

Name : November 2021 Hope Academy PreK-2 breakfast menu						
Menu Info		Age Group : K-5		Meal : Breakfast		
		Meal Pattern : NSLP / SSO				
		Monday, November 1, 2021	Tuesday, November 2, 2021	Wednesday, November 3, 2021	Thursday, November 4, 2021	Friday, November 5, 2021
Week IV		Single Bowl Cereal (1 item)	Handmade Strawberry Boli (2 items)	Large Breakfast Bread (2 items)	Fruit Filled Frudel (2 items)	Hot Breakfast
Breakfast						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)	100% 4.23 oz Fruit Juice (1 item)
	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)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice May be Offered Daily						
		Monday, November 8, 2021	Tuesday, November 9, 2021	Wednesday, November 10, 2021	Thursday, November 11, 2021	Friday, November 12, 2021
Week V		Large Breakfast Bread (2 items)	Honey Bun (2 items)	Single Bowl Cereal (1 item)	Mini Cinnis (2 items)	Hot Breakfast
Breakfast						Waffles w/Syrup (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)
	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)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice May be Offered Daily						
		Monday, November 15, 2021	Tuesday, November 16, 2021	Wednesday, November 17, 2021	Thursday, November 18, 2021	Friday, November 19, 2021
Week VI		Single Bowl Cereal (1 item)	Apple Filled Donut (2 items)	Assorted Snackin Waffle (2 items)	Fruit Filled Frudel (2 items)	Hot Breakfast
Breakfast						Pancakes & Syrup (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)
	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)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice May be Offered Daily						
		Monday, November 22, 2021	Tuesday, November 23, 2021	Wednesday, November 24, 2021	Thursday, November 25, 2021	Friday, November 26, 2021
Week I		Handmade Strawberry Boli (2 items)	Single Bowl Cereal (1 item)	Mini Cinnis (2 items)	Assorted Soft Filled Oatmeal Cereal Bar (2 items)	Hot Breakfast
Breakfast						Waffles & Syrup (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)
	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)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice May be Offered Daily						
		Monday, November 29, 2021	Tuesday, November 30, 2021	CKC Chef Spotlight - Chef Brandon (Kitchen Manager, CKC)		
Week II		Single Bowl Cereal (1 item)	Large Breakfast Bread (2 items)	A Family that dines together, stays together		
Breakfast				Any recipe is a great recipe when it becomes a family favorite. And when it is comforting, flavorful and of lip-smacking taste, it elevates the cooking and dining experience to another level. This Stew recipe is one such for my family. This recipe is fondly tied to my memories, as my sons enjoyed having it so often when they were young.		
		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	With an awesome baker (my wife) in the house, I am the one who holds the position of chef. My amazing oven and I make an awesome team. Together, we never cease to excite the taste buds of my family.		
	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)	- Brandon		
		Chef's Choice May be Offered Daily		Brandon's "North African Chicken Stew" recipe is on Page 2		

**North African Chicken Stew (Chef Brandon's Recipe)**

**Ingredients**

**4 Servings**

- Chicken Broth - 1.5 Cups  
- Uncooked Couscous - 1 Cup  
- Boneless, skinless chicken thighs quartered - 6  
- Ground Cumin - 1 Tsp  
- Paprika, preferably Spanish pimenton - 1 Tsp  
- Carrots, sliced 1/4th inch thick - 2  
- Small red onion, halved and sliced - 1

- Kosher salt - 4 Tsp  
- Freshly ground black pepper - to taste  
- Unsalted Butter - 1 Tbsp  
- Vegetable oil - 1 Tbsp  
- Chicken Broth - 1 2/3 Cups  
- Grated lemon zest  
- Apple cider vinegar - 1/4 Cup  
- Tunisian Pesto - 1/3rd cup

**Method:**

- Bring the 1.5 cups chicken broth to a boil in a medium size sauce pan over high heat. Stir in the couscous, 1 tsp salt and pepper to taste. Cover and set aside while you make the stew.  
  
- Heat the oil and butter in a Dutch oven. Season the chicken with the remaining salt, cumin, paprika and pepper to taste; add to the pot.  
  
- Cook until browned all over, stirring occasionally for about 5 mins. Add the sliced carrots, onion, 1 2/3 cup chicken broth, vinegar, lemon zest, bring to boil.  
  
