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| Menu Info | <b>Name : October 2021 K-8 Pizza Fridays Menu (Menu con Viernes de Pizza)</b> | Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads |
|           | Age Group : K-8   | Meal : Lunch/Almuerzo  |
|           |   | Meal Pattern : NSLP / SSO  |

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| CKC Chef Spotlight - Chef Ambika (& Menu Planner, CKC) |   | Friday, October 1, 2021   |
| Week V   | <b>"Nothing Awakens Reminiscence Like an Aroma" - Victor Hugo</b>   |   |
| Hot Meal   | <p>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.</p> <p>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.</p> | <p><b>Fresh Hot Delivered Pizza</b></p> <p>Jicama Sticks w/Dip</p> <p>Fruited Applesauce</p> <p>Choice Milk</p> |
| Hot Veg  | - Ambika  | Pizza con Queso   |
| Cold   | Ambika's "Garam Masala Chicken" recipe is on Page 2   | Jicama con Salsa, Salsa de Manzana, Leche   |

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|          | Monday, October 4, 2021  | Tuesday, October 5, 2021  | Wednesday, October 6, 2021   | Thursday, October 7, 2021  | Friday, October 8, 2021  |
| Week VI  | <b>Premium Chicken Nuggets</b>   | <b>Build Your Own Cheesy Nachos</b>   | <b>Cheeseburger</b>  | <b>Chicken Enchilada Rice Bowl</b>   | <b>Fresh Hot Delivered Pizza</b>                                     |
| Hot Meal | <p>Ketchup</p> <p>Cool Ranch Doritos &amp; Baby Carrots</p> <p>Crisp Varietal Apple</p> <p>Choice Milk</p> | <p>Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips, Sour Cream &amp; Cilantro</p> <p>Mixed Salad Greens w/Dressing</p> <p>Banana &amp; Choice Milk</p> | <p>Fresh Bakery Bun, Ketchup &amp; Pickles</p> <p>Creamy Coleslaw</p> <p>Chilled Grapes &amp; Elf Grahams</p> <p>Choice Milk</p> | <p>Brown Rice w/ Seasoned Chicken Shred Cheese, Lettuce &amp; CKC Boom Sauce</p> <p>Seasoned Black Beans</p> <p>Seasonal Melon &amp; Choice Milk</p> | <p>Corntastic Salad</p> <p>Fruited Applesauce</p> <p>Choice Milk</p> |
|          | Croquetas de Pollo, salsa de tomate  | Nachos de queso con carne, crema  | Hamburguesa con queso, pepinos,  | Enchilada de queso con arroz y lechuga   | Pizza con Queso  |
|          | Doritos, zanahoria, Manzana, leche   | Ensalada, banano, leche   | Col, uvas, galletas, leche   | Frijoles, Melon, leche   | Ensalada, Salsa de manzana, leche                                    |

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|          | Monday, October 11, 2021   | Tuesday, October 12, 2021  | Wednesday, October 13, 2021   | Thursday, October 14, 2021  | Friday, October 15, 2021   |
| Week I   | <b>Crispy Louisiana Chicken Bun</b>  | <b>All Beef Hot Dog</b>  | <b>Wild Mikes Cheese Bites</b>  | <b>Burrito Bowl</b>   | <b>Fresh Hot Delivered Pizza</b>   |
| Hot Meal | <p>WG Bun, Pickle Rounds</p> <p>w/ CKC New Orleans Sauce</p> <p>Corntastic Salad, Carrot Slims &amp; Sun Chips</p> <p>Crisp Varietal Apple &amp; Choice Milk</p> | <p>WG Bun, Ketchup &amp; Mustard</p> <p>Cool Ranch Doritos</p> <p>Grape Tomatoes</p> <p>Banana &amp; Choice Milk</p> | <p>Crisp Mixed Greens Salad &amp; Dressing</p> <p>Lemon Blueberry Crisps</p> <p>Fruited Applesauce</p> <p>Choice Milk</p> | <p>Brown Rice topped w/Seasoned Beef Shred Cheese, Lettuce &amp; CKC Youza Sauce</p> <p>Chilled Black Beans</p> <p>Grapes &amp; Choice Milk</p> | <p>Sliced Cucumbers w/Ranch</p> <p>Fresh Citrus Fruit</p> <p>Choice Milk</p> |
|          | Pollo Lusiana, pan, salsa  | Perro Caliente, Doritos,   | Trocitos de Queso, Ensalada   | Burrito Bowl, Arroz, Carne, Lechuga   | Pizza de Queso, Pepino,  |
|          | Ensalada, zanahoria, Leche   | Tomatillos, Banana, Leche  | Galletas, Salsa de Mazana, Leche  | Frijoles, Uvas, Leche   | Fruta, Leche   |

