

Menu Info	Name : February Pizza Fridays Menu/Menu de Febrero con Pizza los Viernes				Options Provided : Hot, Hot Vegetarian, Cold Meals
	Age Group : K-8/ Edad: K-8		Meal : Lunch/Almuerzo		Meal Pattern : NSLP / SSO
	Tuesday, February 1, 2022	Wednesday, February 2, 2022	Thursday, February 3, 2022	Friday, February 4, 2022	
Week V		Twisted Cheese Breadsticks WG Tortilla, Chicken Bites	Creamy Mac & Cheese Fresh Broccoli & Dip	Chicken & Waffle Chicken Tenders	Fresh Hot Delivered Pizza Jicama Sticks w/Dip
Hot Meal		Asian Slaw Mix Baby Carrots & Fortune Cookie Banana & Choice Milk	Tropical Fruit Mix Vanilla Wafers Choice Milk	WG Waffle w/Syrup Fresh Sliced Cucumbers Chilled Grapes & Choice Milk	Crisp Varietal Apple Choice Milk
		Palitos de queso, Ensalada de Col, Zanahoria, Galleta de la Fortuna, Banano, Leche	Macarrones con Queso, Broccoli con salsa, Fruta Tropical, Galletas, Leche	Tiras de Pollo, Waffle con Almibar, Pepino, Uvas, Leche	Pizza con Queso, Palitos de Jicama con salsa, Manzana, Leche
	Monday, February 7, 2022	Tuesday, February 8, 2022	Wednesday, February 9, 2022	Thursday, February 10, 2022	Friday, February 11, 2022
Week VI	Premium Chicken Nuggets Ketchup Cool Ranch Doritos & Baby Carrots Fruited Applesauce Choice Milk	Grilled BBQ Chicken Bun Mixed Salad Greens w/Dressing Banana & Choice Milk	Cheeseburger Fresh Bakery Bun, Ketchup & Pickles Creamy Coleslaw Chilled Grapes & Elf Grahams Choice Milk	Cheese Quesadilla Brown Rice Seasoned Black Beans Tropical Fruit Mix & Choice Milk	Fresh Hot Delivered Pizza Cornstastic Salad Crisp Varietal Apple Choice Milk
Hot Meal					
	Trocitos de Pollo, Doritos, Zanahoria, Salsa de Manzana, Leche	Emparedado de Pollo BBQ, Ensalada, Banano, Leche	Hamburguesa con Queso y Pepinillos, Ensalada Col, Uvas, Galletas, Leche	Quesadilla, Frijoles Negros, Arroz, Fruta Tropical, Leche	Pizza con Queso, Ensalada con Maíz, Manzana, Leche
	Monday, February 14, 2022	Tuesday, February 15, 2022	Wednesday, February 16, 2022	Thursday, February 17, 2022	Friday, February 18, 2022
Week I	Crispy Louisiana Chicken Sandwich WG Bun, Pickle Rounds w/ CKC New Orleans Sauce Cornstastic Salad, Carrot Slims & Sun Chips Fruited Applesauce & Choice Milk	All Beef Hot Dog WG Bun, Ketchup & Mustard Cool Ranch Doritos Grape Tomatoes Banana & Choice Milk	Twisted Cheese Breadsticks Crisp Mixed Greens Salad & Dressing Lemon Blueberry Crisps Crisp Varietal Apple Choice Milk	Burrito Bowl Brown Rice topped w/Seasoned Beef Shred Cheese, Lettuce & CKC Youza Sauce Chilled Black Beans Grapes & Choice Milk	Fresh Hot Delivered Pizza Sliced Cucumbers Fresh Citrus Fruit Choice Milk
Hot Meal					
	Emparedado de Pollo Louisiana, Pepinillos, Ensalada con Maíz, Zanahoria, Sun Chips, Salsa de Manzana, Leche	Perro Caliente, Doritos, Tomates, Banano, Leche	Palitos de Pan con Queso, Ensalada, Crisps, Manzana, Leche	Tazon de Burrito con Arroz, Queso, Lechuga, Frijoles Negros, Uvas, Leche	Pizza con Queso, Pepino, Fruta, Leche
	Monday, February 21, 2022	Tuesday, February 22, 2022	Wednesday, February 23, 2022	Thursday, February 24, 2022	Friday, February 25, 2022
Week II	NO SCHOOL NO HAY CLASSES	NO SCHOOL NO HAY CLASSES	Meatball Sub w/Mozzarella Ranchero Corn Salad Mixed Berry Animal Crackers Chilled Grapes Choice Milk	Brunch Lunch Buttermilk Pancakes & Syrup Fruited Yogurt Cup Crisp Salad & Dressing Tropical Fruit Mix & Choice Milk	Fresh Hot Delivered Pizza Baby Carrots & Ranch Fresh Citrus Fruit Cinnamon Goldfish Choice Milk
Hot Meal					
			Emparedado con Albondigas y Queso, Ensa con Maíz, Galletas, Uvas, Leche	Desayuno/Almuerzo Panqueques con Almibar, Yogurt, Ensalada, Fruta Tropical, Leche	Pizza con Queso, Zanahoria con Salsa, Fruta, Galletas, Leche
	Monday, February 28, 2022	Chef Spotlight - Wolfgang Mayr (Procurement/Offsite Manager, CKC)			
Week III	Bean & Cheese Burrito	A Little Time and Effort Goes A long way!			
Hot Meal	Nacho Chz Doritos w/ Creamy Refried Bean Salsa Dip Fruited Applesauce & Choice Milk	Cooking has always been an adventure to me, of course being a chef. Raising children and trying to appease to their palates adds more challenge. Good old hearty food on a cold winter's day can be nothing more than inviting even for the pickiest eater! Braised meats take a long time to cook, but in the end, it's worth all the effort. With a nice crusty baguette to top up the sauce, what more can the kids want?			
	Burrito con Queso y Frijol, Doritos con Salsa, Salsa de Manzana, Leche	Bon Appetit Wolfgang			
		Chef Wolfgang's Recipe for Potroast is on Page 2.			
		Hot Veg and Cold meals are served with vegetables and fruit of the day			

