

Menu Info					
Name : September 2021 Hope Academy PreK-2 breakfast menu					
Age Group : K-5		Meal : Breakfast		Meal Pattern : NSLP / SSO	
CKC Chef Spotlight - CEO & Chef Nancy Close		Wednesday, September 1, 2021		Thursday, September 2, 2021	
My, What Tasty Hands You Have				Friday, September 3, 2021	
Week I	* My dad was born and raised in Kabul, the capital city of Afghanistan. Oh, what an amazing and funny storyteller he was! Many a times, he would be laughing so hard during his story telling, it would took forever to get the story out.		Mini Cinnis (2 items)	WG Apple Filled Donut (2 items)	Assorted Cereal Bar (1 item)
Breakfast	One of the things, I loved hearing my dad say was, "My, what tasty hands you have". He was an outstanding chef. He could pretty much make 'sticks and stone' soup and it would be delicious to the last drop. I have always loved to cook for my dad, watch him take that first taste and tell me what tasty hands I have. He was very honest and I loved getting that treasured compliment. One of my recipes, which my dad loved, is a Curried Mango Chicken Salad. It is simple and delicious and can be served many ways! "		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	Power Protein & Fruit Pack (2 items)
	Three items meet USDA Requirements (One item must be fruit)		Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
			Chef's Choice May be Offered Daily		
Monday, September 6, 2021		Tuesday, September 7, 2021		Wednesday, September 8, 2021	
Thursday, September 9, 2021		Friday, September 10, 2021			
Week II	Assorted WG Poptart (1 item)	2 oz Assorted Mini Muffin (1 item)	Betty Crocker Oatmeal Bar (1 item)	WG Glazed Honey Bun (2 items)	Hot Breakfast
Breakfast	*String Cheese (1 item) Must add to bag*	*Fruited Yogurt Cup (1 item) Must add to bag*	Power Protein & Fruit Pack (2 items)		Maple Waffle Chicken Sandwich (2 items)
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice May be Offered Daily					
Monday, September 13, 2021		Tuesday, September 14, 2021		Wednesday, September 15, 2021	
Thursday, September 16, 2021		Friday, September 17, 2021			
Week III	2 oz Assorted Breakfast Bread (1 item)	Maple Snackin Waffle (2 Items)	BC Cinnamon Roll (2 items)	Make your own Parfait Toataly Oat Cup (1 item) * Fruited Yogurt (1 item) Must add to bag*	Hot Breakfast
Breakfast	*String Cheese (1 item) Must add to bag*				Chicken Sausage Kolache (2 items)
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice May be Offered Daily					
Monday, September 20, 2021		Tuesday, September 21, 2021		Wednesday, September 22, 2021	
Thursday, September 23, 2021		Friday, September 24, 2021			
Week IV	Handmade Strawberry Boli (2 items)	Assorted 1.5 oz Brekkie (1 item)	2 oz Assorted Breakfast Bread (1 item)	Fruit Filled Frudel (2 items)	Hot Breakfast
Breakfast		Power Protein & Fruit Pack (2 items)	*Fruited Yogurt Cup (1 item) Must add to bag*		Breakfast Pizza (2 items)
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice May be Offered Daily					
Monday, September 27, 2021		Tuesday, September 28, 2021		Wednesday, September 29, 2021	
Thursday, September 30, 2021					
Week V	Make your own Parfait Toataly Oat Cup (1 item) * Fruited Yogurt (1 item) Must add to bag*	Nature Valley Crisps (1 item)	Assorted WG Poptart (1 item)	Mini Cinnis (2 items)	" Chef Nancy's 'Curried Mango Chicken Salad' Recipe is on Page 2"
Breakfast	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	
Chef's Choice May be Offered Daily					

Curried Mango Chicken Salad (Chef Nancy's Recipe)

Ingredients	Serves 4 People	
<ul style="list-style-type: none"> - 1 Lb Cooked Diced Chicken Breast (canned chicken works great too) - 1/8 Cup Finely Diced Red Onion - 3/4 Cup Frozen Green Peas, Thawed - 1/8 Cup Mayo - 1/8 Cup Sour Cream 	<ul style="list-style-type: none"> - 1/2 Cup Mango Chutney (can be substituted with apricot preserves) - 1 TBLS Sugar - 1 TSP Salt - 1 TSP Curry Powder (let sit for an hour or two before adding more) - 1 TSP Cayenne Pepper (may use more if you like spicy) 	<ul style="list-style-type: none"> - Mix all ingredients together and keep refrigerated for at least 2 hours before serving. It would taste even better the next day. - Serve as a salad alone or with pita bread/pita chips. - Serve as a sandwich, using the salad as a filling. - To make a hot pasta dish, cook the pasta and stir in the mixed mango chicken salad. Heat till hot and serve immediately. <p style="text-align: right;">To all the tasty hands out there...Cheers!</p>

