - Bring the 1.5 cups chicken broth to a boil in a medium size sauce pan over high heat. Stir in the couscous, 1 tsp salt and pepper to taste. Cover and set aside while you make the stew.  - Heat the oil and butter in a Dutch oven. Season the chicken with the remaining salt, cumin, paprika and pepper to taste; add to the pot. ☑ - Cook until browned all over, stirring occasionally for about 5 mins. Add the sliced carrots, onion, 1 2/3 cup chicken broth, vinegar, lemon zest, bring to boil.  - Adjust the heat to maintain a brisk simmer, cover and cook just until the chicken is firm to the touch and the carrots are tender, about 8 minutes.  - Stir the pesto into the stew. Fluff the couscous with a fork and mound it in 4 soup bowls. Spoon some chicken stew over each portion and serve.
- Chicken Broth - 1.5 Cups - Uncooked Couscous - 1 Cup - Boneless, skinless chicken thighs quartered - 6 - Ground Cumin - 1 Tsp - Paprika, preferably Spanish pimenton - 1 Tsp - Carrots, sliced 1/4th inch thick - 2 - Small red onion, halved and sliced - 1	- Kosher salt - 4 Tsps - Freshly ground black pepper - to taste - Unsalted Butter - 1 Tbsp - Vegetable oil - 1 Tbsp - Chicken Broth - 1 2/3 Cups - Grated lemon zest - Apple cider vinegar - 1/4 Cup - Tunisian Pesto - 1/3rd cup	

Menu Info **December 2021 Menu (Subject to Change)**

		Wednesday, December 1, 2021	Thursday, December 2, 2021	Friday, December 3, 2021		
Week II		<b>Soft Shell Beef Taco</b>	<b>Chicken &amp; Potato Pilaf</b>	<b>Fresh Hot Pizza</b>		
Hot Meal		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		
Hot Veg		<b>Veggie Lasagna Roll</b>	<b>Pancake &amp; Syrup w/ Yogurt Cup &amp; Cheese Stick</b>	<b>Fresh Hot Cheese Pizza</b>		
Cold		Turkey & Cheese Wrap w/Mayo	CKC Crazy Good Chicken Bun	Asian Chicken Sticky Bun		
		Monday, December 6, 2021	Tuesday, December 7, 2021	Wednesday, December 8, 2021	Thursday, December 9, 2021	Friday, December 10, 2021
Week III		<b>Meatball Mac &amp; Cheese</b>	<b>Hamburger w/ Ketchup</b>	<b>Italian Dunkers</b>	<b>Mongolian Meatballs</b>	<b>Chicken Tenders &amp; Ketchup</b>
Hot Meal		Steamed Peas Fruit of the Day	Beef Patty, WG Bun & Ketchup Crisp Salad & Dressing Fruit of the Day	Dippin Sauce Steamed Green Beans Fruit of the Day	WG Roll Steamed Carrots Fruit of the Day	Cucumbers & Dip Fruit of the Day
Hot Veg		<b>Bean &amp; Cheese Burrito</b>	<b>Veggie Burger</b>	<b>Egg Fried Rice</b>	<b>Veggie Lasagna Roll</b>	<b>Teriyaki Veggie Nuggets &amp; Cinnamon Goldfish</b>
Cold		Chicken & Cheese Torta Sandwich	Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken on Sandwich w/Sauce	Chicken & Cheddar Wrap	Teriyaki Chicken Bun

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