Boneless Short Rib Pot Roast (Chef Wolfgang's Recipe)

Ingredients:		Steps:
<ul style="list-style-type: none"> • 3-4lb Boneless beef short ribs or thick beef chunk • 1 tsp Kosher salt • 1 tsp Fresh ground black pepper • 2 Tbsp canola oil • 3 cups chopped onion • 2 cups peeled chopped carrots • 2 washed & chopped celery stalks • 2 sprigs fresh thyme • 2 sprigs fresh rosemary, stems removed 	<ul style="list-style-type: none"> • Zest of 1 lemon • 3 Tbsp tomato paste • 2 cups red wine (cabernet) • 3 1/2 cups beef broth (low salt) • 2 large potatoes peeled and quartered • 1 1/2 cups carrot slims • Kosher salt and pepper to taste to finish <p>Makes 4 servings</p>	<ol style="list-style-type: none"> 1. Cut beef into manageable pieces, season with salt and pepper. 2. Turn burner on high and add oil to a two-quart pot. When it is smoking, take tongs and gently place beef in the oil very slowly to prevent splashing. Cover the pot and brown the beef. Carefully take the lid off and repeat for the other side of beef. Once the beef is browned, remove and set on a plate. 3. Place the chopped carrots, celery and onions in the pot and sauté until lightly cooked, then place beef back into the pot with herbs, lemon zest and tomato paste and slowly add red wine. Bring to a boil. 4. After 5 minutes, add the beef broth and bring to a boil. Cover the pot and lower the heat to simmer lightly, and not boiling. 5. Check after 3 hours for the tenderness of the beef, if it's still tough continue cooking for another ½ hour (I take tongs and bend the beef, should start to rip). 6. Remove the beef and thyme stems from the pot. Reserve beef on a plate and discard thyme stems. With an immersion blender puree cooked vegetables in broth, then add carrot slims, potatoes and the beef. Remove lid and simmer an additional half an hour until veggies are tender and sauce has thickened. 7. Portion into 4 bowls, the beef should be tender enough to pull apart, then ladle sauce over. Serve with a nice crusty baguette and enjoy.

March 2022 Menu (Subject to Change)

Menu Info		Tuesday, March 1, 2022	Wednesday, March 2, 2022	Thursday, March 3, 2022	Friday, March 4, 2022
Week III		Good Ole Fashioned Hamburger	Mandarin Orange Chicken	Cheesy Lasagna Roll	Fresh Hot Delivered Pizza
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
Hot Veg		Veggie Burger	Egg Fried Rice	Veggie Lasagna Roll	Fresh Hot Cheese Pizza
Cold		Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken Sandwich w/Sauce	Chicken & Cheddar Wrap	Teriyaki Chicken Bun
		Monday, March 7, 2022	Tuesday, March 8, 2022	Wednesday, March 9, 2022	Thursday, March 10, 2022
Week IV		Lemony Garlic Chicken	Tender Salisbury Steak & Gravy	Stir Fry Chicken Bowl	Brunch Lunch
Hot Meal		Served on Warm Cilantro Rice Lime Black Bean Salad Fruited Applesauce Choice Milk	WG Dinner Roll Mashed Potatoes Banana & Animal Crackers Choice Milk	Stir Fry Chicken 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		Pizza Crunchers & Italian Dip	Swedish Veggie Patty w/ WG Roll	Cheese Bosco Sticks w/ Marinara Sauce	French Toast Sticks & Syrup
Cold		Turkey Bun	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap, Cheetos	Sesame Chicken Bun Chicken & Cheese Torta Sandwich
		Monday, March 14, 2022			
Week V		Mozzarella Burger			
Hot Meal		WG Bakery Bun & Ketchup Sun Chips CKC Baked Beans Fruited Applesauce & Choice Milk			
Hot Veg		Mozzarella Veggie Burger			
Cold		Roast Turkey on Wheat Bread			

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