Menu Info		October 2021 Menu (Subject to Change)				
						Friday, October 1, 2021
Week V						Hot Breakfast
Breakfast						Chicken Sausage Egg Kolache (2 items)
Three items meet USDA Requirements (One item must be fruit)						100% 4.23 oz Fruit Juice (1 item)
						Choice Milk & Second Fruit OVS (1 item each)
						Chef's Choice May be Offered Daily
		Monday, October 4, 2021	Tuesday, October 5, 2021	Wednesday, October 6, 2021	Thursday, October 7, 2021	Friday, October 8, 2021
Week VI	Assorted 1.5 oz Breakfast Brekkie (1 item)		WG Glazed Honey Bun (2 items)	2 oz Assorted Muffin (1 item)	Assorted Stuffed Cream Cheese Bagel (2 items)	Hot Breakfast
Breakfast	*String Cheese (1 item) Must add to bag*			Power Protein & Fruit Pack (2 items)		Waffles & Syrup (2 items)
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice May be Offered Daily						
		Monday, October 11, 2021	Tuesday, October 12, 2021			
Week I	Betty Crocker Oatmeal Bar (1 item)		Make your own Parfait Toataly Oat Cup (1 item)			
Breakfast	*String Cheese (1 item) Must add to bag*		*Fruited Yogurt (1 item) Must add to bag*			
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)			
	Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)			
Chef's Choice May be Offered Daily						

Menu Info										
Name : September 2021 Hope Academy 3-9 breakfast menu										
Age Group : K-12		Meal : Breakfast		Meal Pattern : NSLP / SSO						
CKC Chef Spotlight - CEO & Chef Nancy Close		Wednesday, September 1, 2021		Thursday, September 2, 2021						
"My, What Tasty Hands You Have"				Friday, September 3, 2021						
Week I	<p>" My dad was born and raised in Kabul, the capital city of Afghanistan. Oh, what an amazing and funny storyteller he was! Many a times, he would be laughing so hard during his story telling, it would took forever to get the story out.</p> <p>One of the things, I loved hearing my dad say was, "My, what tasty hands you have". He was an outstanding chef. He could pretty much make 'sticks and stone' soup and it would be delicious to the last drop. I have always loved to cook for my dad, watch him take that first taste and tell me what tasty hands I have. He was very honest and I loved getting that treasured compliment. One of my recipes, which my dad loved, is a Curried Mango Chicken Salad. It is simple and delicious and can be served many ways! "</p> <p>- Chef Nancy</p>		Mini Cinnis (2 items)		WG Apple Filled Donut (2 items)		Assorted Cereal Bar (1 item)			
Breakfast			100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		Power Protein & Fruit Pack (2 items)			
			Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)			
			Chef's Choice May be Offered Daily							
Monday, September 6, 2021		Tuesday, September 7, 2021		Wednesday, September 8, 2021		Thursday, September 9, 2021		Friday, September 10, 2021		
Week II	Assorted WG Poptart (1 Item)		2 oz Assorted Mini Muffin (1 item)		Betty Crocker Oatmeal Bar (1 item)		WG Glazed Honey Bun (2 items)		Hot Breakfast	
Breakfast	*String Cheese (1 item) Must add to bag*		*Fruited Yogurt Cup (1 item) Must add to bag*		Power Protein & Fruit Pack (2 items)		100% 4.23 oz Fruit Juice (1 item)		Maple Waffle Chicken Sandwich (2 items)	
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)		100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)	
Chef's Choice May be Offered Daily										
Monday, September 13, 2021		Tuesday, September 14, 2021		Wednesday, September 15, 2021		Thursday, September 16, 2021		Friday, September 17, 2021		
Week III	2 oz Assorted Breakfast Bread (1 item)		Maple Snackin Waffle (2 Items)		BC Cinnamon Roll (2 items)		Make your own Parfait Toataly Oat Cup (1 item) * Fruited Yogurt (1 item) Must add to bag*		Hot Breakfast	
Breakfast	*String Cheese (1 item) Must add to bag*		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		Chicken Sausage Kolache (2 items)	
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)	
Chef's Choice May be Offered Daily										
Monday, September 20, 2021		Tuesday, September 21, 2021		Wednesday, September 22, 2021		Thursday, September 23, 2021		Friday, September 24, 2021		
Week IV	Handmade Strawberry Boli (2 items)		Assorted 1.5 oz Brekkie (1 item)		2 oz Assorted Breakfast Bread (1 Item)		Fruit Filled Frudel (2 items)		Hot Breakfast	
Breakfast	100% 4.23 oz Fruit Juice (1 item)		Power Protein & Fruit Pack (2 items)		*Fruited Yogurt Cup (1 item) Must add to bag*		100% 4.23 oz Fruit Juice (1 item)		Breakfast Pizza (2 items)	
	Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)	
	Chef's Choice May be Offered Daily									
Monday, September 27, 2021		Tuesday, September 28, 2021		Wednesday, September 29, 2021		Thursday, September 30, 2021				
Week V	Make your own Parfait Toataly Oat Cup (1 item) * Fruited Yogurt (1 item) Must add to bag*		Nature Valley Crisps (1 item)		Assorted WG Poptart (1 Item)		Mini Cinnis (2 items)		" Chef Nancy's 'Curried Mango Chicken Salad' Recipe is on Page 2"	
Breakfast	100% 4.23 oz Fruit Juice (1 item)		*String Cheese (1 item) Must add to bag*		*String Cheese (1 item) Must add to bag*		100% 4.23 oz Fruit Juice (1 item)			
	Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)			
	Chef's Choice May be Offered Daily									