- Adjust the heat to maintain a brisk simmer, cover and cook just until the chicken is firm to the touch and the carrots are tender, about 8 minutes.  
  
- Stir the pesto into the stew. Fluff the couscous with a fork and mound it in 4 soup bowls. Spoon some chicken stew over each portion and serve.

**Menu Info**

**December 2021 Menu (Subject to Change)**

Wednesday, December 1, 2021

Thursday, December 2, 2021

Friday, December 3, 2021

**Week II**

**Assorted Snackin Waffle (2 items)**

**WG Glazed Honey Bun (2 items)**

**Hot Breakfast**

**Breakfast**

**Pancakes w/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)

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, December 6, 2021

Tuesday, December 7, 2021

Wednesday, December 8, 2021

Thursday, December 9, 2021

Friday, December 10, 2021

**Week III**

**Assorted Soft Filled Oatmeal Cereal Bar (2 items)**

**Single Bowl Cereal (1 item)**

**Mini Cinnis (2 items)**

**Assorted Cereal Bowl (2 items)**

**Hot Breakfast**

**Breakfast**

**Maple Waffle Chicken Sandwich (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)

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*

Menu Info	Name : November 2021 Hope Academy 3-9 breakfast menu				
	Age Group : K-12		Meal : Breakfast	Meal Pattern : NSLP / SSO	
	Monday, November 1, 2021	Tuesday, November 2, 2021	Wednesday, November 3, 2021	Thursday, November 4, 2021	Friday, November 5, 2021
Week IV	Big Bowl Cereal (2 items)	Handmade Strawberry Boli (2 items)	Large Breakfast Bread (2 items)	Fruit Filled Frudel (2 items)	Hot Breakfast
Breakfast					Breakfast Pizza (3 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)	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, November 8, 2021	Tuesday, November 9, 2021	Wednesday, November 10, 2021	Thursday, November 11, 2021	Friday, November 12, 2021
Week V	Large Breakfast Bread (2 items)	Honey Bun (2 items)	Big Bowl Cereal (2 items)	Mini Cinnis (2 items)	Hot Breakfast
Breakfast					Waffles w/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)	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, November 15, 2021	Tuesday, November 16, 2021	Wednesday, November 17, 2021	Thursday, November 18, 2021	Friday, November 19, 2021
Week VI	Big Bowl Cereal (2 items)	Apple Filled Donut (2 items)	Assorted Snackin Waffle (2 items)	Fruit Filled Frudel (2 items)	Hot Breakfast
Breakfast					Pancakes & 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)	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, November 22, 2021	Tuesday, November 23, 2021	Wednesday, November 24, 2021	Thursday, November 25, 2021	Friday, November 26, 2021
Week I	Handmade Strawberry Boli (2 items)	Big Bowl Cereal (2 items)	Mini Cinnis (2 items)	Assorted Soft Filled Oatmeal Cereal Bar (2 items)	Hot Breakfast
Breakfast					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)	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, November 29, 2021	Tuesday, November 30, 2021	CKC Chef Spotlight - Chef Brandon (Kitchen Manager, CKC)		
Week II	Big Bowl Cereal (2 items)	Large Breakfast Bread (2 items)	A Family that dines together, stays together		
Breakfast			Any recipe is a great recipe when it becomes a family favorite. And when it is comforting, flavorful and of lip-smacking taste, it elevates the cooking and dining experience to another level. This Stew recipe is one such for my family. This recipe is fondly tied to my memories, as my sons enjoyed having it so often when they were young.		
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)	With an awesome baker (my wife) in the house, I am the one who holds the position of chef. My amazing oven and I make an awesome team. Together, we never cease to excite the taste buds of my family.		
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	- Brandon		
	Chef's Choice May be Offered Daily		Brandon's "North African Chicken Stew" recipe is on Page 2		



