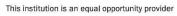


	Age Group : K-5		Meal : Breakfast	Meal Pattern: NSLP / SSO	
	Monday, November 1, 2021	Tuesday, November 2, 2021	Wednesday, November 3, 2021	Thursday, November 4, 2021	Friday, November 5, 2021
Week IV	Single Bowl Cereal (1 item)	Handmade Strawberry Boli (2 items)	Large Breakfast Bread (2 items)	Fruit Filled Frudel (2 items)	Hot Breakfast
eakfast					Breakfast Pizza (2 items)
nree ilems	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)
eet USDA quirements e item must	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)
be fruit)			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
eakfast					Waffles w/Syrup (2 items)
hree 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)
neet USDA equirements ne item must	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)
be fruit)					
	Monday, November 15, 2021	Tuesday, November 16, 2021	Wednesday, November 17, 2021	Thursday, November 18, 2021	Friday, November 19, 2021
eek VI	Single Bowl Cereal (1 item)	Apple Filled Donut (2 items)	Assorted Snackin Waffle (2 items)	Fruit Filled Frudel (2 items)	Hot Breakfast
eakfast					Pancakes & Syrup (2 items)
hree 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)
neet USDA equirements ne item must	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)
be fruit)			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
				111111111111111111111111111111111111111	Waffles & Syrup (2 items)
eakfast				30000000000000000000000000000000000000	(2 touring)
hree 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)
hree items neet USDA quirements ne item must	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	
hree items neet USDA equirements	Choice Milk & Second Fruit OVS	Choice Milk & Second Fruit OVS	Choice Milk & Second Fruit OVS	Choice Milk & Second Fruit OVS (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS
hree items neet USDA quirements ne item must	Choice Milk & Second Fruit OVS	Choice Milk & Second Fruit OVS	Choice Milk & Second Fruit OVS (1 item each) Chef's Choice May be Offered Daily	Choice Milk & Second Fruit OVS (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
hree items neet USDA quirements ne 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 CKC Che	Choice Milk & Second Fruit OVS (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
hree items neet USDA quirements se item must be fruit) . Veek II	Choice Milk & Second Fruit OVS (1 item each) Monday, November 29, 2021	Choice Milk & Second Fruit OVS (1 item each) Tuesday, November 30, 2021	Choice Milk & Second Fruit OVS (1 item each) Chel's Choice May be Offered Daily CKC Che A F. Any recipe is a great recipe when of lip-smacking taste, it elevates	Choice Milk & Second Fruit OVS (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each) er, CKC) ther nen it is comforting, flavorful ar
Three items neet USDA aquirements ne item must be fruit) Week II Teakfast Three items neet USDA	Choice Milk & Second Fruit OVS (1 item each) Monday, November 29, 2021 Single Bowl Cereal (1 item) 100% 4.23 oz Fruit Juice (1 item)	Choice Milk & Second Fruit OVS (1 item each) Tuesday, November 30, 2021 Large Breakfast Bread (2 items) 100% 4.23 oz Fruit Juice (1 item)	Choice Milk & Second Fruit OVS (1 item each) Chel's Choice May be Offered Daily CKC Che A Fi Any recipe is a great recipe when of lip-smacking taste, it elevates is one such for my family. This now with an awesome baker (my with a manual contents)	Choice Milk & Second Fruit OVS (1 item each) If Spotlight - Chef Brandon (Kitchen Manag amily that dines together, stays together the cooking and dining experience tecipe is fondly tied to my memories, often when they were young. If wife) in the house, I am the one who esome team. Together, we never ceases	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each) er, CKC) ther nen it is comforting, flavorful an o another level. This Stew recip as my sons enjoyed having it so holds the position of chef. My
reakfast three items neet USDA equirements ne item must be fruit) Week II reakfast Three items neet USDA equirements ne item must be fruit	Choice Milk & Second Fruit OVS (1 item each) Monday, November 29, 2021 Single Bowl Cereal (1 item)	Choice Milk & Second Fruit OVS (1 item each) Tuesday, November 30, 2021 Large Breakfast Bread (2 items)	Choice Milk & Second Fruit OVS (1 item each) Chel's Choice May be Offered Daily CKC Che A Fi Any recipe is a great recipe when of lip-smacking taste, it elevates is one such for my family. This now with an awesome baker (my with a manual contents)	Choice Milk & Second Fruit OVS (1 item each) If Spotlight - Chef Brandon (Kitchen Managamily that dines together, stays together that dines together, stays together to becomes a family favorite. And what the cooking and dining experience the cipe is fondly tied to my memories, often when they were young. Vife) in the house, I am the one who	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each) er, CKC) ther nen it is comforting, flavorful ar to another level. This Stew recip as my sons enjoyed having it so holds the position of chef. My