Curried Mango Chicken Salad (Chef Nancy's Recipe)

Ingredients	Serves 4 People	
<ul style="list-style-type: none"> - 1 Lb Cooked Diced Chicken Breast (canned chicken works great too) - 1/8 Cup Finely Diced Red Onion - 3/4 Cup Frozen Green Peas, Thawed - 1/8 Cup Mayo - 1/8 Cup Sour Cream 	<ul style="list-style-type: none"> - 1/2 Cup Mango Chutney (can be substituted with apricot preserves) - 1 TBLS Sugar - 1 TSP Salt - 1 TSP Curry Powder (let sit for an hour or two before adding more) - 1 TSP Cayenne Pepper (may use more if you like spicy) 	<ul style="list-style-type: none"> - Mix all ingredients together and keep refrigerated for at least 2 hours before serving. It would taste even better the next day. - Serve as a salad alone or with pita bread/pita chips. - Serve as a sandwich, using the salad as a filling. - To make a hot pasta dish, cook the pasta and stir in the mixed mango chicken salad. Heat till hot and serve immediately. <p>To all the tasty hands out there...Cheers!</p>

Menu Info						
October 2021 Menu (Subject to Change)						
					Friday, October 1, 2021	
Week V					Hot Breakfast	
Breakfast					Chicken Sausage Egg Kolache (2 items)	
Three items meet USDA Requirements (One item must be fruit)					100% 4.23 oz Fruit Juice (1 item)	
					Choice Milk & Second Fruit OVS (1 item each)	
					Chef's Choice May be Offered Daily	
Monday, October 4, 2021		Tuesday, October 5, 2021		Wednesday, October 6, 2021	Thursday, October 7, 2021	Friday, October 8, 2021
Week VI	Assorted 1.5 oz Breakfast Brekkie (1 item)	WG Glazed Honey Bun (2 items)	2 oz Assorted Muffin (1 item)	Assorted Stuffed Cream Cheese Bagel (2 items)	Hot Breakfast	
Breakfast	*String Cheese (1 item) Must add to bag*		Power Protein & Fruit Pack (2 items)		Waffles & Syrup (2 items)	
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	
	Chef's Choice May be Offered Daily					
Monday, October 11, 2021		Tuesday, October 12, 2021				
Week I	Betty Crocker Oatmeal Bar (1 item)	Make your own Parfait Toataly Oat Cup (1 item)				
Breakfast	*String Cheese (1 item) Must add to bag*	*Fruited Yogurt (1 item) Must add to bag*				
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)				
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)				
	Chef's Choice May be Offered Daily					

