

| <b>Name : October 2022 Stonebridge World School PreK Lunch Menu</b> |   | <b>Options Provided : Hot, Hot Vegetarian Meals</b>   |  |   |  |
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| <b>Age Group : Childcare (Ages 3-5)</b>                             |   | <b>Meal : Lunch/Almuerzo</b>  |  | <b>Meal Pattern : Preschool</b>   |  |
| <b>Week IV</b>  | <b>Monday, October 3, 2022</b>  | <b>Tuesday, October 4, 2022</b>   | <b>Wednesday, October 5, 2022</b>  | <b>Thursday, October 6, 2022</b>  | <b>Friday, October 7, 2022</b>   |
| Hot Meal  | <b>Old Fashioned Sloppy Joe</b><br>Whole Grain Bun<br>Steamed Mixed Veggies<br>Diced Chilled Pears<br>Milk        | <b>Breaded Chicken Patty Sandwich</b><br>Bakery Bun & Ketchup<br>Steamed Green Beans<br>Sliced Chilled Peaches<br>Milk  | <b>Italian Dunkers</b><br>Dippin' Sauce<br>Steamed Peas<br>Banana<br>Milk  | <b>Brunch Lunch</b><br>Scrambled Eggs & Cheese<br>Corn Muffin, Tator Tots & Ketchup<br>Chilled Mandarin Oranges<br>Milk | <b>Fresh Hot Pizza</b><br>Crisp Salad & Dressing<br>Fruited Applesauce<br>Milk       |
|   | <b>Sloppy Joe, Pan, Vegetales Mixtos,</b><br>Pera, Leche  | <b>Emparedado de Pollo, Pan y Salsa de Tomate</b><br>Judias Verdes, Durazno, Leche  | <b>Trocitos Italianos con Salsa</b><br>Arvejas al Vapor, Banano, Leche   | <b>Desayuno/Almuerzo, Huevos con Queso, Muffin de Maiz, Papas,</b><br>Papas, Mandarinas, Leche                          | <b>Pizza de Queso, Ensalada &amp; Salsa,</b><br>Salsa de Manzana, Leche              |
| <b>Week V</b>   | <b>Monday, October 10, 2022</b>   | <b>Tuesday, October 11, 2022</b>  | <b>Wednesday, October 12, 2022</b>   | <b>Thursday, October 13, 2022</b>   | <b>Friday, October 14, 2022</b>  |
| Hot Meal  | <b>Mozzarella Burger</b><br>Fresh Bakery Bun & Ketchup<br>CKC Baked Beans<br>Diced Chilled Pears<br>Milk          | <b>Pomodoro Meatballs</b><br>WG Dinner Roll<br>Mashed Potatoes<br>Sliced Chilled Peaches<br>Milk  | <b>Creamy Mac &amp; Cheese</b><br>Steamed Green Beans<br>Banana<br>Milk  | <b>Teriyaki Chicken</b><br>Steamed Seasoned Rice<br>Steamed Cabbage<br>Chilled Mandarin Oranges<br>Milk                 | <b>Fresh Hot Pizza</b><br>Crisp Broccoli & Dip<br>Fruited Applesauce<br>Milk         |
|   | <b>Hamburguesa con Queso, Pan, Frijoles</b><br>Horneados, Peras, Leche  | <b>Albondigas, Pan, Puré de Papa,</b><br>Duraznos, Leche  | <b>Macarrones con Queso, Judias</b><br>Verdes, Banano, Leche   | <b>Pollo Teriyaki, Arroz al Vapor,</b><br>Rpollo al Vapor, Mandarinas, Leche  | <b>Pizza de Queso, Broccoli &amp; Salsa,</b><br>Salsa de Manzana, Leche              |
| <b>Week VI</b>  | <b>Monday, October 17, 2022</b>   | <b>Tuesday, October 18, 2022</b>  | <b>Wednesday, October 19, 2022</b>   | <b>Thursday, October 20, 2022</b>   | <b>Friday, October 21, 2022</b>  |
| Hot Meal  | <b>Swedish Meatballs</b><br>Soft Dinner Roll<br>Steamed Green Beans<br>Diced Chilled Pears<br>Milk                | <b>Cheesy Lasagna Roll</b><br>Steamed Sweet Peas<br>Sliced Chilled Peaches<br>Milk  | <b>"New" Sheet Pan Curry Chicken</b><br>Bakery Roll<br>Creamy Mashed Potatoes<br>Banana<br>Milk                                      | <b>Cheeseburger</b><br>Whole Grain Bun & Ketchup<br>CKC Baked Beans<br>Chilled Mandarin Oranges<br>Milk                 | <b>Fresh Hot Pizza</b><br>Mixed Green Salad & Dressing<br>Fruited Applesauce<br>Milk |
|   | <b>Albondigas, Pan, Judias Verdes,</b><br>Peras, Leche  | <b>Lasaña con Queso, Arvejas al vapor,</b><br>Duraznos, Leche   | <b>Pollo al Curry, Pan, Puré de Papa,</b><br>Banano, Leche   | <b>Hamburguesa con Queso, Pan</b><br>integral, Frijoles Horneados,<br>Mandarinas, Leche                                 | <b>Pizza de Queso, Ensalada &amp; Salsa,</b><br>Salsa de Manzana, Leche              |