. //	North African Chicken Stew	w (Chef Brandon's Recipe)	
Ingredients	4 Servings	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.	
- Chicken Broth - 1.5 Cups - Uncooked Couscous - 1 Cup - Boneless, skinless chicken thighs quartered - 6 - Ground Curnin - 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 Tsps - 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	 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 cicken 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			100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)			
meet USDA Requirements (One item must			Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)			
be fruit)		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	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)			
meet USDA Requirements One item must	Choice Milk & Second Fruit O∀S (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)			
be fruit)			Chef's Choice May be Offered Daily					

Fresh, Healthy, Good Food Every Day!!!





	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
Veek IV	Big Bowl Cereal (2 items)	Handmade Strawberry Boli (2 items)	Large Breakfast Bread (2 items)	Fruit Filled Frudel (2 items)	Hot Breakfast
eakfast					Breakfast Pizza (2 items)
nree items	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)			
eet USDA quirements e item must	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)
be fruit)			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
eakfast					Waffles w/Syrup (2 items)
hree items	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)			
neet USDA equirements ne item must	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)
be fruit)					
	Monday, November 15, 2021	Tuesday, November 16, 2021	Wednesday, November 17, 2021	Thursday, November 18, 2021	Friday, November 19, 2021
Veek VI	Big Bowl Cereal (2 items)	Apple Filled Donut (2 items)	Assorted Snackin Waffle (2 items)	Fruit Filled Frudel (2 items)	Hot Breakfast
eakfast					Pancakes & Syrup (2 items)
hree items	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)			
neet USDA equirements ne item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OV5 (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)
be fruit)			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
eakfast					Waffles & Syrup (2 items)
hree items	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)			
eet USDA quirements e item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OV5 (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)
be fruit)			Chef's Choice May be Offered Daily	,	
	Monday, November 29, 2021	Tuesday, November 30, 2021	CKC Che	ef Spotlight - Chef Brandon (Kitchen Manag	ger, CKC)
Veek II	Big Bowl Cereal (2 items)	Large Breakfast Bread (2 items)	A F	amily that dines together, stays toge	ther
eakfast	tool to a Fruit him fit.	400° 433 or Faith Island Asham	of lip-smacking taste, it elevates	it becomes a family favorite. And w the cooking and dining experience t ecipe is fondly tied to my memories, often when they were young.	to another level. This Stew recipe
Three items neet USDA	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		wife) in the house, I am the one who esome team. Together, we never cea	
equirements ne item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)		family.	- Brandon



	North African Chicken Stew	w (Chef Brandon's Recipe)	
Ingredients	4 Servings	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.	
- Chicken Broth - 1.5 Cups - Uncooked Couscous - 1 Cup - Boneless, skinless chicken thighs quartered - 6 - Ground Curnin - 1 Tsp	- Kosher salt - 4 Tsps - Freshly ground black pepper - to taste - Unsalted Butter - 1 Tbsp - Vegetable oil - 1 Tbsp	 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. 	
- Paprika, preferably Spanish pimenton - 1 Tsp - Carrots, sliced 1/4th inch thick - 2	- Chicken Broth - 1 2/3 Cups - Grated lemon zest - Apple cider vinegar - 1/4 Cup	- 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.	
- Small red onion, halved and sliced - 1	- Tunisian Pesto - 1/3rd cup	- Stir the pesto into the stew. Fluff the couscous with a fork and mound it in 4 soup bowls. Spoon some cicken 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 (z items)		
Three 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)		
meet USDA Requirements One item must		Choice Milk & Second Fruit OV5 (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)		
be fruit)				-X		
Monday, December 6, 2021	Tuesday, December 7, 2021	Chel's Choice May be Offered Daily Wednesday, December 8, 2021	Thursday, December 9, 2021	Friday, December 10, 2021		
. Monday, December 6, 2021 Week III Assorted Soft Filled Oatmeal Cereal Bar (2 items)	Tuesday, December 7, 2021 Big Bowl Cereal (2 items)	Chef's Choice May be Offered Daily Wednesday, December 8, 2021 Mini Cinnis (2 items)	Thursday, December 9, 2021 Big Bowl Cereal (2 items)	Friday, December 10, 2021 Hot Breakfast		
Week III Assorted Soft Filled Oatmeal Cereal Bar (2 items)		Wednesday, December 8, 2021				
Week III Assorted Soft Filled Oatmeal Cereal		Wednesday, December 8, 2021		Hot Breakfast Maple Waffle Chicken Sandwich (2		