pre-K

This institution is an equal opportunity provider

Menu Info		Name : September 2021 Preschool Main Menu - with Fresh & Steamed Veggies		Options Provided : Hot, Hot Vegetarian, Cold & Cold Vegetarian Meals	
		Age Group : Childcare (Ages 3-5)		Meal : Lunch	
		Meal Pattern : Preschool			
		CKC Chef Spotlight - CEO & Chef Nancy Close		Wednesday, September 1, 2021	
		Thursday, September 2, 2021		Friday, September 3, 2021	
		My, What Tasty Hands You Have			
Week I		* My dad was born and raised in Kabul, the capital city of Afghanistan. Oh, what an amazing and funny storyteller he was! Many a times, he would be laughing so hard during his story telling, it would took forever to get the story out.		Orange Chicken	
				Brunch Lunch	
				Teriyaki Grilled Chicken	
Hot Meal		One of the things, I loved hearing my dad say was, "My, what tasty hands you have". He was an outstanding chef. He could pretty much make 'sticks and stone' soup and it would be delicious to the last drop. I have always loved to cook for my dad, watch him take that first taste and tell me what tasty hands I have. He was very honest and I loved getting that treasured compliment. One of my recipes, which my dad loved, is a Curried Mango Chicken Salad. It is simple and delicious and can be served many ways! "		Steamed Rice	
				Buttermilk Pancake & Syrup	
				WG Dinner Roll	
				Steamed Sweet Peas	
				Sausage Patties	
				Steamed Green Beans	
Hot Veg				Fruit of the Day	
				Cucumber Slices & Dip	
				Fruit of the Day	
				Wild Mikes Cheese Bites	
				Bean & Cheese Burrito	
				Sweet & Sour Veggie Nuggets	
Cold		Chef Nancy		Chicken Caesar Wrap	
				Chicken & Cheese Torta Sandwich	
				Banh Mi Chicken Sandwich w/Sauce	
		Monday, September 6, 2021		Tuesday, September 7, 2021	
		Wednesday, September 8, 2021		Thursday, September 9, 2021	
		Friday, September 10, 2021			
Week II		BBQ Meatballs		Wild Mikes Cheese Bites	
		Corn Muffin		Italian Dippin Sauce	
		CKC Baked Beans		Cucumber Slices & Dip	
		Fruit of the Day		Fruit of the Day	
Hot Meal				Soft Shell Beef Taco	
				WG Tortilla, Seasoned Beef & Cheese	
				Garden Salad & Dressing	
				Fruit of the Day	
				Tater Tots Casserole	
				Tater Tots served over hot dish	
				Crisp Broccoli	
				Fruit of the Day	
Hot Veg		BBQ Garden Burger		Cheesy Pull Apart Bread	
				Veggie Lasagna Roll	
				Pancake & Syrup w/ Yogurt Cup & Cheese Stick	
				Cheese Quesadilla	
Cold		Wowbutter & Jelly Sandwich		Sesame Chicken Bun	
				Turkey & Cheese Wrap w/Mayo	
				CKC Crazy Good Chicken Bun	
				Asian Chicken Sticky Bun	
		Monday, September 13, 2021		Tuesday, September 14, 2021	
		Wednesday, September 15, 2021		Thursday, September 16, 2021	
		Friday, September 17, 2021			
Week III		Meatball Mac & Cheese		Hamburger w/ Ketchup	
		Steamed Peas		Beef Patty, WG Bun & Ketchup	
		Fruit of the Day		Crisp Salad & Dressing	
				Fruit of the Day	
Hot Meal				Italian Dunkers	
				Dippin' Sauce	
				Steamed Green Beans	
				Fruit of the Day	
				Mongolian Meatballs	
				WG Roll	
				Steamed Carrots	
				Fruit of the Day	
Hot Veg		Bean & Cheese Burrito		Veggie Burger	
				Egg Fried Rice	
				Veggie Lasagna Roll	
				Teriyaki Veggie Nuggets & Cinnamon Goldfish	
Cold		Chicken & Cheese Torta Sandwich		Lime Chicken Bun w/Boom Sauce	
				Banh Mi Chicken on Sandwich w/Sauce	
				Chicken & Cheddar Wrap	
				Teriyaki Chicken Bun	
		Monday, September 20, 2021		Tuesday, September 21, 2021	
		Wednesday, September 22, 2021		Thursday, September 23, 2021	
		Friday, September 24, 2021			
Week IV		Old Fashioned Sloppy Joe		Chicken Taco	
		Whole Grain Bun		WG Tortilla, Chicken & Cheese	
		Steamed Mixed Veggies		Cheesy Refried Beans	
		Fruit of the Day		Fruit of the Day	
Hot Meal				Swedish Salisbury Steak	
				Cucumber Slices & Dip	
				Whole Grain Bakery Roll	
				Fruit of the Day	
				Premium Chicken Nuggets	
				Ketchup	
				Steamed Green Beans	
				Fruit of the Day	
Hot Veg		Pizza Crunchers & Italian Dip		Colby Cheese Omelet & WG Muffin	
				Cheese Bosco Sticks w/ Marinara Sauce	
				French Toast Sticks w/ Syrup & Yogurt	
				Grilled Cheese Sandwich	
Cold		Turkey Bun w/Mayo		CKC Crazy Good Chicken Bun	
				Chicken Mozzarella Wrap	
				Sesame Chicken Bun	
				Chicken & Cheese Torta Sandwich	
		Monday, September 27, 2021		Tuesday, September 28, 2021	
		Wednesday, September 29, 2021		Thursday, September 30, 2021	
Week V		Golden Chicken Patty Sandwich		Brunch Lunch	
		WG Bakery Bun & Ketchup		Waffle & Syrup	
		Steamed Mixed Vegetable		Turkey Sausage Patty	
		Fruit of the Day		Crisp Broccoli & Ranch Dip	
				Fruit of the Day	
Hot Meal				Sweet & Sour Chicken	
				Wheat Dinner Roll	
				Steamed Green Beans	
				Fruit of the Day	
				Creamy Swedish Meatballs	
				Dinner Roll	
				Crisp Salad & Dressing	
				Fruit of the Day	
Hot Veg		Mozzarella Veggie Burger		Wild Mikes Cheese Bites	
				Creamy Mac & Cheese	
				Waffles w/Syrup & Yogurt Cup & Chz Stick	
Cold		Roast Turkey on Wheat Bread		Asian Chicken Sticky Bun	
				Chicken Ceasar Wrap	
				CKC Crazy Good Chicken Bun	

*Skim and 1% milk choices offered daily.

