

Menu Info		Name : January 2022 K-8 Pizza Fridays/Viernes Menu			Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads		
Age Group : K-8		Meal : Lunch/Almuerzo			Meal Pattern : NSLP / SSO		
Monday, January 3, 2022		Tuesday, January 4, 2022		Wednesday, January 5, 2022		Thursday, January 6, 2022	Friday, January 7, 2022
Week I	<b>Crispy Louisiana Chicken Bun</b>	<b>All Beef Hot Dog</b>	<b>Twisted Cheese Breadsticks</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Delivered Pizza</b>		
Hot Meal	WG Bun, Pickle Rounds w/ CKC New Orleans Sauce Cornstarch 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		
	<b>Pollo Crocante</b> , Pan, Pepinillos, Ensalada	<b>Perro Caliente</b> , Doritos, Tomates,	<b>Palitos de Queso</b> , Ensalada, Galletas,	<b>Carne con Arroz Integral</b> , Queso,	<b>Pizza de Queso</b> , Pepino con Salsa,		
	Chips, Salsa de Manzana, Leche	Banano, Leche	Manzana, Leche	Lechuga, Frijoles Negros, Uvas, Leche	Fruta, Leche		
Monday, January 10, 2022		Tuesday, January 11, 2022		Wednesday, January 12, 2022		Thursday, January 13, 2022	Friday, January 14, 2022
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	Goldfish Pretzels CKC Baked Beans Fruited Applesauce Choice Milk	Honey Mustard Mild Buffalo Dressed Crisp Broccoli Bug Bites Grahams Banana & Choice Milk	Ranchero Corn Salad Mixed Berry Animal Crackers Chilled Grapes Choice Milk	Buttermilk Pancakes & Syrup Fruited Yogurt Cup Crisp Salad & Dressing Tropical Fruit Mix & Choice Milk	Baby Carrots & Ranch Fresh Citrus Fruit Cinnamon Goldfish Choice Milk		
	<b>Perro Caliente con Maiz</b> , Pretzels,	<b>Alitas de Pollo sin Hueso</b> , Salsa, Broccoli,	<b>Emparedado con Albondigas y Queso</b>	<b>Desayuno/Almuerzo</b> , Pancake con Almibar, Ensalada con Salsa,	<b>Pizza de Queso</b> , Zanahoria con Salsa,		
	Frijoles, Salsa de Manzana, Leche	Galletas, Banano, Leche	Ensalada, Galletas, Uvas, Leche	Fruta Tropical, Leche	Fruta, Galletas, Leche		
Monday, January 17, 2022		Tuesday, January 18, 2022		Wednesday, January 19, 2022		Thursday, January 20, 2022	Friday, January 21, 2022
Week III	<b>NO SCHOOL</b>  <b>NO HAY CLASES</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		w/ Pickle Rounds & Ketchup Carrots w/Ranch WG Cool Ranch Doritos Banana & Choice Milk	Steamed Brown Rice Celery & Ranch Chilled Grapes Choice Milk	Mixed Spinach Salad & Dressing Tropical Fruit Mix Elf Grahams Choice Milk	Corneriffica Salad Crisp Varietal Apple Choice Milk		
		<b>Hamburguesa</b> , Pepinillo, Salsa de Tomate	<b>Pollo con Mandarina</b> , Arroz Integral	<b>Rollo de Lasaña con Queso</b> , Ensalada,	<b>Pizza de Queso</b> , Ensalada,		
		Zanahoria, Doritos, Banano, Leche	Apio con Salsa, Uvas, Leche	Fruta Tropical, Galletas, Leche	Manzana, Leche		
Monday, January 24, 2022		Tuesday, January 25, 2022		Wednesday, January 26, 2022		Thursday, January 27, 2022	Friday, January 28, 2022
Week IV	<b>Chicken Tender Dunkers w/Ranch</b>	<b>Tender Salisbury Steak &amp; Gravy</b>	<b>Cheese Bosco Sticks w/ Marinara Sauce</b>	<b>Brunch Lunch</b>	<b>NO SCHOOL</b>  <b>NO HAY CLASES</b>		
Hot Meal	Goldfish Pretzels CKC Baked Beans Fruited Applesauce Choice Milk	WG Dinner Roll Mashed Potatoes Banana Choice Milk	On Top of Rice Crisp Romaine Salad & Dressing Crisp Varietal Apple & Fortune Cookie Choice Milk	French Toast Sticks Syrup Sliced Cucumbers & Dip Chilled Grapes & Choice Milk			
Hot Veg	<b>Trocitos de Pollo con Salsa</b> , Pretzels,	<b>Filete de Carne con Salsa</b> , Pan, Puré de	<b>Palitos de Queso con Salsa</b> , Arroz,	<b>Desayuno/Almuerzo</b> , Tostadas Francesas con Almibar,			
Cold	Frijoles, Salsa de Manzana, Leche	Papa, Banano, Leche	Ensalada, Manzana, Galletas, Leche	Pepino con Salsa, Uvas, Leche			
Monday, January 31, 2022		<p style="text-align: center;">Chef Spotlight - Joel Wight (Offsite Kitchen Manager, CKC) <b>Food &amp; Tradition Go Hand-in-Hand</b></p> <p>Lefse is a traditional Norwegian flatbread, which is a relatively easy recipe. If you can make mashed potatoes, you can also make Lefse! Lefse is a traditional dish, and when it comes to my family, we make it every holiday season. Thanksgiving, Christmas, no matter the occasion is, Lefse is made in our family. Lefse, however, wouldn't be complete without Grandma in Montana. Now a days 20 lbs is the limit, but I've heard stories of whole weekend adventures! One can only imagine how many pounds of potatoes that might need. We laugh, we sing, and drink mountains of tea and coffee! Gorging till we can no longer move, we feast off lefse for months to come as it also freezes great!</p> <p>Lefse can be served with fruit or used to make burritos and even tacos! Our family favorite, however, is butter with cinnamon and sugar! The best part about making lefse, though, is making a mess, the fun flour fights, and just being with friends and family. So from our family to yours, enjoy this easy to make, and ever so hard to quit eating tradition! Enjoy!</p> <p style="text-align: center;">Chef Joel's Recipe for Lefse is on Page 2.</p> <p style="text-align: center;">Hot Veg and Cold meals are served with vegetables and fruit of the day</p>					
Week V		<p style="text-align: center;">Deli Salad choices offered everyday (Both Regular &amp; Vegetarian options available. All deli salads come with fruits and milk)</p>					
Hot Meal	<b>Mozzarella Burger</b> WG Bakery Bun & Ketchup Sun Chips CKC Baked Beans Fruited Applesauce & Choice Milk						
	<b>Hamburguesa con Queso</b> , Chips,						
	Frijoles, Salsa de Manzana, Leche						