**North African Chicken Stew (Chef Brandon's Recipe)**

**Ingredients**

**4 Servings**

- Chicken Broth - 1.5 Cups
- Uncooked Couscous - 1 Cup
- Boneless, skinless chicken thighs quartered - 6
- Ground Cumin - 1 Tsp
- Paprika, preferably Spanish pimenton - 1 Tsp
- Carrots, sliced 1/4th inch thick - 2
- Small red onion, halved and sliced - 1
- Kosher salt - 4 Tsp
- Freshly ground black pepper - to taste
- Unsalted Butter - 1 Tbsp
- Vegetable oil - 1 Tbsp
- Chicken Broth - 1 2/3 Cups
- Grated lemon zest
- Apple cider vinegar - 1/4 Cup
- Tunisian Pesto - 1/3rd cup

**Method:**

- Bring the 1.5 cups chicken broth to a boil in a medium size sauce pan over high heat. Stir in the couscous, 1 tsp salt and pepper to taste. Cover and set aside while you make the stew.
- Heat the oil and butter in a Dutch oven. Season the chicken with the remaining salt, cumin, paprika and pepper to taste; add to the pot.
- Cook until browned all over, stirring occasionally for about 5 mins. Add the sliced carrots, onion, 1 2/3 cup chicken broth, vinegar, lemon zest, bring to boil.
- Adjust the heat to maintain a brisk simmer, cover and cook just until the chicken is firm to the touch and the carrots are tender, about 8 minutes.
- Stir the pesto into the stew. Fluff the couscous with a fork and mound it in 4 soup bowls. Spoon some chicken stew over each portion and serve.