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

© CKC Good Food®

Menu is subject to infrequent changes

Curried Mango Chicken Salad (Chef Nancy's Recipe)

Ingredients	Serves 4 People	
<ul style="list-style-type: none"> - 1 Lb Cooked Diced Chicken Breast (canned chicken works great too) - 1/8 Cup Finely Diced Red Onion - 3/4 Cup Frozen Green Peas, Thawed - 1/8 Cup Mayo - 1/8 Cup Sour Cream 	<ul style="list-style-type: none"> - 1/2 Cup Mango Chutney (can be substituted with apricot preserves) - 1 TBLS Sugar - 1 TSP Salt - 1 TSP Curry Powder (let sit for an hour or two before adding more) - 1 TSP Cayenne Pepper (may use more if you like spicy) 	<ul style="list-style-type: none"> - Mix all ingredients together and keep refrigerated for at least 2 hours before serving. It would taste even better the next day. - Serve as a salad alone or with pita bread/pita chips. - Serve as a sandwich, using the salad as a filling. - To make a hot pasta dish, cook the pasta and stir in the mixed mango chicken salad. Heat till hot and serve immediately. <p style="text-align: right;">To all the tasty hands out there...Cheers!</p>

Menu Info

October 2021 Menu (Subject to Change)

Friday, October 1, 2021					
Week V					Bosco Stuffed Breadstick
Hot Meal					Italian Dip Cucumbers & Dip Fruit of the Day
Hot Veg					Cheese Quesadilla
Cold					Chicken & Cheese Torta Sandwich
Monday, October 4, 2021 Tuesday, October 5, 2021 Wednesday, October 6, 2021 Thursday, October 7, 2021 Friday, October 8, 2021					
Week VI	Popcorn Chicken	Brunch Lunch	Mac & Cheese	All Beef Hamburger	Cheese Quesadilla
Hot Meal	Ranch Dip	French Toast Sticks & Syrup	Fresh Bakery Roll	WG Bun & Ketchup	Steamed Green Beans
	Dinner Roll	Yogurt Cup	Garden Salad & Dressing	Cucumber Slices & Dip	Fruit of the Day
	Steamed Mixed Veggies	Tater Tots w/Ketchup	Fruit of the Day	Fruit of the Day	
	Fruit of the Day	Fruit of the Day			
Hot Veg	Pizza Crunchers & Italian Dip	Veggie TexMex Wrap	Garden Cheeseburger	Cheese Quesadilla	Swedish Veggie Patty w/ Wg Roll
Cold	Turkey Bun w/Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap	Asian Chicken Sticky Bun	Teriyaki Chicken Bun
Monday, October 11, 2021 Tuesday, October 12, 2021					
Week I	Premium Chicken Tenders	Meatball Sub			
Hot Meal	Ketchup	Whole Grain Hot Dog Bun			
	CKC Baked Beans	Crisp Dinner Salad & Dressing			
	Fruit of the Day	Fruit of the Day			
Hot Veg	Louisiana Veggie Burger	Grilled Cheese Sandwich			
Cold	Turkey Bun w/Mayo	Honey Mustard Chicken on WG Bun			