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|          | Monday, October 18, 2021   | Tuesday, October 19, 2021  | Wednesday, October 20, 2021  | Thursday, October 21, 2021  | Friday, October 22, 2021  |
| Week II  | <b>Golden Corn Dog w/ Ketchup</b>  | <b>Yahya! Boneless Chicken Wings</b>   | <b>Meatball Sub w/Mozzarella</b>   | <b>Brunch Lunch</b>   | <b>Fresh Hot Delivered Pizza</b>  |
| Hot Meal | <p>Goldfish Pretzels</p> <p>CKC Baked Beans</p> <p>Crisp Varietal Apple</p> <p>Choice Milk</p> | <p>Honey Mustard</p> <p>Mild Buffalo Dressed Crisp Broccoli</p> <p>Vanilla Chat Snax</p> <p>Banana &amp; Choice Milk</p> | <p>Ranchero Corn Salad</p> <p>Mixed Berry Animal Crackers</p> <p>Chilled Grapes</p> <p>Choice Milk</p> | <p>Buttermilk Pancakes &amp; Syrup</p> <p>Fruited Yogurt Cup</p> <p>Crisp Salad &amp; Dressing</p> <p>Fresh Melon &amp; Choice Milk</p> | <p>Baby Carrots &amp; Ranch</p> <p>Fresh Citrus Fruit</p> <p>Cinnamon Goldfish</p> <p>Choice Milk</p> |
|          | Perro Caliente con Maiz, Salsa de Tmate  | Alitas de Pollo, Mostaza, Broccoli,  | Albondigas con Queso, Ensalada   | Desayuno/Almuerzo, Pancake con miel   | Pizza de Queso, Fruta   |
|          | Frijoles, Manzana, Leche   | Snack de Vainilla, Banano, Leche   | Galletas, Uvas, Leche  | Yogurt, Fruta, Ensalada, Leche  | Galletas, Leche   |

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|          | Monday, October 25, 2021  | Tuesday, October 26, 2021   | Wednesday, October 27, 2021  | Thursday, October 28, 2021  | Friday, October 29, 2021   |
| Week III | <b>Chicken Fritter Wrap w/ Youza Sauce</b>  | <b>Good Ole Fashioned Hamburger</b>   | <b>Mandarin Orange Chicken</b>   | <b>Cheesy Lasagna Roll</b>  | <b>Fresh Hot Delivered Pizza</b>                                   |
| Hot Meal | <p>WG Tortilla &amp; Golden Chix Fritters w/ Shred Chz, Lettuce, Chopped Cilantro &amp; CKC Youza Sauce</p> <p>Nacho Chz Doritos w/ Creamy Refried Bean Salsa Dip</p> <p>Crisp Varietal Apple &amp; Choice Milk</p> | <p>w/ Pickle Rounds &amp; Ketchup</p> <p>Carrots w/Ranch</p> <p>WG Cool Ranch Doritos</p> <p>Banana &amp; Choice Milk</p> | <p>Steamed Brown Rice</p> <p>Celery &amp; Ranch</p> <p>Chilled Grapes</p> <p>Choice Milk</p> | <p>Mixed Spinach Salad &amp; Dressing</p> <p>Seasonal Fresh Cut Melon</p> <p>Elf Grahams</p> <p>Choice Milk</p> | <p>Corneriffica Salad</p> <p>Applesauce Cup</p> <p>Choice Milk</p> |
|          | Envuelto de Pollo con Salsa, Lechuga,   | Hamburguesa, Pepino, Zanahoria,   | Pollo a la Mandarina, Arroz, Apio,   | Lasagna de Queso, Ensalada, Melon,  | Pizza de Queso, Ensalada,  |
|          | Queso, Doritos, Salsa con frijol, Manzana, Leche  | Doritos, Banano, Leche  | Uvas, Leche  | Galletas, Leche   | Salsa de Manzana, Leche  |

Hot Veg and Cold meals are served with vegetables and fruit of the day

Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruits and milk)

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| Days  | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
| Deli Salads (Vegetarian choices come with eggs in the place of chicken) | <p>Grilled Chicken Caesar Salad</p> <p>Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas &amp; topped with Parmesan cheese &amp; Caesar salad dressing</p> | <p>Grilled Chicken Asian Salad</p> <p>Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement</p> | <p>Grilled Chicken Southwest Taco Salad</p> <p>Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.</p> | <p>Grilled Chicken Bistro Salad</p> <p>Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast &amp; WG Roll.</p> | <p>Grilled Chicken Power Green Salad</p> <p>Powerful greens like Kale and Spinach raise the bar on this super green salad, with craisins bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.</p> |

**Garam Masala Chicken (Chef Ambika's Recipe)**

\*Skim and 1% milk choices offered daily.

