

Name : September 2022 Stonebridge World School PreK Lunch Menu		Options Provided : Hot, Hot Vegetarian Meals			
Age Group : Childcare (Ages 3-5)		Meal : Lunch		Meal Pattern : Preschool	
Week V	Chef Spotlight - Barbara Reinhold (Administrative Coordinator)			Thursday, September 1, 2022	Friday, September 2, 2022
Hot Meal	Who said cooking is for eating?			Teriyaki Chicken	Fresh Hot Pizza
	Some of my favorite recipes are not actually for eating. This HOMEMADE SILLY PUTTY RECIPE is among one of my favorites. Who can resist the fun toy in the plastic egg that has annual sales that exceeds six million eggs around the world? Cooking is about having the confidence to try new things. So Cooking is like science, you experiment with ingredients until you find or make the thing you want.			Steamed Seasoned Rice Steamed Cabbage Chilled Mandarin Oranges Milk	Crisp Broccoli & Dip Fruited Applesauce Milk
Hot Veg	- Barb				
Chef Barb's recipe for 'Homemade Silly Putty' is on Page 2					
Week VI	Monday, September 5, 2022	Tuesday, September 6, 2022	Wednesday, September 7, 2022	Thursday, September 8, 2022	Friday, September 9, 2022
Hot Meal	Swedish Meatballs Soft Dinner Roll Steamed Green Beans Diced Chilled Pears Milk	Cheesy Lasagna Roll Steamed Sweet Peas Sliced Chilled Peaches Milk	"New" Sheet Pan Curry Chicken Bakery Roll Creamy Mashed Potatoes Banana Milk	Cheeseburger Whole Grain Bun & Ketchup CKC Baked Beans Chilled Mandarin Oranges Milk	Fresh Hot Pizza Mixed Green Salad & Dressing Fruited Applesauce Milk
Week I	Monday, September 12, 2022	Tuesday, September 13, 2022	Wednesday, September 14, 2022	Thursday, September 15, 2022	Friday, September 16, 2022
Hot Meal	Popcorn Chicken Ketchup Whole Grain Dinner Roll Steamed Green Beans Diced Chilled Pears & Milk	"New" Creamy Chicken Pasta Steamed Carrots Sliced Chilled Peaches Milk	Taco Rice Bowl Brown Rice topped w/Seasoned Beef Served with Shred Chz, Cilantro Steamed Green Peas Banana & Milk	Creamy Mac & Cheese Steamed Mixed Veggies Chilled Mandarin Oranges Milk	Fresh Hot Pizza Fresh Broccoli & Dip Fruited Applesauce Milk
	Trocitos de Pollo, Pan, Judias Verdes, Peras, Leche	Pasta con Pollo, Zanahorias Durazno, Leche	Taza de Taco con Arroz y Carne, Queso, Arvejas, Banano, Leche	Macarrones con Queso, Vegetales al Vapor, Mandarinas, Leche	Pizza de Queso, Broccoli con Salsa. Salsa de Manzana, Leche
Week II	Monday, September 19, 2022	Tuesday, September 20, 2022	Wednesday, September 21, 2022	Thursday, September 22, 2022	Friday, September 23, 2022
Hot Meal	"New" BBQ Beef Sandwich CKC Baked Beans Diced Chilled Pears Milk	Soft Shell Chicken Taco WG Tortilla, Seasoned Chicken & Cheese Steamed Mixed Veggies Sliced Chilled Peaches Milk	Meatball Sub w/Mozzarella Steamed Green Beans Banana Milk	Brunch Lunch French Toast Sticks & Syrup Tator Tots & Ketchup Chilled Mandarin Oranges Milk	Fresh Hot Pizza Mixed Green Salad & Dressing Fruited Applesauce Milk
	Emparedado de Carne BBQ, Frijoles, Pera, Leche	Taco con Pollo y Queso, Vegetales al Vapor, Durazno., Leche	Albondigas de Carne con Queso, Judias Verdes, Banano, Lece	Desayuni/Almuerzo, Tostada Francesa, Papas, Mandarina, Leche	Pizza de Queso, Ensalada con Salsa, Salsa de Manzana, Leche
Week III	Monday, September 26, 2022	Tuesday, September 27, 2022	Wednesday, September 28, 2022	Thursday, September 29, 2022	Friday, September 30, 2022
Hot Meal	Premium Chicken Nuggets Ketchup Steamed Green Beans Diced Chilled Pears Milk	Mandarin Orange Chicken Steamed Brown Rice Steamed Peas Sliced Chilled Peaches Milk	Good Ole Fashioned Hamburger Ketchup Steamed Mixed Veggies Banana Milk	Cheesy Meatballs WG Roll Steamed Broccoli Chilled Mandarin Oranges Milk	Fresh Hot Pizza Fresh Green Salad & Dressing Fruited Applesauce Milk
	Trocitos de Pollo, Judias Verdes, Pera, Leche	Pollo a la Naranja, Arroz integral, Arvejas, Durazno, Leche	Hamburguesa, Vegetales al Vapor, Banano, Leche	Albondigas con Queso, Pan, Broccoli, Mandarinas, Leche	Pizza con Queso, Ensalada con Salsa, Salsa de Manzana, Leche