**Menu Info**

**December 2021 Menu (Subject to Change)**

Wednesday, December 1, 2021

Thursday, December 2, 2021

Friday, December 3, 2021

**Week II**

**Assorted Snackin Waffle (2 items)**

**WG Glazed Honey Bun (2 items)**

**Hot Breakfast**

**Breakfast**

**Pancakes w/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)

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, December 6, 2021

Tuesday, December 7, 2021

Wednesday, December 8, 2021

Thursday, December 9, 2021

Friday, December 10, 2021

**Week III**

**Assorted Soft Filled Oatmeal Cereal Bar (2 items)**

**Big Bowl Cereal (2 items)**

**Mini Cinnis (2 items)**

**Big Bowl Cereal (2 items)**

**Hot Breakfast**

**Breakfast**

**Maple Waffle Chicken Sandwich (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)

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*



Menu Info		Name : November 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	
		Monday, November 1, 2021	Tuesday, November 2, 2021	Wednesday, November 3, 2021	Thursday, November 4, 2021	Friday, November 5, 2021
Week IV		Old Fashioned Sloppy Joe	Chicken Taco	Swedish Salisbury Steak	Premium Chicken Nuggets	French Toast Sticks
Hot Meal		Whole Grain Bun	WG Tortilla, Chicken & Cheese	Cucumber Slices & Dip	Ketchup	Syrup
		Steamed Mixed Veggies	Cheesy Refried Beans	Whole Grain Bakery Roll	Steamed Green Beans	Fruity Yogurt Cup
		Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Garden Salad & Dressing 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, November 8, 2021	Tuesday, November 9, 2021	Wednesday, November 10, 2021	Thursday, November 11, 2021	Friday, November 12, 2021
Week V		Golden Chicken Patty Sandwich	Brunch Lunch	Sweet & Sour Chicken	Creamy Swedish Meatballs	Bosco Stuffed Breadstick
Hot Meal		WG Bakery Bun & Ketchup	Waffle & Syrup	Wheat Dinner Roll	Dinner Roll	Italian Dip
		Steamed Mixed Vegetable	Turkey Sausage Patty	Steamed Green Beans	Crisp Salad & Dressing	Cucumbers & Dip
		Fruit of the Day	Crisp Broccoli & Ranch Dip Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day
Hot Veg		Mozzarella Veggie Burger	Wild Mikes Cheese Bites	Creamy Mac & Cheese	Waffles w/Syrup & Yogurt Cup & Chz Stick	Egg Fried Rice
Cold		Roast Turkey on Wheat Bread	Asian Chicken Sticky Bun	Chicken Ceasar Wrap	CKC Crazy Good Chicken Bun	Chicken & Cheese Torta Sandwich
		Monday, November 15, 2021	Tuesday, November 16, 2021	Wednesday, November 17, 2021	Thursday, November 18, 2021	Friday, November 19, 2021
Week VI		Popcorn Chicken	Brunch Lunch	Mac & Cheese	All Beef Hamburger	Chicken Nuggets
Hot Meal		Ranch Dip	French Toast Sticks & Syrup	Fresh Bakery Roll	WG Bun & Ketchup	Ketchup
		Dinner Roll	Yogurt Cup	Garden Salad & Dressing	Cucumber Slices & Dip	Steamed Green Beans
		Steamed Mixed Veggies Fruit of the Day	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	Colby Cheese Omelet & WG Muffin	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, November 22, 2021	Tuesday, November 23, 2021	Wednesday, November 24, 2021	Thursday, November 25, 2021	Friday, November 26, 2021
Week I		Premium Chicken Tenders	Meatball Sub	Orange Chicken	Brunch Lunch	Teriyaki Grilled Chicken
Hot Meal		Ketchup	Whole Grain Hot Dog Bun	Steamed Rice	Buttermilk Pancake & Syrup	WG Dinner Roll
		CKC Baked Beans	Crisp Dinner Salad & Dressing	Steamed Sweet Peas	Sausage Patties	Steamed Green Beans
		Fruit of the Day	Fruit of the Day	Fruit of the Day	Cucumber Slices & Dip Fruit of the Day	Fruit of the Day
Hot Veg		Louisiana Veggie Burger	Grilled Cheese Sandwich	Wild Mikes Cheese Bites	Bean & Cheese Burrito	Sweet & Sour Veggie Nuggets
Cold		Turkey Bun w/Mayo	Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap	Chicken & Cheese Torta Sandwich	Banh Mi Chicken Sandwich w/Sauce
		Monday, November 29, 2021	Tuesday, November 30, 2021	CKC Chef Spotlight - Chef Brandon (Kitchen Manager, CKC)		
Week II		BBQ Meatballs	Wild Mikes Cheese Bites	A Family that dines together, stays together  Any recipe is a great recipe when it becomes a family favorite. And when it is comforting, flavorful and of lip-smacking taste, it elevates the cooking and dining experience to another level. This Stew recipe is one such for my family. This recipe is fondly tied to my memories, as my sons enjoyed having it so often when they were young.  With an awesome baker (my wife) in the house, I am the one who holds the position of chef. My amazing oven and I make an awesome team. Together, we never cease to excite the taste buds of my family.  - Brandon		
Hot Meal		Corn Muffin	Italian Dippin Sauce			
		CKC Baked Beans	Cucumber Slices & Dip			
		Fruit of the Day	Fruit of the Day			
Hot Veg		BBQ Garden Burger	Cheesy Pull Apart Bread	Brandon's "North African Chicken Stew" recipe is on Page 2		
Cold		Wowbutter & Jelly Sandwich	Sesame Chicken Bun			
Hot Veg and Cold meals are served with vegetables and fruit of the day						
Cold Vegetarian meals (Served with Veggie & Fruit of the Day)						
		Monday	Tuesday	Wednesday	Thursday	Friday
Cold Veg Weeks I, III, V		Cheese Bun	Yogurt Cup, Cheese Stick & Muffin	WG Bagel & Wow Butter Cup Cheese Stick	Cheese Sandwich on Wheat Bread	Yogurt Cup, Cheese Stick & Cinnamon Goldfish
Cold Veg Weeks II, IV, VI		Stuffed Cream Chz Bagel, Yogurt & Cheese Cubes	WG Tortilla w/ Cheese Cup, String Cheese	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Egg Salad & Dinner Roll



