

Name : September 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 V	Chef Spotlight - Barbara Reinhold (Administrative Coordinator)			Thursday, September 1, 2022	Friday, September 2, 2022
Hot Meal	Who said cooking is for eating?			Teriyaki Chicken	Cheese Quesadilla
	Some of my favorite recipes are not actually for eating. This HOMEMADE SILLY PUTTY RECIPE is among one of my favorites. Who can resist the fun toy in the plastic egg that has annual sales that exceeds six million eggs around the world?			Steamed Seasoned Rice	Fresh Broccoli & Dip
	Cooking is about having the confidence to try new things. So Cooking is like science, you experiment with ingredients until you find or make the thing you want.			Steamed Cabbage	Fruited Applesauce/Apple Wedges
	- Barb			Orange Wedges/Mandarin Oranges	Milk
Hot Veg				Grilled Cheese Sandwich	Cheese Quesadilla
Cold				Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Cold Veg	Chef Barb's recipe for 'Homemade Silly Putty' is on Page 2			Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll
Week VI	Monday, September 5, 2022	Tuesday, September 6, 2022	Wednesday, September 7, 2022	Thursday, September 8, 2022	Friday, September 9, 2022
Hot Meal	Swedish Meatballs	Cheesy Lasagna Roll	"New" Sheet Pan Curry Chicken	Cheeseburger	Fresh Hot Pizza
	Soft Dinner Roll	Steamed Sweet Peas	Bakery Roll	Whole Grain Bun & Ketchup	Mixed Green Salad & Dressing
	Steamed Green Beans	Sliced Chilled Peaches	Creamy Mashed Potatoes	CKC Baked Beans	Fruited Applesauce/Apple Wedges
	Diced Chilled Pears	Milk	Banana	Orange Wedges/Mandarin Oranges	Milk
Hot Veg	Pizza Crunchers & Italian Dip	Veggie Lasagna	Veggie Nuggets w/ Ketchup & Dinner Roll	Garden Cheeseburger	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	WG Bagel w/ Wow Butter & Chz Stick	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll
Week I	Monday, September 12, 2022	Tuesday, September 13, 2022	Wednesday, September 14, 2022	Thursday, September 15, 2022	Friday, September 16, 2022
Hot Meal	Popcorn Chicken	"New" Creamy Chicken Pasta	Taco Rice Bowl	Creamy Mac & Cheese	Sweet & Sour Chicken
	Ketchup	Steamed Carrots	Brown Rice topped w/Seasoned Beef	Mixed Dinner Salad w/Dressing	Steamed Seasoned Brown Rice
	Whole Grain Dinner Roll	Sliced Chilled Peaches	Served with Shred Chz, Cilantro & Crema	Orange Wedges/Mandarin Oranges	Steamed Cabbage
	Fresh Broccoli & Dip	Milk	Steamed Green Peas	Milk	Fruited Applesauce/Apple Wedges
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	WG Bagel w/ Wow Butter & Chz Stick	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll
Week II	Monday, September 19, 2022	Tuesday, September 20, 2022	Wednesday, September 21, 2022	Thursday, September 22, 2022	Friday, September 23, 2022
Hot Meal	"New" BBQ Beef Sandwich	Soft Shell Chicken Taco	Meatball Sub w/Mozzarella	Brunch Lunch	Fresh Hot Pizza
	CKC Baked Beans	WG Tortilla, Seasoned Chicken & Cheese	Sliced Cucumbers & Dip	French Toast Sticks & Syrup	Mixed Greens Salad & Dressing
	Diced Chilled Pears	Steamed Mixed Veggies	Banana	Tator Tots & Ketchup	Fruited Applesauce/Apple Wedges
	Milk	Sliced Chilled Peaches	Milk	Orange Wedges/Mandarin Oranges	Milk
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese	Veggie Lasagna Roll	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	WG Bagel w/ Wow Butter & Chz Stick	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll
Week III	Monday, September 26, 2022	Tuesday, September 27, 2022	Wednesday, September 28, 2022	Thursday, September 29, 2022	Friday, September 30, 2022
Hot Meal	Premium Chicken Nuggets	Mandarin Orange Chicken	Good Ole Fashioned Hamburger	Cheesy Meatballs	"New" Authentic Chicken Stir Fry
	Ketchup	Steamed Brown Rice	Ketchup	WG Roll	Seasoned Rice
	Steamed Green Beans	Crisp Broccoli w/ Dip	Steamed Mixed Veggies	Garden Salad & Dressing	Steamed Cabbage
	Diced Chilled Pears	Sliced Chilled Peaches	Banana	Orange Wedges/Mandarin Oranges	Fruited Applesauce/Apple Wedges
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	WG Bagel w/ Wow Butter & Chz Stick	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll

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

Homemade Silly Putty - Recipe

Ingredients

- * Large Bowl, fork / small silicone spatula
- * 1 cup Corn Starch
- * ½ cup Dish soap
- * 1 tbsp Baby oil/Cooking oil
- * 3 drops of Food coloring

Steps :

1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl.
2. Add oil and food coloring, mix with fork/spatula.
3. Now for the science part --- use your hands to knead the putty until it is smooth.
4. The putty will last about an hour - if you want to save some for later seal it in an air-tight container.

October 2022 Menu (Subject to Change)

Week IV	Monday, October 3, 2022	Tuesday, October 4, 2022	Wednesday, October 5, 2022	Thursday, October 6, 2022	Friday, October 7, 2022
	Old Fashioned Sloppy Joe	Breaded Chicken Patty Sandwich	Italian Dunkers	Brunch Lunch	Fresh Hot Pizza
Hot Meal	Whole Grain Bun Steamed Mixed Veggies Diced Chilled Pears Milk	Bakery Bun & Ketchup Steamed Green Beans Sliced Chilled Peaches Milk	Dippin' Sauce Sliced Cucumbers & Ranch Banana Milk	Scrambled Eggs & Cheese Corn Muffin & Tator Tots w Ketchup Orange Wedges/Mandarin Oranges Milk	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	WG Bagel w/ Wow Butter & Chz Stick	Cheese Sandwich on Wheat Bread	Egg Salad & Dinner Roll
Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022		
	Mozzarella Burger	Pomodoro Meatballs	Creamy Mac & Cheese		
Hot Meal	Fresh Bakery Bun & Ketchup CKC Baked Beans Diced Chilled Pears Milk	WG Dinner Roll Mashed Potatoes Sliced Chilled Peaches Milk	Fresh Greens & Dressing Banana Milk		
Hot Veg	Mozzarella Veggie Burger	Veggie Lasagna Roll	Cheese Hot Pocket w/ Italian Dip		
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	WG Bagel w/ Wow Butter & Chz Stick		

* 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.