Menu Info					
Name : September 2021 HOPE Community School K-5 Lunch Menu					
Age Group : K-5		Meal : Lunch		Meal Pattern : SSO	
CKC Chef Spotlight - CEO & Chef Nancy Close		Wednesday, September 1, 2021	Thursday, September 2, 2021	Friday, September 3, 2021	
"My, What Tasty Hands You Have"					
Week I	<p>"My dad was born and raised in Kabul, the capital city of Afghanistan. Oh, what an amazing and funny storyteller he was! Many a times, he would be laughing so hard during his story telling, it would took forever to get the story out.</p> <p>One of the things, I loved hearing my dad say was, "My, what tasty hands you have". He was an outstanding chef. He could pretty much make 'sticks and stone' soup and it would be delicious to the last drop. I have always loved to cook for my dad, watch him take that first taste and tell me what tasty hands I have. He was very honest and I loved getting that treasured compliment. One of my recipes, which my dad loved, is a Curried Mango Chicken Salad. It is simple and delicious and can be served many ways!" - Chef Nancy</p>	Chicken Drummy	Golden Chicken Patty Sandwich	Pizza Crunchers w/Italian Dip	
		Asian Pepper Sauce	Ketchup	Baby Carrots	
Hot Meal		Brown Rice	Crunchy Cheetos	Fruit of the Day	
		Broccoli & Dip	Baked Beans & Baby Carrots		
Cold Meal		Fruit of the Day	Fruit of the Day		
		Chicken Caesar Wrap	Chicken & Cheese Torta Sandwich	Banh Mi Chicken Sandwich w/Sauce	
Monday, September 6, 2021		Tuesday, September 7, 2021	Wednesday, September 8, 2021	Thursday, September 9, 2021	Friday, September 10, 2021
Week II	Boneless Wings w/Sriracha BBQ	Old Fashioned Hamburger	Sesame Chicken Bowl	Hmong Sausage	Mini Turkey Pancake Wraps w/Syrup
	Cool Ranch Doritos	Shred Lettuce & Ketchup	Seasoned Rice	Steamed Rice	Crisp Salad & Dressing
Hot Meal	Steamed Corn	Nacho Cheese Doritos	Chilled Marinated Asian Broccoli	Baby Carrots	Fruit of the Day
	Fruit of the Day	CKC Baked Beans	Fruit of the Day	Fruit of the Day	
	WG Roll	Fruit of the Day			
Cold Meal	Wowbutter & Jelly Sandwich	Sesame Chicken Bun	Turkey & Cheese Wrap	CKC Crazy Good Chicken Bun	Asian Chicken Sticky Bun
Monday, September 13, 2021		Tuesday, September 14, 2021	Wednesday, September 15, 2021	Thursday, September 16, 2021	Friday, September 17, 2021
Week III	Soft Shell Beef Taco	Asian Chicken Leg w/Pepper Sauce	Brunch Lunch	Pho	Italian Calzone
	Shredded Cheese & Lettuce	Seasoned Brown Rice	French Toast Sticks w/Syrup	Sriracha & Dinner Roll	Baby Carrots
Hot Meal	Cheesy Refried Beans	Cucumber Slices w/Dip	Crispy Cubes & Ketchup	Steamed Broccoli	Fruit of the Day
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	
	Giant Goldfish				
Cold Meal	Chicken & Cheese Torta Sandwich	Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken Sandwich w/Sauce	Chicken & Cheddar Wrap	Teriyaki Chicken Bun
Monday, September 20, 2021		Tuesday, September 21, 2021	Wednesday, September 22, 2021	Thursday, September 23, 2021	Friday, September 24, 2021
Week IV	Old Fashioned Cheeseburger	Orange Chicken	Chicken Fried Rice	Asian Meatballs (Mongolian)	Bosco Sticks w/Marinara
	Ketchup	Steamed Seasoned Rice	Steamed Peas	Steamed Rice	Baby Carrots
Hot Meal	Cool Ranch Doritos	Asian Broccoli Slaw	Fruit of the Day	Crisp Salad & Dressing	Fruit of the Day
	Baked Beans	Fruit of the Day	Fortune Cookie	Fruit of the Day	
	Fruit of the Day		Lemon Blueberry Crisps		
Cold Meal	Turkey Bun	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap, Cheetos	Sesame Chicken Bun	Chicken & Cheese Torta Sandwich
Monday, September 27, 2021		Tuesday, September 28, 2021	Wednesday, September 29, 2021	Thursday, September 30, 2021	
Week V	Golden Chicken Nuggets w/ Ketchup	Meatball Sub	Crispy Louisiana Chicken Sandwich	Beef Pho	"Chef Nancy's 'Curried Mango Chicken Salad' Recipe is on Page 2"
	Nacho Cheese Doritos	Goldfish Pretzels	WG Bun, New Orleans Sauce & Pickles	Sriracha	
Hot Meal	Baked Beans	Sliced Cucumbers & Dip	Steamed Sweet Peas	Dinner Roll	
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Spinach Salad & Dressing	
			Scooby Snacks	Fruit of the Day	
Cold Meal	Roast Turkey on Wheat Bread	Asian Chicken Sticky Bun	Chicken Caesar Wrap	CKC Crazy Good Chicken Bun	

Curried Mango Chicken Salad (Chef Nancy's Recipe)

Ingredients	Serves 4 People	
<ul style="list-style-type: none"> - 1 Lb Cooked Diced Chicken Breast (canned chicken works great too) - 1/8 Cup Finely Diced Red Onion - 3/4 Cup Frozen Green Peas, Thawed - 1/8 Cup Mayo - 1/8 Cup Sour Cream 	<ul style="list-style-type: none"> - 1/2 Cup Mango Chutney (can be substituted with apricot preserves) - 1 TBLS Sugar - 1 TSP Salt - 1 TSP Curry Powder (let sit for an hour or two before adding more) - 1 TSP Cayenne Pepper (may use more if you like spicy) 	<ul style="list-style-type: none"> - Mix all ingredients together and keep refrigerated for at least 2 hours before serving. It would taste even better the next day. - Serve as a salad alone or with pita bread/pita chips. - Serve as a sandwich, using the salad as a filling. - To make a hot pasta dish, cook the pasta and stir in the mixed mango chicken salad. Heat till hot and serve immediately. <p>To all the tasty hands out there...Cheers!</p>

Menu Info October 2021 Menu (Subject to Change)