**North African Chicken Stew (Chef Brandon's Recipe)**

Ingredients		4 Servings	Method:
<ul style="list-style-type: none"> <li>- Chicken Broth - 1.5 Cups</li> <li>- Uncooked Couscous - 1 Cup</li> <li>- Boneless, skinless chicken thighs quartered - 6</li> <li>- Ground Cumin - 1 Tsp</li> <li>- Paprika, preferably Spanish pimenton - 1 Tsp</li> <li>- Carrots, sliced 1/4th inch thick - 2</li> <li>- Small red onion, halved and sliced - 1</li> </ul>		<ul style="list-style-type: none"> <li>- Kosher salt - 4 Tsp</li> <li>- Freshly ground black pepper - to taste</li> <li>- Unsalted Butter - 1 Tbsp</li> <li>- Vegetable oil - 1 Tbsp</li> <li>- Chicken Broth - 1 2/3 Cups</li> <li>- Grated lemon zest</li> <li>- Apple cider vinegar - 1/4 Cup</li> <li>- Tunisian Pesto - 1/3rd cup</li> </ul>	<p>- Bring the 1.5 cups chicken broth to a boil in a medium size sauce pan over high heat. Stir in the couscous, 1 tsp salt and pepper to taste. Cover and set aside while you make the stew.</p> <p>- Heat the oil and butter in a Dutch oven. Season the chicken with the remaining salt, cumin, paprika and pepper to taste; add to the pot.</p> <p>- Cook until browned all over, stirring occasionally for about 5 mins. Add the sliced carrots, onion, 1 2/3 cup chicken broth, vinegar, lemon zest, bring to boil.</p> <p>- Adjust the heat to maintain a brisk simmer, cover and cook just until the chicken is firm to the touch and the carrots are tender, about 8 minutes.</p> <p>- Stir the pesto into the stew. Fluff the couscous with a fork and mound it in 4 soup bowls. Spoon some chicken stew over each portion and serve.</p>

Menu Info

**December 2021 Menu (Subject to Change)**

		Wednesday, December 1, 2021		Thursday, December 2, 2021		Friday, December 3, 2021					
Week II				Soft Shell Beef Taco		Chicken & Potato Pilaf		Twisted Mozzarella Breadsticks			
Hot Meal				WG Tortilla, Seasoned Beef & Cheese		Steamed Carrots		Marinara Sauce			
				Garden Salad & Dressing		Fruit of the Day		Fresh Broccoli & Dip			
				Fruit of the Day				Fruit of the Day			
Hot Veg				Veggie Lasagna Roll		Pancake & Syrup w/ Yogurt Cup & Cheese Stick		Cheesy Calzone			
Cold				Turkey & Cheese Wrap w/Mayo		CKC Crazy Good Chicken Bun		Asian Chicken Sticky Bun			
		Monday, December 6, 2021		Tuesday, December 7, 2021		Wednesday, December 8, 2021		Thursday, December 9, 2021		Friday, December 10, 2021	
Week III		Meatball Mac & Cheese		Hamburger w/ Ketchup		Italian Dunkers		Mongolian Meatballs		Chicken Tenders & Ketchup	
Hot Meal		Steamed Peas		Beef Patty, WG Bun & Ketchup		Dippin' Sauce		WG Roll		Cucumbers & Dip	
		Fruit of the Day		Crisp Salad & Dressing		Steamed Green Beans		Steamed Carrots		Fruit of the Day	
				Fruit of the Day		Fruit of the Day		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	

