

Menu Info	Name : April 2022 K-8 Pizza Friday/Viernes Pizza Menu	Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads
	Age Group : K-8	Meal : Lunch/Almuerzo Meal Pattern : NSLP / SSO

Chef Spotlight - Oscar Yangari (Offsite Kitchen Manager) Friday, April 1, 2022

Week I	Food is not just about eating for Energy; It's something to Experience			
Hot Meal	<p>If you know how to cut a whole chicken into pieces, you can make 'Seco de pollo' in just a few steps! This traditional family recipe has been in the family for decades and inherited by young generations, inspiring what to cook on the fly, when you have guests unexpected. My short personal experience:</p> <p>One day, I had my significant other over for dinner and my menu for that day was shrimp ceviche (another typical delicious dish). I had everything ready and was ready to serve when she arrives. My luck (or the opposite), I totally forgot that my then roommate was allergic to shrimp even by the smell. My roommate was out that morning and I remembered this allergy only after he reached home. Immediately, I got so nervous not knowing what to do for plan B because she was on her way already! What could I cook on the fly? And this recipe flashed in my mind. Right away I asked my roommate, "Do you have chicken?". Luckily, he did! I was thinking to myself "No matter how it turns out it, I am cooking it". I started cutting the whole chicken into pieces, shaking and nervous! By the time she got home I had the rice going and the chicken in process, but I was so nervous because I told her that the dinner was ready and to not be late, lol! Somehow, I did it fast and she just waited 15 minutes while she was watching me cooking nervous! I still remember those intense moments, as if it</p>			
	NO SCHOOL/ RECORD DAY NO HAY ESCUELA/ DIA DE REGISTOS			

Monday, April 4, 2022 Tuesday, April 5, 2022 Wednesday, April 6, 2022 Thursday, April 7, 2022 Friday, April 8, 2022

Week II	SPRING BREAK - NO SCHOOL DESCANSO DE PRIMAVERA NO HAY ESCUELA				
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Monday, April 11, 2022 Tuesday, April 12, 2022 Wednesday, April 13, 2022 Thursday, April 14, 2022 Friday, April 15, 2022

Week III	Youza Chicken Bites Wrap WG Tortilla & Chicken Bites w/ Shred Chz, Lettuce, Chopped Cilantro & CKC Youza Sauce Nacho Chz Doritos w/ Creamy Refried Bean Salsa Dip Fresh Pears & Choice Milk	Good Ole Fashioned Hamburger w/ Pickle Rounds & Ketchup Carrots w/Ranch WG Cool Ranch Doritos Banana & Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Celery & Ranch Peaches Cup Choice Milk	Cheesy Lasagna Roll Mixed Spinach Salad & Dressing Mixed Berry Cup Elf Grahams Choice Milk	Fresh Hot Delivered Pizza Corneriffica Salad Crisp Varietal Apple Choice Milk
Hot Meal	Trocitos de Pollo Envuelto con Lechuga, Queso, Cilantro, Frijol, Pera, Leche	Hamburguesa con Pepinillo, Zanahoria, Doritos, Banano, Leche	Pollo a la Naranja , Arroz, Apio con Salsa, Taza con Durazno, Leche	Rollo de Lasaña , Espinaca con Salsa, Fruta Mixta, Galletas, Leche	Pizza de Queso , Ensalada, Manzana, Leche

Monday, April 18, 2022 Tuesday, April 19, 2022 Wednesday, April 20, 2022 Thursday, April 21, 2022 Friday, April 22, 2022

Week IV	Pizza Crunchers & Italian Dip Lime Black Bean Salad Fresh Pears Choice Milk	Mongolian Meatballs WG Dinner Roll Mashed Potatoes Banana & Animal Crackers Choice Milk	Chicken Mozzarella Wrap Cheetos Crisp Romaine Salad & Dressing Crisp Varietal Apple Fortune Cookie & Choice Milk	Brunch Lunch French Toast Sticks Berries & Syrup Sliced Cucumbers & Dip Peaches Cup & Choice Milk	Fresh Hot Delivered Pizza Baby Carrots Mixed Berry Cup Choice Milk
Hot Meal	Trocitos de Pizza , Ensalada de Frijoles, Negros, Pera, Leche	Albondigas , Pan, Puré de Papa, Banano, Galletas, Leche	Envuelto de Pollo con Mozzarella, Cheetos, Ensalada, Manzana, Galleta, Leche	Desayuno/Almuerzo , Tostada Francesa, Fruta, Pepino, Duraznos, Leche	Pizza de Queso , Zanahorias, Fruta Mixta, Leche

Monday, April 25, 2022 Tuesday, April 26, 2022 Wednesday, April 27, 2022 Thursday, April 28, 2022 Friday, April 29, 2022