| <b>Week I</b>   | <b>Monday, October 24, 2022</b>   | <b>Tuesday, October 25, 2022</b>  | <b>Wednesday, October 26, 2022</b>   | <b>Thursday, October 27, 2022</b>   | <b>Friday, October 28, 2022</b>  |
| Hot Meal  | <b>Popcorn Chicken</b><br>Ketchup<br>Whole Grain Dinner Roll<br>Steamed Green Beans<br>Diced Chilled Pears & Milk | <b>"New" Creamy Chicken Pasta</b><br>Steamed Carrots<br>Sliced Chilled Peaches<br>Milk  | <b>Taco Rice Bowl</b><br>Brown Rice topped w/Seasoned Beef<br>Served with Shred Chz, Cilantro<br>Steamed Green Peas<br>Banana & Milk | <b>Creamy Mac &amp; Cheese</b><br>Steamed Mixed Veggies<br>Chilled Mandarin Oranges<br>Milk                             | <b>Fresh Hot Pizza</b><br>Fresh Broccoli & Dip<br>Fruited Applesauce<br>Milk         |
|   | <b>Trocitos de Pollo, Pan Integral,</b><br>Judias Verdes al Vapor. Peras, Leche                                   | <b>Pasta con Pollo, Zanahorias</b><br>Duraznos, Leche   | <b>Taza de Taco con Arroz Integral,</b><br>Carne, Queso, Cilantro, Arvejas<br>Banano, Leche  | <b>Macarrones con Queso, Verduras Mixtas al Vapor</b><br>Mandarinas, Leche  | <b>Pizza de Queso, Broccoli &amp; Salsa,</b><br>Salsa de Manzana, Leche              |
| <b>Week II</b>  | <b>Monday, October 31, 2022</b>   | <b>Chef Spotlight - Nora Martinez (Food Service Manager, CKC)</b>   |  |   |  |
| Hot Meal  | <b>"New" BBQ Beef Sandwich</b><br>CKC Baked Beans<br>Diced Chilled Pears<br>Milk                                  | <b>An easy and tasty recipe for Thanksgiving, or even a barbeque night</b>  |  |   |  |
|   | <b>Emparedado de Carne BBQ, Frijoles</b><br>Horneados, Peras, Leche   | <p>"I love cooking for family and friends. Cooking this recipe together as a team with my children for Thanksgiving brings me memories of when I was younger and helped my mother to prepare this special dish. Now that I grew up, I enjoy cooking special meals that my mother used to prepare for our family. Loaded potatoes was a favorite dish on our plate for Thanksgiving and we enjoy every bite of it with special memories.</p> <p style="text-align: right;">- Nora"</p> |  |   |  |
| Chef Nora's recipe for 'Loaded Potatoes' is on Page 2               |   |   |  |   |  |

\* 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.

**Loaded Potatoes - Recipe**

|   |                            |   |
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| <p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>*8 Potatoes</li> <li>*1 Cup butter</li> <li>*1 Cup sour cream</li> <li>*1/2 tsp salt</li> <li>*1/2 Tbls ground black pepper</li> <li>*1 Cup bacon bites</li> <li>*3 whole pickled jalapenos (chop them into little pieces)</li> </ul> <p><u>Reserve these for later</u></p> <ul style="list-style-type: none"> <li>*1 Cup shredded cheddar cheese</li> <li>*1 1/2 Cup green onions</li> </ul> | <p><b>Servings: 16</b></p> | <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Wash the potatoes, dry them and cut them in half. Wrap them in thin foil with both slices together and place it on an oven pan. Bake @375 degrees for about 45 minutes.</li> <li>2. Once cooked, cool and scoop some flesh out of the potatoes leaving a thick shell. The shell will be used later.</li> <li>3. Mash the scooped flesh and mix all other ingredients.</li> <li>4. Fill the shells with the mashed potato mix and bake them for about 15-20 minutes.</li> <li>5. Garnish with cheese, green onions and loaded potatoes are ready to serve.</li> </ol> |
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