\*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

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| <p><b>Ingredients</b></p> <p><u>To Marinate</u></p> <ul style="list-style-type: none"> <li>- Chicken Breast Chunks - 500 grams</li> <li>- Garam Masala - 1.5 Tsp (Please reduce, if you are not a fan of heavy aroma)</li> <li>- 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).</li> </ul> | <p><b>Serves 3 People</b></p> <ul style="list-style-type: none"> <li>- 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)</li> <li>- Salt - as needed</li> <li>- Lemon juice - 1 Tbsp</li> </ul> <p><u>To Sauté</u></p> <ul style="list-style-type: none"> <li>- Sliced Red Onion - 1/2 Cup</li> <li>- Oil - 1/4 Cup</li> </ul> | <p><u>Method</u></p> <ul style="list-style-type: none"> <li>•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.)</li> <li>•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.</li> <li>•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.</li> <li>•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.</li> </ul> <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</p> |
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| Menu Info                              |   |   |   |  |   |
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| November 2021 Menu (Subject to Change) |   |   |   |  |   |
|  | Monday, November 1, 2021  | Tuesday, November 2, 2021   | Wednesday, November 3, 2021   | Thursday, November 4, 2021   | Friday, November 5, 2021                                |
| Week IV                                | <b>Chicken Tender Dunkers w/Ranch</b>   | <b>Tender Salisbury Steak &amp; Gravy</b>   | <b>Stir Fry Chicken Bowl</b>  | <b>Brunch Lunch</b>  | <b>Fresh Hot Delivered Pizza</b>                        |
| Hot Meal                               | Goldfish Pretzels<br>CKC Baked Beans<br>Varietal Crisp Apple<br>Choice Milk                   | WG Dinner Roll<br>Mashed Potatoes<br>Banana<br>Choice Milk  | Stir Fry Chicken on Top of Rice<br>Crisp Romaine Salad & Dressing<br>Fruited Applesauce & Fortune Cookie<br>Choice Milk | French Toast Sticks<br>Syrup<br>Sliced Cucumbers & Dip<br>Chilled Grapes & Choice Milk         | Baby Carrots<br>Seasonal Fresh Cut Melon<br>Choice Milk |
| Hot Veg                                | <i>Pizza Crunchers &amp; Italian Dip</i>  | <i>Double Cheese Omelet &amp; WG Muffin</i>   | <i>Cheese Bosco Sticks w/ Marinara Sauce</i>  | <i>French Toast Sticks &amp; Syrup</i>   | <i>Fresh Hot Cheese Pizza</i>                           |
| Cold                                   | Turkey Bun  | CKC Crazy Good Chicken Bun  | Chicken Mozzarella Wrap, Cheetos  | 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>Mozzarella Burger</b>  | <b>Asian Sesame Chicken Wrap</b>  | <b>Creamy Mac &amp; Cheese</b>  | <b>Chicken &amp; Waffle</b>  |   |
| Hot Meal                               | WG Bakery Bun & Ketchup<br>Sun Chips<br>CKC Baked Beans<br>Crisp Varietal Apple & Choice Milk | WG Tortilla, Breaded Chicken Bites<br>Asian Slaw Mix<br>Baby Carrots & Fortune Cookie<br>Banana & Choice Milk | Fresh Broccoli & Dip<br>Seasonal Melon<br>Vanilla Chat Snax<br>Choice Milk  | Chicken Tenders<br>WG Waffle w/Syrup<br>Fresh Sliced Cucumbers<br>Chilled Grapes & Choice Milk |   |
| Hot Veg                                | <i>Mozzarella Veggie Burger</i>   | <i>Wild Mikes Cheese Bites</i>  | <i>Creamy Mac &amp; Cheese</i>  | <i>Waffles w/Syrup &amp; Fruited Yogurt Cup</i>  |   |
| Cold                                   | Roast Turkey on Wheat Bread   | Asian Chicken Sticky Bun  | Chicken Caesar Wrap   | CKC Crazy Good Chicken Bun   |   |

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