Week V	Mozzarella Burger WG Bakery Bun & Ketchup Sun Chips CKC Baked Beans Fresh Pears & Choice Milk	Twisted Cheese Breadsticks Asian Slaw Mix Baby Carrots & Fortune Cookie Banana & Choice Milk	Creamy Mac & Cheese Fresh Broccoli & Dip Mixed Berry Cup Vanilla Wafers Choice Milk	Chicken & Waffle Chicken Tenders WG Waffle, Berries w/Syrup Fresh Sliced Cucumbers Peaches Cup & Choice Milk	Fresh Hot Delivered Pizza Jicama Sticks w/Dip Crisp Varietal Apple Choice Milk
Hot Meal	Hamburguesa con Mozzarella, Chips, Frijoles, Pera, Leche	Palitos de Pan con Queso , Ensalada de Col, Zanahoria, Galletas, Banano, Leche	Macarrones con Queso , Broccoli, Fruta Mixta, Galletas, Leche	Trocitos de Pollo y Waffle con Almibar, Pepino, Duraznos, Leche	Pizza de Queso , Palitos de Jicama, Manzana, Leche

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

	EAT VEGETABLES	EAT FRUITS	EAT PROTEINS	DRINK WATER	GOOD NUTRITION = GOOD HEALTH
	COMA VEGETALES	COMA FRUTAS	COMA PROTEINAS	TOME AGUA	BUENA NUTRICION=BUENA SALUD

*Skim and 1% milk choices offered daily.

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

Seco De Pollo (Ecuadorian Chicken Stew) (Chef Oscar's Recipe)

<u>Ingredients:</u>	<u>Ingredients to Blend</u>	<u>Steps:</u>
* 3.3 Lbs Mix of Chicken Legs & Thighs * 1 Tsp Cumin * 1 Tsp Paprika (or 1 Tsp Achiote) * 1 Tbsp Vegetable Oil * Salt & Pepper To taste Prep Time : 30 Minutes Cook Time : 60 Minutes Servings 5	* 3 Large Tomatoes Cut into chunks * 1 Bell Pepper. Deseeded and cut into small pieces (reserve half to add to the stew) * 1 Yellow onion peeled and cut into chunks * 5 Cloves of garlic, peeled * 1 Bunch Parsley (reserve some leaves to garnish) * 2 Thai chilis (optional) or add chili powder to taste * Juice of 1/2 orange * 1 Cup chicken stock	** Rub the chicken with cumin and paprika, and set it aside to marinate for about 30 minutes while you work on the other ingredients. ** Place the tomatoes, bell pepper, onions, garlic, parsley, chilis, orange juice into a food processor. Blend together to a thick chunky sauce. ** Heat some vegetable oil in a large pot and brown the chicken. ** Pour the blended sauce over the chicken and bring to a boil. Add the other chopped half of the bell pepper into the pot. ** Reduce the heat to low, cover and simmer for an hour. ** After an hour, remove the chicken and if you prefer a chunkier sauce, cook it for another 15 minutes to reduce it down. Add salt & pepper to taste. Sprinkle finely chopped fresh parsley on top of the stew. ** Enjoy it with brown rice, pickled red onions and fried plantains.

Menu Info May 2022 Menu (Subject to Change)

Menu Info	Monday, May 2, 2022	Tuesday, May 3, 2022	Wednesday, May 4, 2022	Thursday, May 5, 2022	Friday, May 6, 2022
Week VI	Premium Chicken Nuggets	Build Your Own Cheesy Nachos	Cheeseburger	Chicken Enchilada Rice Bowl	Fresh Hot Delivered Pizza
Hot Meal	Ketchup Cool Ranch Doritos & Baby Carrots Fresh Pears 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 Peaches Cup & Elf Grahams Choice Milk	Brown Rice w/ Seasoned Chicken Shred Chz, Lettuce, CKC Boom Sauce Seasoned Black Beans Mixed Berry Cup & Choice Milk	Corntastic Salad Crisp Varietal Apple Choice Milk
Hot Veg	<i>Pizza Crunchers & Italian Dip</i>	<i>Veggie TexMex Wrap</i>	<i>Garden Cheeseburger</i>	<i>Cheese Quesadilla</i>	<i>Fresh Hot Cheese Pizza</i>
Cold	Turkey Bun w/ Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap	Asian Chicken Sticky Bun	Teriyaki Chicken Bun

Monday, May 9, 2022 Tuesday, May 10, 2022 Wednesday, May 11, 2022 Thursday, May 12, 2022

Menu Info	Monday, May 9, 2022	Tuesday, May 10, 2022	Wednesday, May 11, 2022	Thursday, May 12, 2022
Week I	Louisiana Chicken Sandwich	All Beef Hot Dog	Chicken Biryani w/Yogurt Sauce	Burrito Bowl
Hot Meal	WG Bun, Pickle Rounds w/ CKC New Orleans Sauce & Sun Chips Corntastic Salad, Carrot Slims Fresh Pears & 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 Chz, Lettuce, Youza Sauce Chilled Black Beans Peaches Cup & Choice Milk
Hot Veg	<i>Louisiana Veggie Burger</i>	<i>Grilled Cheese Sandwich</i>	<i>Twisted Cheese Breadsticks</i>	<i>Cheese Quesadilla</i>
Cold	Turkey Bun	Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap	Chicken & Cheese Torta Sandwich

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