

Menu Info		Name : September 2021 K-8 Bagged Breakfast No Cereal								
Age Group : K-8		Meal : Breakfast		Meal Pattern : NSLP / SSO						
CKC Chef Spotlight - CEO & Chef Nancy Close		Wednesday, September 1, 2021	Thursday, September 2, 2021	Friday, September 3, 2021						
"My, What Tasty Hands You Have"										
Week I	<p>" My dad was born and raised in Kabul, the capital city of Afghanistan. Oh, what an amazing and funny storyteller he was! Many a times, he would be laughing so hard during his story telling, it would took forever to get the story out.</p> <p>One of the things, I loved hearing my dad say was, "My, what tasty hands you have". He was an outstanding chef. He could pretty much make 'sticks and stone' soup and it would be delicious to the last drop. I have always loved to cook for my dad, watch him take that first taste and tell me what tasty hands I have. He was very honest and I loved getting that treasured compliment. One of my recipes, which my dad loved, is a Curried Mango Chicken Salad. It is simple and delicious and can be served many ways! " - Chef Nancy</p>					Mini Cinnis (2 items)	WG Apple Filled Donut (2 items)	Assorted Cereal Bar (1 item)		
Breakfast						Power Protein & Fruit Pack (2 items)				
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)					100% 4.23 oz Fruit Juice (1 item)				
	Choice Milk & Second Fruit OVS (1 item each)					Choice Milk & Second Fruit OVS (1 item each)				
<i>Chef's Choice May be Offered Daily</i>										
Monday, September 6, 2021		Tuesday, September 7, 2021		Wednesday, September 8, 2021		Friday, September 10, 2021				
Week II	Assorted Pop Tart (1 item)	2 oz Assorted Mini Muffin (1 item)	Betty Crocker Oatmeal Bar (1 item)	WG Glazed Honey Bun (2 items)	Assorted 1.5 oz Breakfast Brekkie					
Breakfast	*String Cheese (1 item) Must add to bag*	*Fruited Yogurt Cup (1 item) Must add to bag*	Power Protein & Fruit Pack (2 items)	*String Cheese (1 item) Must add to bag*						
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)				
	Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)				
<i>Chef's Choice May be Offered Daily</i>										
Monday, September 13, 2021		Tuesday, September 14, 2021		Wednesday, September 15, 2021		Friday, September 17, 2021				
Week III	2 oz Assorted Breakfast Bread (1 item)	Maple Snackin Waffle (2 Items)	BC Cinnamon Roll (2 items)	Make your own Parfait Toataly Oat Cup (1 item)	Assorted Cereal Bar (1 item)					
Breakfast	*String Cheese (1 item) Must add to bag*				*Fruited Yogurt (1 item) Must add to bag*	Power Protein & Fruit Pack (2 items)				
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)				
	Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)				
<i>Chef's Choice May be Offered Daily</i>										
Monday, September 20, 2021		Tuesday, September 21, 2021		Wednesday, September 22, 2021		Friday, September 24, 2021				
Week IV	Handmade Strawberry Boli (2 items)	Assorted 1.5 oz Brekkie (1 item)	2 oz Assorted Breakfast Bread (1 Item)	Fruit Filled Frudel (2 items)	Assorted Cereal Bar (1 item)					
Breakfast						Power Protein & Fruit Pack (2 items)				
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)				
	Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)				
<i>Chef's Choice May be Offered Daily</i>										
Monday, September 27, 2021		Tuesday, September 28, 2021		Wednesday, September 29, 2021		Thursday, September 30, 2021				
Week V	Make your own Parfait Toataly Oat Cup (1 item)	Nature Valley Crisps (1 item)	Assorted Pop Tart (1 item)	Mini Cinnis (2 items)	" Chef Nancy's 'Curried Mango Chicken Salad' Recipe is on Page 2"					
Breakfast	*Fruited Yogurt (1 item) Must add to bag*	*String Cheese (1 item) Must add to bag*	*String Cheese (1 item) Must add to bag*							
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)				
	Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)				
<i>Chef's Choice May be Offered Daily</i>										

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

Curried Mango Chicken Salad (Chef Nancy's Recipe)

<p>Ingredients</p> <ul style="list-style-type: none"> - 1 Lb Cooked Diced Chicken Breast (canned chicken works great too) - 1/8 Cup Finely Diced Red Onion - 3/4 Cup Frozen Green Peas, Thawed - 1/8 Cup Mayo - 1/8 Cup Sour Cream 	<p>Serves 4 People</p> <ul style="list-style-type: none"> - 1/2 Cup Mango Chutney (can be substituted with apricot preserves) - 1 TBLS Sugar - 1 TSP Salt - 1 TSP Curry Powder (let sit for an hour or two before adding more) - 1 TSP Cayenne Pepper (may use more if you like spicy) 	<ul style="list-style-type: none"> - Mix all ingredients together and keep refrigerated for at least 2 hours before serving. It would taste even better the next day. - Serve as a salad alone or with pita bread/pita chips. - Serve as a sandwich, using the salad as a filling. - To make a hot pasta dish, cook the pasta and stir in the mixed mango chicken salad. Heat till hot and serve immediately. <p style="text-align: center;">To all the tasty hands out there...Cheers!</p>
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October 2021 Menu (Subject to Change)

Menu Info		October 2021 Menu (Subject to Change)				
		Friday, October 1, 2021				
Week V					Assorted Cereal Bar (1 item) Power Protein & Fruit Pack (2 items) Choice Milk & Second Fruit OVS (1 item each) <i>Chef's Choice May be Offered Daily</i>	
Breakfast	Three items meet USDA Requirements (One item must be fruit)					
		Monday, October 4, 2021	Tuesday, October 5, 2021	Wednesday, October 6, 2021	Thursday, October 7, 2021	Friday, October 8, 2021
Week VI		Assorted 1.5 oz Breakfast Brekkie (1 item) <i>*String Cheese (1 item)</i> Must add to bag* 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	WG Glazed Honey Bun (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	2 oz Assorted Muffin (1 item) <i>*String Cheese (1 item)</i> Must add to bag* 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Assorted Stuffed Cream Cheese Bagel (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	2 oz Assorted Snack Bread (1 item) Power Protein & Fruit Pack (2 items) Choice Milk & Second Fruit OVS (1 item each)
Breakfast	Three items meet USDA Requirements (One item must be fruit)	<i>Chef's Choice May be Offered Daily</i>				
		Monday, October 11, 2021	Tuesday, October 12, 2021			
Week I		Betty Crocker Oatmeal Bar (1 item) <i>*String Cheese (1 item)</i> Must add to bag* 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Make your own Parfait Toataly Oat Cup (1 item) <i>* Fruited Yogurt (1 item)</i> Must add to bag* 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)			
Breakfast	Three items meet USDA Requirements (One item must be fruit)	<i>Chef's Choice May be Offered Daily</i>				

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