

Menu Info		Name : December 2021 K-8 Pizza Fridays/Pizza Viernes Menu		Options Provided : Hot, Hot Vegetarian, Cold Meals	
Age Group : K-8		Meal : Lunch/Almuerzo		Meal Pattern : NSLP / SSO	
Chef Spotlight - Laurie Yohn (General Manager, CKC)		Wednesday, December 1, 2021		Thursday, December 2, 2021	
Memories Preserved in Food				Friday, December 3, 2021	
Week II	<p>"Cooking and baking have always been a passion of mine. Growing up in a large family with 8 siblings, our parents taught us the importance of eating healthy and caring for our bodies. We grew our own produce, picked up fresh eggs & milk from the neighbor almost daily, and our father would make Saturday morning trips to the local meat market. My mother baked fresh bread and/or cookies daily! That was our treat after walking down our mile long driveway where the bus picked and dropped us off.</p> <p>Both of our parents were great cooks and bakers. We neither went to restaurants nor ate convenience foods until I was age 13-14. Boil-in-a-bag dinners were the hot ticket item back in the day but we got that "treat" only on Fridays! My mother went into the work force when I was 12 and this is when I started to prepare meals for my family. I have my parents to thank, for influencing me to cook and bake and I will forever cherish the moments, spent with them in the kitchen."</p> <p>- Laurie</p>	Meatball Sub w/Mozzarella		Brunch Lunch	
Hot Meal		Ranchero Corn Salad		Buttermilk Pancakes & Syrup	
		Mixed Berry Animal Crackers		Fruited Yogurt Cup	
		Chilled Grapes		Crisp Salad & Dressing	
		Choice Milk		Tropical Fruit Mix & Choice Milk	
	Sanduche de Albondiga con Queso		Desayuno/Almuerzo Panqueques con almibar		
	Ensalada, Galletas, Uvas, Leche		Yogur, Ensalada, Fruta, Leche		
Monday, December 6, 2021		Tuesday, December 7, 2021		Wednesday, December 8, 2021	
Week III	Bean & Cheese Burrito	Good Ole Fashioned Hamburger		Mandarin Orange Chicken	
Hot Meal	Nacho Chz Doritos w/ Creamy Refried Bean Salsa Dip	w/ Pickle Rounds & Ketchup		Steamed Brown Rice	
		Carrots w/Ranch		Celery & Ranch	
		WG Cool Ranch Doritos		Chilled Grapes	
		Banana & Choice Milk		Choice Milk	
	Burrito con Frijol y Queso, Doritos	Hamburguesa con Pepinillo, Zanahoria		Pollo en Naranja, Arroz, Apio	
	con Salsa, Salsa de Manzana, Leche	Doritos, Banano, Leche		con salsa, Uvas, Leche	
Monday, December 13, 2021		Tuesday, December 14, 2021		Wednesday, December 15, 2021	
Week IV	Chicken Tender Dunkers w/Ranch	Tender Salisbury Steak & Gravy		Cheese Bosco Sticks w/ Marinara Sauce	
Hot Meal	Goldfish Pretzels	WG Dinner Roll			
	CKC Baked Beans	Mashed Potatoes		Crisp Romaine Salad & Dressing	
	Fruited Applesauce	Banana		Crisp Varietal Apple & Fortune Cookie	
	Choice Milk	Choice Milk		Choice Milk	
	Tiras de Pollo con salsa Ranch, Frijoles,	Bistec con Salsa, Pancito,		Palitos de Queso con Salsa Marinera,	
	Pretzels, Salsa de Manzana, Leche	Puré de Papa, Banano, Leche		Ensalada, Manzana, Galleta, Leche	
Monday, December 20, 2021		Tuesday, December 21, 2021		Wednesday, December 22, 2021	
Week V	NO SCHOOL NO HAY CLASES	NO SCHOOL NO HAY CLASES		CHRISTMAS BREAK DESCANSO POR NAVIDAD	
Monday, December 27, 2021		Tuesday, December 28, 2021		Wednesday, December 29, 2021	
Week VI	NO SCHOOL NO HAY CLASES	NO SCHOOL NO HAY CLASES		CHRISTMAS BREAK DESCANSO POR NAVIDAD	
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Applesauce - Using Pressure Cooker (Chef Laurie's Recipe)

Ingredients	Uses	Steps
<p>(Using a covered pan on the stove top instead of pressure cooker will work as well. Heat on medium heat until apples are soft)</p> <ul style="list-style-type: none"> - 15 -20 medium sized apples. We like Haralson - ¼ c. pure maple syrup (fresh local syrup is the best!) - 2 teaspoons ground cinnamon - ¼ teaspoon freshly grated nutmeg - 1/8 teaspoon salt - 1 cup water (may use apple cider) 	<ul style="list-style-type: none"> • In baking to replace ½ the amount of oil that the recipe calls for • Great in oatmeal • Excellent with porkchops • Top your pancakes and waffles with applesauce instead of syrup 	<ol style="list-style-type: none"> 1. Core, peel and slice apples into 8 sections 2. Place all ingredients in pressure cooker and stir until combined 3. Close pot and cook on high pressure for 5 minutes. 4. Allow to rest in pot for 10 minutes 5. After 10 minutes, slowly release the pressure and open lid 6. The applesauce should be a little chunky. Using an immersion blender (or regular blender), blend until you reach preferred consistency. We like our applesauce smooth. 7. Store in sealed jar for 7 days or freeze in small containers. <p>I hope you enjoy this simple but delicious recipe for applesauce. It is so basic and versatile and brings back many beautiful memories that I have of spending time in the kitchen with my parents. We used our senses to determine what ingredients worked well with each other and did not follow recipes. To this day, I don't use many recipes when cooking but will use as a guide when baking.</p>

Menu Info

January 2022 Menu (Subject to Change)

	Monday, January 3, 2022	Tuesday, January 4, 2022	Wednesday, January 5, 2022	Thursday, January 6, 2022	Friday, January 7, 2022
Week I	Crispy Louisiana Chicken Bun	All Beef Hot Dog	Chicken Biryani w/Yogurt Sauce	Burrito Bowl	Fresh Hot Delivered Pizza
Hot Meal	WG Bun, Pickle Rounds w/ CKC New Orleans Sauce Cornstastic Salad, Carrot Slims & Sun Chips Fruited Applesauce & Choice Milk	WG Bun, Ketchup & Mustard Cool Ranch Doritos Grape Tomatoes Banana & Choice Milk	Crisp Mixed Greens Salad & Dressing Lemon Blueberry Crisps Crisp Varietal Apple Choice Milk	Brown Rice topped w/Seasoned Beef Shred Cheese, Lettuce & CKC Youza Sauce Chilled Black Beans Grapes & Choice Milk	Sliced Cucumbers w/Ranch Fresh Citrus Fruit Choice Milk
Hot Veg	Louisiana Veggie Burger	Grilled Cheese Sandwich	Twisted Cheese Breadsticks	Cheese Quesadilla	Fresh Hot Cheese Pizza
Cold	Turkey Bun	Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap	Chicken & Cheese Torta Sandwich	Banh Mi Chicken Sandwich w/Sauce
	Monday, January 10, 2022	Tuesday, January 11, 2022			
Week II	Golden Corn Dog w/ Ketchup	Yahya! Boneless Chicken Wings			
Hot Meal	Goldfish Pretzels CKC Baked Beans Fruited Applesauce Choice Milk	Honey Mustard Mild Buffalo Dressed Crisp Broccoli Vanilla Chat Snax Banana & Choice Milk			
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese			
Cold	Wowbutter & Jelly Sandwich	Sesame Chicken Bun			