Menu Info		Name : November 2021 HOPE Community School K-6 Lunch Menu				Options Provided : Hot & Cold Meals	
		Age Group : K-8				Meal : Lunch	
		Monday, November 1, 2021	Tuesday, November 2, 2021	Wednesday, November 3, 2021	Thursday, November 4, 2021	Friday, November 5, 2021	
Week IV		Ole 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	
		Baked Beans	Fruit of the Day	Fortune Cookie	Fruit of the Day		
		Fruit of the Day		Lemon Blueberry Crisps			
Cold		Turkey Bun	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap	Sesame Chicken Bun	Chicken & Cheese Torta Sandwich	
		Monday, November 8, 2021	Tuesday, November 9, 2021	Wednesday, November 10, 2021	Thursday, November 11, 2021	Friday, November 12, 2021	
Week V		Golden Chicken Nuggets w/ Ketchup	Meatball Sub	Crispy Louisiana Chicken Sandwich	Beef Pho	Wild Mikes Cheese Bites w/Marinara	
Hot Meal		Nacho Cheese Doritos	Goldfish Pretzels	WG Bun, New Orleans Sauce & Pickles	Sriracha	Baby Carrots	
		Baked Beans	Sliced Cucumbers & Dip	Steamed Sweet Peas	Dinner Roll	Fruit of the Day	
		Fruit of the Day	Fruit of the Day	Fruit of the Day	Spinach Salad & Dressing		
				Scooby Snacks	Fruit of the Day		
Cold		Roast Turkey on Wheat Bread	Asian Chicken Sticky Bun	Chicken Caesar Wrap	CKC Crazy Good Chicken Bun	Chicken & Cheese Torta Sandwich	
		Monday, November 15, 2021	Tuesday, November 16, 2021	Wednesday, November 17, 2021	Thursday, November 18, 2021	Friday, November 19, 2021	
Week VI		Chicken Tenders	Sweet & Sour Chicken	Golden Corndog	Hmong Sausage w/Pepper Sauce	Beef Fiestada 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		Turkey Bun w/ Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap w/ Mayo	Asian Chicken Sticky Bun	Teriyaki Chicken Bun	
		Monday, November 22, 2021	Tuesday, November 23, 2021	Wednesday, November 24, 2021	Thursday, November 25, 2021	Friday, November 26, 2021	
Week I		Juicy Hot Dog	Asian Sesame Chicken Wrap	Chicken Drummy	Golden Chicken Patty Sandwich	Pizza Crunchers w/Italian Dip	
Hot Meal		Hot Dog Bun & Ketchup	WG Tortilla, Breaded Chicken Bites	Asian Pepper Sauce	Ketchup	Baby Carrots	
		Oven Fries & Ketchup	Asian Slaw Mix	Brown Rice	Crunchy Cheetos	Fruit of the Day	
		Vanilla Chat Snax	Baby Carrots	Broccoli & Dip	Baked Beans & Baby Carrots		
		Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day		
Cold		Turkey Bun	Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap	Chicken & Cheese Torta Sandwich	Banh Mi Chicken Sandwich w/Sauce	
		Monday, November 29, 2021	Tuesday, November 30, 2021	CKC Chef Spotlight - Chef Brandon (Kitchen Manager, CKC)			
Week II		Boneless Wings w/Sriracha BBQ	Ole Fashioned Hamburger	A Family that dines together, stays together			
Hot Meal		Cool Ranch Doritos	Shred Lettuce & Ketchup	Any recipe is a great recipe when it becomes a family favorite. And when it is comforting, flavorful and of lip-smacking taste, it elevates the cooking and dining experience to another level. This Stew recipe is one such for my family. This recipe is fondly tied to my memories, as my sons enjoyed having it so often when they were young.  With an awesome baker (my wife) in the house, I am the one who holds the position of chef. My amazing oven and I make an awesome team. Together, we never cease to excite the taste buds of my family.  - Brandon			
		Steamed Corn	Nacho Cheese Doritos				
		Fruit of the Day	CKC Baked Beans				
		WG Roll	Fruit of the Day				
Cold		Wowbutter & Jelly Sandwich	Sesame Chicken Bun	Brandon's "North African Chicken Stew" recipe is on Page 2			

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

**North African Chicken Stew (Chef Brandon's Recipe)**

Ingredients		4 Servings	Method:
<ul style="list-style-type: none"> <li>- Chicken Broth - 1.5 Cups</li> <li>- Uncooked Couscous - 1 Cup</li> <li>- Boneless, skinless chicken thighs quartered - 6</li> <li>- Ground Cumin - 1 Tsp</li> <li>- Paprika, preferably Spanish pimenton - 1 Tsp</li> <li>- Carrots, sliced 1/4th inch thick - 2</li> <li>- Small red onion, halved and sliced - 1</li> </ul>		<ul style="list-style-type: none"> <li>- Kosher salt - 4 Tsp</li> <li>- Freshly ground black pepper - to taste</li> <li>- Unsalted Butter - 1 Tbsp</li> <li>- Vegetable oil - 1 Tbsp</li> <li>- Chicken Broth - 1 2/3 Cups</li> <li>- Grated lemon zest</li> <li>- Apple cider vinegar - 1/4 Cup</li> <li>- Tunisian Pesto - 1/3rd cup</li> </ul>	<ul style="list-style-type: none"> <li>- Bring the 1.5 cups chicken broth to a boil in a medium size sauce pan over high heat. Stir in the couscous, 1 tsp salt and pepper to taste. Cover and set aside while you make the stew.</li> <li>- Heat the oil and butter in a Dutch oven. Season the chicken with the remaining salt, cumin, paprika and pepper to taste; add to the pot.</li> <li>- Cook until browned all over, stirring occasionally for about 5 mins. Add the sliced carrots, onion, 1 2/3 cup chicken broth, vinegar, lemon zest, bring to boil.</li> <li>- Adjust the heat to maintain a brisk simmer, cover and cook just until the chicken is firm to the touch and the carrots are tender, about 8 minutes.</li> <li>- Stir the pesto into the stew. Fluff the couscous with a fork and mound it in 4 soup bowls. Spoon some chicken stew over each portion and serve.</li> </ul>

