

This institution is an equal opportunity provider

Menu Info		Name : June 2022 Stonebridge Community School K-8 Lunch Menu			Options Provided : Hot, Hot Vegetarian, Cold Meals	
		Age Group : K-8	Meal : Lunch/Almuerzo	Meal Pattern : NSLP / SSO		
		Chef Spotlight - Edward Harr (Offsite Food Service Manager)	Wednesday, June 1, 2022	Thursday, June 2, 2022	Friday, June 3, 2022	
Week IV	Families Bonded Through Kitchen	Cheese Stuffed Breadsticks	Brunch Lunch	Fresh Hot Delivered Pizza		
Hot Meal	One meal I like to make, that everyone in my household enjoys, is a big pot of Chili. It's a simple dish, but so delicious with your choice of meat and various combination of vegetables, to let simmer allowing all those flavors to fuse together. I always make sure to cook enough so that I can send some to other family members to enjoy. I don't follow an exact recipe so the flavor is different for each batch that I make but nevertheless tasty each time. I love spicy foods so when I make chili, I always make a separate small pot for myself which almost always has added Habaneros, Jalapenos, and Carolina Reaper powder.	Red Sauce	French Toast Sticks	Baby Carrots		
		Crisp Romaine Salad & Dressing	Berries & Syrup	Crisp Apple		
		Fresh Pears	Sliced Cucumbers & Dip	Choice Milk		
	- Ed Harr	Choice Milk	Fresh Orange & Choice Milk			
		Palitos de Pan y queso con salsa,	Desayuno/Almuerzo, Tostada Francesa,	Pizza de Queso, Zanahoria,		
		Ensalada, Pera, Leche	Fruta, Pepinos, Naranja, Leche	Manzana, Leche		
		Monday, June 6, 2022	Tuesday, June 7, 2022	Wednesday, June 8, 2022	Thursday, June 9, 2022	Friday, June 10, 2022
Week V	Mozzarella Burger	Sweet & Sour Chicken	Creamy Mac & Cheese	Chicken & Waffle	*NO SCHOOL BEGINNING OF SUMMER VACATION! *NO HAY ESCUELA INICIO DE VACACIONES DE VERANO!	
Hot Meal	WG Bakery Bun & Ketchup	Steamed Rice	Baby Carrots	Chicken Tenders		
	Sun Chips	Fresh Broccoli & Dip	Fresh Pears	WG Waffle, Berries w/Syrup		
	CKC Baked Beans	Fortune Cookie	Vanilla Wafers	Fresh Sliced Cucumbers		
	Applesauce Cup & Choice Milk	Banana & Choice Milk	Choice Milk	Tropical Fruit Mix & Choice Milk		
		Hamburguesa con queso, Chips, Frijoles,	Pollo Agridulce, Arroz, Broccoli	Macarrones con Queso, Zanahoria,	Pollo y Waffle con Fruta y Almibar,	INICIO DE VACACIONES DE
		Salsa de Manzana, Leche	Galleta de la Fortuna, Banano, Leche	Pera, Galleta, Leche	Pepino, Fruta Mixta, Leche	VERANO!
		Monday, June 13, 2022	Tuesday, June 14, 2022	Wednesday, June 15, 2022	Thursday, June 16, 2022	Friday, June 17, 2022
Week VI	BE SAFE	EAT WELL	EXERCISE	HYDRATE	HAVE FUN!!	
	CUIDESE	ALIMENTESE BIEN	HAGA EJERCICIO	HIDRATESE	¡¡DIVIERTASE!!	
Hot Veg						
Cold						
		Monday, June 20, 2022	Tuesday, June 21, 2022	Wednesday, June 22, 2022	Thursday, June 23, 2022	Friday, June 24, 2022
Week I						
Hot Meal						
Hot Veg						
Cold						
		Monday, June 27, 2022	Tuesday, June 28, 2022	Wednesday, June 29, 2022	Thursday, June 30, 2022	
Week II						
Hot Meal						
Hot Veg						
Cold						
Hot Veg and Cold meals are served with vegetables and fruit of the day						

* Skim and 1% milk choices offered daily.
* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

Ched Edward Harr's Chili Recipe

Ingredients

Servings : 6 to 8

(My ingredients keep changing every time I cook, so I am trying to capture the most basic version here)

Main Batch:

1. **Ground Beef or Shredded Chicken** – 2 Pounds
2. **Kidney Bean / Pinto Bean** – 1 can drained and rinsed
3. **Whole Kernel Corn** – 1 can drained and rinsed
4. **Diced Red and Green Bell Peppers** – About 1 cup chopped
5. **Diced Tomatoes** – 2 medium sized, chopped
6. **Diced Red Onion** – 1/2 medium sized, diced
7. **Chopped Cilantro** – ½ cup finely chopped
8. **Variety of Seasonings** (Your Choice...my choice of seasonings ranges anywhere from garlic powder 2 tsp, cumin powder 2 tsp, chili powder 1 Tbls, salt 1 Tbls)
9. **Optional Toppings** include Shred cheese, Sour cream, saltine crackers etc.

Ingredients (Continued)

Spicy Batch:

(Including the main batch Ingredients)

1. **Diced Habanero** - 1 tsp
2. **Diced Jalapeno** - 1 tsp
3. **Carolina Reaper Powder** (Just a pinch)

Steps:

- * Heat a large skillet over medium heat until hot. Add diced red onion and sauté for a few minutes till lightly golden.
- * Add chopped bell peppers next and continue to sauté for about 2 minutes. Add ground beef/shredded chicken; cook for 8 to 10 minutes.
- * Stir occasionally, until browned. If using beef crumble, break into crumbles while stirring.
- * Stir in the other ingredients (except toppings) and bring to a boil.
- (Cilantro is best added at the end if you enjoy fresh flavor. If you add it while cooking it loses a lot of the flavor people love about cilantro)
- * Reduce heat and simmer for about 20 minutes, uncovered, stirring occasionally.

Menu Info July 2022 Menu (Subject to Change)

Menu Info		July 2022 Menu (Subject to Change)				
						Friday, July 1, 2022
Week II						
Hot Meal						
Hot Veg						
Cold						
		Monday, July 4, 2022	Tuesday, July 5, 2022	Wednesday, July 6, 2022	Thursday, July 7, 2022	Friday, July 8, 2022
Week III						
Hot Meal						
Hot Veg						
Cold						
		Monday, July 11, 2022	Tuesday, July 12, 2022			
Week IV						
Hot Meal						
Hot Veg						
Cold						

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* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.