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Menu Info	Age Group : Childcare (Ages 3-5)	eschool Main Menu - with Fres	Meal : Lunch	Options Provided : Hot, Hot Vegetaria 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
	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
lot Meal	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Garden Salad & Dressing
	Truit of the bay	Trule of the Buy	Truit of the bay	, rate of the bar	Fruit of the Day
	1980 Sect 20 19 19 19 19 19 19 19 19 19 19 19 19 19				
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
	WG Bakery Bun & Ketchup	Waffle & Syrup	Wheat Dinner Roll	Dinner Roll	Italian Dip
lat Maal	Steamed Mixed Vegetable	Turkey Sausage Patty	Steamed Green Beans	Crisp Salad & Dressing	Cucumbers & Dip
Hot Meal	Fruit of the Day	Crisp Broccoli & Ranch Dip	Fruit of the Day	Fruit of the Day	Fruit of the Day
		Fruit of the Day		100 de de 100 de	
Hot Veg	Mozzarella Veggie Burger	Wild Mikes Cheese Bites	Creamy Mac & Cheese	Waffles w/Syrup & Yogurt Cup & Chz	Egg Fried Rice
Cold	Roast Turkey on Wheat Bread	Asian Chicken Sticky Bun	Chicken Ceasar Wrap	Stick 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
	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
Hot Meal	A RECUES WELL TOO	200 00 200 00 00 000000		Fruit of the Day	Fruit of the Day
	Steamed Mixed Veggies	Tater Tots w/Ketchup	Fruit of the Day	Fruit of the bay	Fruit of the buy
	Fruit of the Day	Fruit of the Day		10 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
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
	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
Hot Meal	Fruit of the Day	Fruit of the Day	Fruit of the Day	Cucumber Slices & Dip	Fruit of the Day
	1 October Helicipe & Charles Laborate &	200000000000000000000000000000000000000		Fruit of the Day	
Hot Veg	Louisiana Veggie Burger	Grilled Cheese Sandwich	Wild Mikes Cheese Bites	Bean & Cheese Burrito	Sweet & Sour Veggie Nuggets
	Turkey Bun w/Mayo	Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap	Chicken & Cheese Torta Sandwich	Banh Mi Chicken Sandwich w/Sauc
Cold		Tuesday, November 30, 2021		ef Spotlight - Chef Brandon (Kitchen Manag	WESTER STREET, WAS ARRESTED AND STREET, VALUE OF THE STREET, WAS ARRESTED AND STREET, WAS ARRESTED AND STREET,
Week II	Monday, November 29, 2021 BBQ Meatballs	Wild Mikes Cheese Bites	1	ily that dines together, stays to	
Week II	0.00 part from \$ 100 part from \$ 200 part from			it becomes a family favorite. And w	
	Corn Muffin	Italian Dippin Sauce	of lip-smacking taste, it elevates	the cooking and dining experience	to another level. This Stew recip
Hot Meal	CKC Baked Beans	Cucumber Slices & Dip	is one such for my family. This r	ecipe is fondly tied to my memories, often when they were young.	, as my sons enjoyed having it so
	Fruit of the Day	Fruit of the Day	With an automorphy behaviour	vife) in the house, I am the one who	holds the position of shef My
				esome team. Together, we never cea	
Hot Veg	BBQ Garden Burger	Cheesy Pull Apart Bread		family.	- Brandon
Cold	Wowbutter & Jelly Sandwich	Sesame Chicken Bun	Brandon's	s "North African Chicken Stew" recipe i	s on Page 2
Colu					

Cheese Bun

Stuffed Cream Chz Bagel, Yogurt &

Cheese Cubes

Tuesday

Yogurt Cup, Cheese Stick & Muffin

WG Tortilla w/ Cheese Cup, String Cheese

Monday

Cold Veg Weeks I, III, V

Cold Veg Weeks

II, IV, VI

WG Bagel & Wow Butter Cup Cheese Stick

Cheese Bun

Thursday

Cheese Sandwich on Wheat Bread

4.6 oz Wowbutter & Jelly Sandwich

Wednesday

Friday

Yogurt Cup, Cheese Stick & Cinnamon Goldfish

Egg Salad & