

This institution is an equal opportunity provider

Menu Info	Name : October 2021 Child Care #2 Pizza EOW Friday Menu - with Fresh & Steamed Veggies Age Group : Childcare (Ages 3-5)	Options Provided : Hot, Hot Vegetarian, Cold & Cold Vegetarian Meals Meal : Lunch Meal Pattern : CACFP
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CKC Chef Spotlight - Chef Ambika (& Menu Planner, CKC) Friday, October 1, 2021

Week V	"Nothing Awakens Reminiscence Like an Aroma" - Victor Hugo		Bosco Stuffed Breadstick
Hot Meal	Cooking is my stress-buster activity and my aromatherapy. Born and brought up in India, the land of spices, no wonder, I have always loved the aroma of food more than its visual and taste. Of course, taste and looks are important, but it is the aroma that hits the notch first, whenever I cook. Out of my two kids, one is a foodie and other is a picky eater. So, it's a no brainer to say, whatever I cook will not be received well by one of my kids. Either it is 'too bland' or 'too spicy'. But I can safely say this 'Garam Masala Chicken' is both their favorite. With the name suggesting 'Garam Masala' (a heavenly aromatic spice mixture used in Indian cooking), it is equally loved by me, to cook and eat as well.		Italian Dip Cucumbers & Dip Fruit of the Day
Hot Veg	- Ambika		Cheese Quesadilla
Cold	Ambika's "Garam Masala Chicken" recipe is on Page 2		Chicken & Cheese Torta Sandwich

Monday, October 4, 2021 Tuesday, October 5, 2021 Wednesday, October 6, 2021 Thursday, October 7, 2021 Friday, October 8, 2021

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 Quesadilla	Fresh Hot Cheese Pizza
Cold	Turkey Bun w/Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap	Asian Chicken Sticky Bun	Teriyaki Chicken Bun

Monday, October 11, 2021 Tuesday, October 12, 2021 Wednesday, October 13, 2021 Thursday, October 14, 2021 Friday, October 15, 2021

Week I	Premium Chicken Tenders	Meatball Sub	Orange Chicken	Brunch Lunch	Teriyaki Grilled Chicken
Hot Meal	Ketchup CKC Baked 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 Steamed Green Beans Fruit of the Day
Hot Veg	Louisiana Veggie Burger	Grilled Cheese Sandwich	Wild Mikes Cheese Bites	Bean & Cheese Burrito	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

Monday, October 18, 2021 Tuesday, October 19, 2021 Wednesday, October 20, 2021 Thursday, October 21, 2021 Friday, October 22, 2021

Week II	BBQ Meatballs	Wild Mikes Cheese Bites	Soft Shell Beef Taco	Tater Tots Casserole	Fresh Hot Pizza
Hot Meal	Corn Muffin CKC Baked Beans Fruit of the Day	Italian Dippin Sauce Cucumber Slices & Dip Fruit of the Day	WG Tortilla, Seasoned Beef & Cheese Garden Salad & Dressing Fruit of the Day	Tater Tots served over hot dish Dinner Roll Fruit of the Day	Crisp Broccoli & Dip Fruit of the Day
Hot Veg	BBQ Garden Burger	Cheesy Pull Apart Bread	Veggie Lasagna Roll	Pancake & Syrup w/ Yogurt Cup & Cheese Stick	Fresh Hot Cheese Pizza
Cold	Wowbutter & Jelly Sandwich	Sesame Chicken Bun	Turkey & Cheese Wrap w/Mayo	CKC Crazy Good Chicken Bun	Asian Chicken Sticky Bun

Monday, October 25, 2021 Tuesday, October 26, 2021 Wednesday, October 27, 2021 Thursday, October 28, 2021 Friday, October 29, 2021

Week III	Meatball Mac & Cheese	Hamburger w/ Ketchup	Italian Dunkers	Mongolian Meatballs	Chicken Tenders & Ketchup
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	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

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.

Garam Masala Chicken (Chef Ambika's Recipe)

Ingredients	Serves 3 People	Method
<p><u>To Marinate</u></p> <ul style="list-style-type: none"> - Chicken Breast Chunks - 500 grams - Garam Masala - 1.5 Tsp (Please reduce, if you are not a fan of heavy aroma) - Kashmiri Red Chili Powder - 3 Tsp (This is a non-spicy chili powder, that is used only for its vibrant red color. It gives the food, a bright reddish orange tint). 	<ul style="list-style-type: none"> - Turmeric powder - 1 Tsp (This powder has antibiotic and anti-inflammatory properties and a staple in all Indian dishes. Especially it is added to meat dishes, as meat is more prone to microbe infections in Indian climates) - Salt - as needed - Lemon juice - 1 Tbsp <p><u>To Sauté</u></p> <ul style="list-style-type: none"> - Sliced Red Onion - 1/2 Cup - Oil - 1/4 Cup 	<p>•Add all the items under the 'To Marinate' section in a mixing bowl and toss well. Keep refrigerated the marinated chicken for about two hours. (This marinated mixture freezes well, so toss in freezer for later use too.)</p> <p>•Add oil to an iron pot (called as a 'Kadai' in India) / or to a covered skillet. When the oil is hot, reduce heat to low, add sliced onions and sauté well, until the onions are golden brown.</p> <p>•Once the onions are golden brown, add the marinated chicken (If frozen already, thaw well before cooking) and sauté. Once the chicken starts getting cooked, close the pot with a lid, stirring the mixture occasionally.</p> <p>•When the oil starts separating from the side, check the doneness of chicken. If more flavors are needed, salt and spice can be added more and sauteed gently.</p> <p>This chicken is a perfect company to steamed long grain rice or flat bread.</p> <p>(Shopping Tip : Garam Masala and Kashmiri Red Chili Powder can be easily found in any Indian Grocery shops around Twin Cities)</p>

November 2021 Menu (Subject to Change)					
Menu Info	Monday, November 1, 2021	Tuesday, November 2, 2021	Wednesday, November 3, 2021	Thursday, November 4, 2021	Friday, November 5, 2021
Week IV	Old Fashioned Sloppy Joe	Chicken Taco	Swedish Salisbury Steak	Premium Chicken Nuggets	Fresh Hot Pizza
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	<i>Pizza Crunchers & Italian Dip</i>	<i>Colby Cheese Omelet & WG Muffin</i>	<i>Cheese Bosco Sticks w/ Marinara Sauce</i>	<i>French Toast Sticks w/ Syrup & Yogurt</i>	<i>Fresh Hot Cheese Pizza</i>
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	Golden Chicken Patty Sandwich	Brunch Lunch	Sweet & Sour Chicken	Creamy Swedish Meatballs	
Hot Meal	WG Bakery Bun & Ketchup	Waffle & Syrup	Wheat Dinner Roll	Dinner Roll	
	Steamed Mixed Vegetable	Turkey Sausage Patty	Steamed Green Beans	Crisp Salad & Dressing	
	Fruit of the Day	Crisp Broccoli & Ranch Dip	Fruit of the Day	Fruit of the Day	
Hot Veg	<i>Mozzarella Veggie Burger</i>	<i>Wild Mikes Cheese Bites</i>	<i>Creamy Mac & Cheese</i>	<i>Waffles w/Syrup & Yogurt Cup & Chz Stick</i>	
Cold	Roast Turkey on Wheat Bread	Asian Chicken Sticky Bun	Chicken Ceasar Wrap	CKC Crazy Good Chicken Bun	

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