Friday, October 1, 2021					
Week V					Wild Mikes Cheese Bites w/Marinara
Hot Meal					Baby Carrots
					Fruit of the Day
Cold Meal	Chicken & Cheese Torta Sandwich				
Monday, October 4, 2021					
Tuesday, October 5, 2021					
Wednesday, October 6, 2021					
Thursday, October 7, 2021					
Friday, October 8, 2021					
Week VI	Chicken Tenders	Sweet & Sour Chicken	Golden Corndog	Hmong Sausage w/Pepper Sauce	Buffalo Chicken Hot Pocket
Hot Meal	Ketchup	Steamed Rice	Ketchup	Seasoned Rice	Baby Carrots
	Sweet Chili Doritos	Sliced Cucumbers & Dip	Steamed Corn	Spinach Salad & Dressing	Fruit of the Day
	Baked Beans & Shred Lettuce	Fortune Cookie	Elf Grahams	Fruit of the Day	
	Fruit of the Day	Fruit of the Day	Fruit of the Day		
Cold Meal	Turkey Bun w/ Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap w/ Mayo	Asian Chicken Sticky Bun	Teriyaki Chicken Bun
Monday, October 11, 2021					
Tuesday, October 12, 2021					
Week I	Juicy Hot Dog	Asian Sesame Chicken Wrap			
Hot Meal	Hot Dog Bun & Ketchup	WG Tortilla, Breaded Chicken Bites			
	Oven Fries & Ketchup	Asian Slaw Mix			
	Vanilla Chat Snax	Baby Carrots			
	Fruit of the Day	Fruit of the Day			
Cold Meal	Turkey Bun	Honey Mustard Chicken on WG Bun			

Menu Info					
Name : September 2021 HOPE Community School 6-12 Lunch Menu					
Age Group : 9-12		Meal : Lunch		Meal Pattern : SSO	
CKC Chef Spotlight - CEO & Chef Nancy Close "My, What Tasty Hands You Have"		Wednesday, September 1, 2021	Thursday, September 2, 2021	Friday, September 3, 2021	
Week I	<p>* My dad was born and raised in Kabul, the capital city of Afghanistan. Oh, what an amazing and funny storyteller he was! Many a times, he would be laughing so hard during his story telling, it would took forever to get the story out.</p> <p>One of the things, I loved hearing my dad say was, "My, what tasty hands you have". He was an outstanding chef. He could pretty much make 'sticks and stone' soup and it would be delicious to the last drop. I have always loved to cook for my dad, watch him take that first taste and tell me what tasty hands I have. He was very honest and I loved getting that treasured compliment. One of my recipes, which my dad loved, is a Curried Mango Chicken Salad. It is simple and delicious and can be served many ways! "</p> <p>- Chef Nancy</p>	Chicken Drummy	Golden Chicken Patty Sandwich	Pizza Crunchers w/Italian Dip	
Hot Meal		Asian Pepper Sauce	Ketchup	Baby Carrots & Dip	
		Brown Rice	Crunchy Cheetos	Fruit of the Day	
		Broccoli w/Dip & Fruit of the Day	Baked Beans & Baby Carrots	Scooby Grahams	
Cold Meal		100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	
		Chicken Caesar Wrap & Cool Ranch Doritos	Chicken & Cheese Torta Sandwich	Banh Mi Chicken Sandwich w/Sauce	
Monday, September 6, 2021		Tuesday, September 7, 2021	Wednesday, September 8, 2021	Thursday, September 9, 2021	Friday, September 10, 2021
Week II	Boneless Wings w/Sriracha BBQ	Old Fashioned Hamburger	Sesame Chicken Bowl	Hmong Sausage	Turkey Pancake Wrap w/Syrup
Hot Meal	Cool Ranch Doritos	Shred Lettuce & Ketchup	Seasoned Rice	Steamed Rice	Crisp Salad & Dressing
	Steamed Corn & Grape Tomatoes	Nacho Cheese Doritos	Chilled Marinated Asian Broccoli	Baby Carrots & Dip	Fruit of the Day
	Fruit of the Day	CKC Baked Beans & Fruit of the Day	Fruit of the Day	Fruit of the Day	100% Juice Box & Choice Milk
	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	
Cold Meal	Wowbutter & Jelly Sandwich	Sesame Chicken Bun	Turkey & Cheese Wrap w/Mayo & Elf Grahams	CKC Crazy Good Chicken Bun	Asian Chicken Sticky Bun
Monday, September 13, 2021		Tuesday, September 14, 2021	Wednesday, September 15, 2021	Thursday, September 16, 2021	Friday, September 17, 2021
Week III	Soft Shell Beef Taco	Asian Chicken Leg w/Pepper Sauce	Brunch Lunch	Pho	Italian Calzone
Hot Meal	Shredded Cheese & Lettuce	Seasoned Brown Rice	French Toast Sticks w/Syrup	Sriracha & Dinner Rolls	Baby Carrots
	Cheesy Refried Beans	Cucumber Slices w/Dip	Baby Carrots, Crispy Cubes & Ketchup	Steamed Broccoli	Fruit of the Day
	Fruit of the Day & Giant Goldfish	Fruit of the Day	Fruit of the Day	Fruit of the Day	100% Juice Box & Choice Milk
	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	
Cold Meal	Chicken & Cheese Torta Sandwich	Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken Sandwich w/Sauce	Chicken & Cheddar Wrap & Elf Grahams	Teriyaki Chicken Bun
Monday, September 20, 2021		Tuesday, September 21, 2021	Wednesday, September 22, 2021	Thursday, September 23, 2021	Friday, September 24, 2021
Week IV	Old Fashioned Cheeseburger	Orange Chicken	Chicken Fried Rice	Asian Meatballs (Mongolian)	Bosco Sticks w/Marinara
Hot Meal	Ketchup	Steamed Seasoned Rice	Steamed Peas	Steamed Rice	Baby Carrots
	Cool Ranch Doritos	Asian Broccoli Slaw	Fruit of the Day	Crisp Salad & Dressing	Fruit of the Day
	Carrot Slims, Baked Beans & Fruit of the Day	Fruit of the Day	Lemon Blueberry Crisps	Fruit of the Day	100% Juice Box & Choice Milk
	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	
Cold Meal	Turkey Bun	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap	Sesame Chicken Bun	Chicken & Cheese Torta Sandwich
Monday, September 27, 2021		Tuesday, September 28, 2021	Wednesday, September 29, 2021	Thursday, September 30, 2021	
Week V	Golden Chicken Nuggets w/ Ketchup	Meatball Sub	Crispy Louisiana Chicken Sandwich	Beef Pho	" Chef Nancy's 'Curried Mango Chicken Salad' Recipe is on Page 2"
Hot Meal	Nacho Cheese Doritos	Goldfish Pretzels	WG Bun, New Orleans Sauce & Pickles	Sriracha & Dinner Rolls	
	Baked Beans & Grape Tomatoes	Sliced Cucumbers & Dip	Sun Chips & Steamed Sweet Peas	Mixed Salad & Dressing	
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	
	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	
Cold Meal	Roast Turkey on Wheat Bread w/ Mayo	Asian Chicken Sticky Bun	Chicken Caesar Wrap w/ Mayo	CKC Crazy Good Chicken Bun	