**Menu Info December 2021 Menu (Subject to Change)**

		Wednesday, December 1, 2021		Thursday, December 2, 2021		Friday, December 3, 2021					
Week II				Sesame Chicken Bowl		Hmong Sausage		Mini Turkey Pancake Wraps w/Syrup			
Hot Meal				Seasoned Rice		Steamed Rice		Crisp Salad & Dressing			
				Chilled Marinated Asian Broccoli		Baby Carrots		Fruit of the Day			
				Fruit of the Day		Fruit of the Day					
Cold				Turkey & Cheese Wrap		CKC Crazy Good Chicken Bun		Asian Chicken Sticky Bun			
		Monday, December 6, 2021		Tuesday, December 7, 2021		Wednesday, December 8, 2021		Thursday, December 9, 2021		Friday, December 10, 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 Roll		Baby Carrots	
		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		Chicken & Cheese Torta Sandwich		Lime Chicken Bun w/Boom Sauce		Banh Mi Chicken Sandwich w/Sauce		Chicken & Cheddar Wrap		Teriyaki Chicken Bun	

Menu Info		Name : November 2021 HOPE Community School 7-9 Lunch Menu				Options Provided : Hot & Cold Meals	
		Age Group : 9-12				Meal : Lunch	
		Monday, November 1, 2021	Tuesday, November 2, 2021	Wednesday, November 3, 2021	Thursday, November 4, 2021	Friday, November 5, 2021	
Week IV		Ole 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		Turkey Bun	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap	Sesame Chicken Bun	Chicken & Cheese Torta Sandwich	
		Monday, November 8, 2021	Tuesday, November 9, 2021	Wednesday, November 10, 2021	Thursday, November 11, 2021	Friday, November 12, 2021	
Week V		Golden Chicken Nuggets w/ Ketchup	Meatball Sub	Crispy Louisiana Chicken Sandwich	Beef Pho	Wild Mikes Cheese Bites w/Marinara	
Hot Meal		Nacho Cheese Doritos	Goldfish Pretzels	WG Bun, New Orleans Sauce & Pickles	Sriracha & Dinner Rolls	Baby Carrots	
		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	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		Roast Turkey on Wheat Bread w/ Mayo	Asian Chicken Sticky Bun	Chicken Caesar Wrap w/ Mayo	CKC Crazy Good Chicken Bun	Chicken & Cheese Torta Sandwich	
		Monday, November 15, 2021	Tuesday, November 16, 2021	Wednesday, November 17, 2021	Thursday, November 18, 2021	Friday, November 19, 2021	
Week VI		Chicken Tenders	Sweet & Sour Chicken	Golden Corndog w/Ketchup	Hmong Sausage w/Pepper Sauce	Beef Fiestada 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		Turkey Bun w/ Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap w/ Mayo	Asian Chicken Sticky Bun	Teriyaki Chicken Bun	
		Monday, November 22, 2021	Tuesday, November 23, 2021	Wednesday, November 24, 2021	Thursday, November 25, 2021	Friday, November 26, 2021	
Week I		Juicy Hot Dog	Asian Sesame Chicken Wrap	Chicken Drummy	Golden Chicken Patty Sandwich	Pizza Crunchers w/Italian Dip	
Hot Meal		Hot Dog Bun & Ketchup	WG Tortilla, Breaded Chicken Bites	Asian Pepper Sauce	Ketchup	Baby Carrots & Dip	
		Oven Fries & Ketchup	Asian Slaw Mix	Brown Rice	Crunchy Cheetos	Fruit of the Day	
		Vanilla Chat Snax & Fruit of the Day	Baby Carrots & Fruit of the Day & Honey Grahams	Broccoli w/Dip & Fruit of the Day	Baked Beans & Baby Carrots	Scooby Grahams	
		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		Turkey Bun	Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap & Cool Ranch Doritos	Chicken & Cheese Torta Sandwich	Banh Mi Chicken Sandwich w/Sauce	
		Monday, November 29, 2021	Tuesday, November 30, 2021	CKC Chef Spotlight - Chef Brandon (Kitchen Manager, CKC)			
Week II		Boneless Wings w/Sriracha BBQ	Old Fashioned Hamburger	A Family that dines together, stays together			
Hot Meal		Cool Ranch Doritos	Shred Lettuce & Ketchup	Any recipe is a great recipe when it becomes a family favorite. And when it is comforting, flavorful and of lip-smacking taste, it elevates the cooking and dining experience to another level. This Stew recipe is one such for my family. This recipe is fondly tied to my memories, as my sons enjoyed having it so often when they were young.  With an awesome baker (my wife) in the house, I am the one who holds the position of chef. My amazing oven and I make an awesome team. Together, we never cease to excite the taste buds of my family.  - Brandon			
		Steamed Corn & Grape Tomatoes	Nacho Cheese Doritos				
		Fruit of the Day	CKC Baked Beans & Fruit of the Day				
		100% Juice Box & Choice Milk	100% Juice Box & Choice Milk				
Cold		Wowbutter & Jelly Sandwich	Sesame Chicken Bun	Brandon's "North African Chicken Stew" recipe is on Page 2			
Hot Veg meals are served with vegetables and fruit of the day							