* Skim and 1% milk choices offered daily.

* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain product

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

Homemade Silly Putty - Recipe	
Ingredients * Large Bowl, fork / small silicone spatula * 1 cup Corn Starch * ½ cup Dish soap * 1 tbsp Baby oil/Cooking oil * 3 drops of Food coloring	Steps : 1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl. 2. Add oil and food coloring, mix with fork/spatula. 3. Now for the science part --- use your hands to knead the putty until it is smooth. 4. The putty will last about an hour - if you want to save some for later seal it in an air-tight container.

October 2022 Menu (Subject to Change)

Week IV	Monday, October 3, 2022	Tuesday, October 4, 2022	Wednesday, October 5, 2022	Thursday, October 6, 2022	Friday, October 7, 2022
	Old Fashioned Sloppy Joe	Breaded Chicken Patty Sandwich	Italian Dunkers	Brunch Lunch	Fresh Hot Pizza
Hot Meal	Whole Grain Bun Steamed Mixed Veggies Diced Chilled Pears Milk	Bakery Bun & Ketchup Steamed Green Beans Sliced Chilled Peaches Milk	Dippin' Sauce Steamed Peas Banana Milk	Scrambled Eggs & Cheese Corn Muffin, Tator Tots & Ketchup Chilled Mandarin Oranges Milk	Crisp Salad & Dressing Fruited Applesauce Milk
Hot Veg	Garden Cheeseburger Steamed Mixed Veggies Diced Chilled Pears & Milk	Cheese Quesadilla Steamed Green Beans Sliced Chilled Peaches & Milk	Italian Dunkers w/Dippin Sauce Steamed Peas Banana & Milk	French Toast Sticks & Syrup Tator Tots & Ketchup Chilled Mandarin Oranges & Milk	Fresh Hot Cheese Pizza Crisp Salad & Dressing Fruited Applesauce & Milk

Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022
	Mozzarella Burger	Pomodoro Meatballs	Creamy Mac & Cheese
Hot Meal	Fresh Bakery Bun & Ketchup CKC Baked Beans Diced Chilled Pears Milk	WG Dinner Roll Mashed Potatoes Sliced Chilled Peaches Milk	Steamed Green Beans Banana Milk
Hot Veg	Mozzarella Veggie Burger CKC Baked Beans Diced Chilled Pears & Milk	Veggie Lasagna Roll Mashed Potatoes Sliced Chilled Peaches & Milk	Cheese Hot Pocket w/ Italian Dip Steamed Green Beans Banana & Milk

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