

Name : November 2022 Childcare #2 Pizza Every Other Fridays Menu		Options Provided : Hot, Hot Veg, Cold & Cold Veg Meals			
Age Group : Childcare (Ages 3-5)		Meal : Lunch		Meal Pattern : CACFP	
Week II		Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022
Hot Meal		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 Tator Tots & Ketchup Orange Wedges/Mandarin Oranges Milk	Fresh Hot Pizza Mixed Greens Salad & Dressing Fruited Applesauce/Apple Wedges Milk
Hot Veg		Creamy Mac & Cheese	Veggie Lasagna Roll	French Toast Sticks & Syrup	Fresh Hot Cheese Pizza
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 III	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
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/Mandarin Oranges Milk	"New" Authentic Chicken Stir Fry Seasoned Rice Steamed Cabbage Fruited Applesauce/Apple Wedges Milk
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Bean & Cheese Burrito	Grilled Cheese Sandwich	Pizza Crunchers w/ Italian Dip	Stuffed Breadsticks w/ Sauce
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	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
Week IV	Monday, November 14, 2022	Tuesday, November 15, 2022	Wednesday, November 16, 2022	Thursday, November 17, 2022	Friday, November 18, 2022
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 Scrambled Eggs & Cheese Corn Muffin & Tator Tots w Ketchup Orange Wedges/Mandarin Oranges Milk	Fresh Hot Pizza Crisp Salad & Dressing Fruited Applesauce/Apple Wedges 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 w/ Mayo	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
Week V	Monday, November 21, 2022	Tuesday, November 22, 2022	Wednesday, November 23, 2022	Thursday, November 24, 2022	Friday, November 25, 2022
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 Cabbage Orange Wedges/Mandarin Oranges Milk	Cheese Quesadilla Fresh Broccoli & Dip Fruited Applesauce/Apple Wedges Milk
Hot Veg	Mozzarella Veggie Burger	Veggie Lasagna Roll	Cheese Hot Pocket w/ Italian Dip	Grilled Cheese Sandwich	Cheese Quesadilla
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	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
Week VI	Monday, November 28, 2022	Tuesday, November 29, 2022	Wednesday, November 30, 2022	Chef Spotlight - Jason Wilson, Field Kitchen Supervisor, CKC Good Food	
Hot Meal	Swedish Meatballs Soft Dinner Roll Steamed Green Beans Diced Chilled Pears Milk	Cheesy Lasagna Roll Steamed Sweet Peas Chilled Peaches Milk	"New" Sheet Pan Curry Chicken Bakery Roll Creamy Mashed Potatoes Banana Milk	<p>Connecting to Roots through Food</p> <p>The 'Shoofly Pie' recipe is a favorite in my family. We have longstanding roots in Pennsylvania and this dish is often associated with the Pennsylvania Dutch Amish and Mennonite Communities. There are two styles to this treat: 'Dry' which has a cake-like texture, and 'wet', which has a custard-like bottom. My family always preferred the dry method but as I've learned to make it myself, I prefer the 'wet' pie. It's great for breakfast or dessert and is shelf-stable on the countertop for 5 days (while keeping covered.) - Jason</p> <p>Jason's 'Shoofly Pie Recipe' is on Page 2</p>	
Hot Veg	Pizza Crunchers & Italian Dip	Veggie Lasagna	Veggie Nuggets w/ Ketchup & Dinner Roll		
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/Mayo		
Cold Veg	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Deli Cheese Wrap		

*** 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.

Shoofly Pie Recipe	
Ingredients Needed: 1 pie crust placed in a 9 inch pie plate (Store bought or from scratch) 1 ½ cups of flour 1 ½ cups of dark brown sugar 1 teaspoon of cinnamon ½ teaspoon of nutmeg A pinch of salt ¼ cup of cold, unsalted butter ¼ cup of molasses (light molasses is sweeter, dark molasses is less sweet, but richer) ¼ cup boiling water	Servings : 1 Pie Steps: 1. Preheat oven to 450° F. Prepare pie crust from scratch or use a store-bought one. There are two components to the filling, the molasses liquid mixture and the crumb topping. Crumb topping: 2. Combine the flour, sugar, cinnamon, nutmeg in a bowl, add a pinch of salt and mix well. Use a fork or pastry cutter to work in the butter, until you have a pebbly consistency. Filling: 3. Add the molasses and water along with baking soda, all into a mixing bowl and combine well. Pour the mixture into a prepared pie shell. Evenly sprinkle the crumb topping on top. Do not mix the crumb and filling in order to get the 'wet' pie. If you want the 'dry' pie, mix the crumb and filling together. 4. Bake in the oven for 15 minutes and then reduce the oven temperature to 350° and bake for 20 more minutes. The shoofly pie is done when it is set and firm.

December 2022 Menu (Subject to Change)

Week VI	Thursday, December 1, 2022	Friday, December 2, 2022
Hot Meal	Cheeseburger Whole Grain Bun & Ketchup CKC Baked Beans Orange Wedges/Mandarin Oranges Milk	Fresh Hot Pizza Mixed Green Salad & Dressing Fruited Applesauce/Apple Wedges Milk
Hot Veg	Garden Cheeseburger	Fresh Hot Cheese Pizza
Cold	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Cold Veg	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll

Week I	Monday, December 5, 2022	Tuesday, December 6, 2022	Wednesday, December 7, 2022	Thursday, December 8, 2022	Friday, December 9, 2022
Hot Meal	Popcorn Chicken Ketchup Whole Grain Dinner Roll Fresh Broccoli & Dip Diced Chilled Pears & Milk	"New" Creamy Chicken Pasta 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/Mandarin Oranges Milk	Sweet & Sour Chicken Steamed Seasoned Brown Rice Steamed Cabbage Fruited Applesauce/Apple Wedges 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 w/ Mayo	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

Week II	Monday, December 12, 2022
Hot Meal	"New" BBQ Beef Sandwich CKC Baked Beans Diced Chilled Pears Milk
Hot Veg	BBQ Garden Burger
Cold	Turkey & Cheddar Chz Wrap w/ Mayo
Cold Veg	Cheese Bun

* 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.