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



**North African Chicken Stew (Chef Brandon's Recipe)**

Ingredients	4 Servings	Method:
<ul style="list-style-type: none"> <li>- Chicken Broth - 1.5 Cups</li> <li>- Uncooked Couscous - 1 Cup</li> <li>- Boneless, skinless chicken thighs quartered - 6</li> <li>- Ground Cumin - 1 Tsp</li> <li>- Paprika, preferably Spanish pimenton - 1 Tsp</li> <li>- Carrots, sliced 1/4th inch thick - 2</li> <li>- Small red onion, halved and sliced - 1</li> </ul>	<ul style="list-style-type: none"> <li>- Kosher salt - 4 Tsp</li> <li>- Freshly ground black pepper - to taste</li> <li>- Unsalted Butter - 1 Tbsp</li> <li>- Vegetable oil - 1 Tbsp</li> <li>- Chicken Broth - 1 2/3 Cups</li> <li>- Grated lemon zest</li> <li>- Apple cider vinegar - 1/4 Cup</li> <li>- Tunisian Pesto - 1/3rd cup</li> </ul>	<p>- Bring the 1.5 cups chicken broth to a boil in a medium size sauce pan over high heat. Stir in the couscous, 1 tsp salt and pepper to taste. Cover and set aside while you make the stew.</p> <p>- Heat the oil and butter in a Dutch oven. Season the chicken with the remaining salt, cumin, paprika and pepper to taste; add to the pot.</p> <p>- Cook until browned all over, stirring occasionally for about 5 mins. Add the sliced carrots, onion, 1 2/3 cup chicken broth, vinegar, lemon zest, bring to boil.</p> <p>- Adjust the heat to maintain a brisk simmer, cover and cook just until the chicken is firm to the touch and the carrots are tender, about 8 minutes.</p> <p>- Stir the pesto into the stew. Fluff the couscous with a fork and mound it in 4 soup bowls. Spoon some chicken stew over each portion and serve.</p>

Menu Info

**December 2021 Menu (Subject to Change)**

		Wednesday, December 1, 2021		Thursday, December 2, 2021	Friday, December 3, 2021	
Week II			Sesame Chicken Bowl	Hmong Sausage	Turkey Pancake Wrap w/Syrup	
Hot Meal			Seasoned Rice	Steamed Rice	Crisp Salad & Dressing	
			Chilled Marinated Asian Broccoli	Baby Carrots & Dip	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		
Cold			Turkey & Cheese Wrap w/Mayo & Elf Grahams	CKC Crazy Good Chicken Bun	Asian Chicken Sticky Bun	
		Monday, December 6, 2021	Tuesday, December 7, 2021	Wednesday, December 8, 2021	Thursday, December 9, 2021	Friday, December 10, 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	Chicken & Cheese Torta Sandwich	Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken Sandwich w/Sauce	Chicken & Cheddar Wrap & Elf Grahams	Teriyaki Chicken Bun	