\*Skim and 1% milk choices offered daily.

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

**Lefse (Chef Joel's Recipe)**

**Ingredients:**

- 3 Cups Water
- 2 1/2 Cups milk
- 1 1/2 Cups butter
- 2 Tbsp sugar
- 3 teaspoons salt
- 2 Cups potato flakes
- 2-3 Cups flour

Makes 12 - 16 Lefse

**Steps:**

1. In a large pot bring water to boil. Add milk, butter, sugar and salt.
2. When this comes to a boil, add potato flakes and stir until smooth. Pour the mixture into a large bowl and refrigerate.
3. When ready to make, take 2 cups of mixture at a time. Add 1 to 1 1/2 cups of flour, mix in until workable dough.
4. Flour your surface, roll dough as thin as possible. Cut into 6-8 inch circles using a pan lid and transfer to a griddle or a Lefse Grill, cook and enjoy!

This is our instant mashed potato recipe, if using real potatoes (my favorite) just make them like mashed potatoes and don't forget the sugar!

**February 2022 Menu (Subject to Change)**

Menu Info		Tuesday, February 1, 2022	Wednesday, February 2, 2022	Thursday, February 3, 2022	Friday, February 4, 2022
Week V		<b>Asian Sesame Chicken Wrap</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Chicken &amp; Waffle</b>	<b>Fresh Hot Delivered Pizza</b>
Hot Meal		WG Tortilla, Breaded Chicken Bites Asian Slaw Mix Baby Carrots & Fortune Cookie Banana & Choice Milk	Fresh Broccoli & Dip Tropical Fruit Mix Granola Crackers Choice Milk	Chicken Tenders WG Waffle w/Syrup Fresh Sliced Cucumbers Chilled Grapes & Choice Milk	Jicama Sticks w/Dip Crisp Varietal Apple Choice Milk
Hot Veg		<i>Twisted Cheese Breadsticks</i>	<i>Creamy Mac &amp; Cheese</i>	<i>Waffles w/Syrup &amp; Fruited Yogurt Cup</i>	<i>Fresh Hot Cheese Pizza</i>
Cold		Asian Chicken Sticky Bun	Chicken Caesar Wrap	CKC Crazy Good Chicken Bun	Chicken & Cheese Torta Sandwich
Week VI		<b>Premium Chicken Nuggets</b>	<b>Build Your Own Cheesy Nachos</b>	<b>Chicken Enchilada Rice Bowl</b>	<b>Fresh Hot Delivered Pizza</b>
Hot Meal		Ketchup Cool Ranch Doritos & Baby Carrots Fruited Applesauce Choice Milk	Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips, Sour Cream & Cilantro Mixed Salad Greens w/Dressing Banana & Choice Milk	Fresh Bakery Bun, Ketchup & Pickles Creamy Coleslaw Chilled Grapes & Elf Grahams Choice Milk	Brown Rice w/ Seasoned Chicken Shred Cheese, Lettuce & CKC Boom Sauce Seasoned Black Beans Tropical Fruit Mix & Choice Milk
Hot Veg		<i>Pizza Crunchers &amp; Italian Dip</i>	<i>Veggie TexMex Wrap</i>	<i>Garden Cheeseburger</i>	<i>Cheese Quesadilla</i>
Cold		Turkey Bun w/ Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap w/ Mayo	Asian Chicken Sticky Bun
					Teriyaki Chicken Bun

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