Curried Mango Chicken Salad (Chef Nancy's Recipe)

Ingredients	Serves 4 People	
<ul style="list-style-type: none"> - 1 Lb Cooked Diced Chicken Breast (canned chicken works great too) - 1/8 Cup Finely Diced Red Onion - 3/4 Cup Frozen Green Peas, Thawed - 1/8 Cup Mayo - 1/8 Cup Sour Cream 	<ul style="list-style-type: none"> - 1/2 Cup Mango Chutney (can be substituted with apricot preserves) - 1 TBLS Sugar - 1 TSP Salt - 1 TSP Curry Powder (let sit for an hour or two before adding more) - 1 TSP Cayenne Pepper (may use more if you like spicy) 	<ul style="list-style-type: none"> - Mix all ingredients together and keep refrigerated for at least 2 hours before serving. It would taste even better the next day. - Serve as a salad alone or with pita bread/pita chips. - Serve as a sandwich, using the salad as a filling. - To make a hot pasta dish, cook the pasta and stir in the mixed mango chicken salad. Heat till hot and serve immediately. <p style="text-align: right;">To all the tasty hands out there...Cheers!</p>

Menu Info		October 2021 Menu (Subject to Change)					
		Friday, October 1, 2021					
Week V						Wild Mikes Cheese Bites w/Marinara	
Hot Meal						Baby Carrots	
						Fruit of the Day	
	100% Juice Box & Choice Milk						
Cold Meal						Chicken & Cheese Torta Sandwich	
Monday, October 4, 2021		Tuesday, October 5, 2021		Wednesday, October 6, 2021		Thursday, October 7, 2021	Friday, October 8, 2021
Week VI	Chicken Tenders	Sweet & Sour Chicken	Golden Corndog w/Ketchup	Hmong Sausage w/Pepper Sauce	Buffalo Chicken Hot Pocket		
Hot Meal	Ketchup	Steamed Rice	Cool Ranch Doritos	Seasoned Rice	Elf Grahams		
	Sweet Chili Doritos	Sliced Cucumbers & Dip	Steamed Corn	Mixed Greens Salad & Dressing	Baby Carrots & Dip		
	Baby Carrots & Baked Beans	Fortune Cookie	Fruit of the Day	Fruit of the Day	Fruit of the Day		
	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk		
Cold Meal	Turkey Bun w/ Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap w/ Mayo	Asian Chicken Sticky Bun	Teriyaki Chicken Bun		
Monday, October 11, 2021		Tuesday, October 12, 2021					
Week I	Juicy Hot Dog	Asian Sesame Chicken Wrap					
Hot Meal	Hot Dog Bun & Ketchup	WG Tortilla, Breaded Chicken Bites					
	Oven Fries & Ketchup	Asian Slaw Mix					
	Vanilla Chat Snax & Fruit of the Day	Baby Carrots & Fruit of the Day & Honey Grahams					
	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk					
Cold Meal	Turkey Bun	Honey Mustard Chicken on WG Bun					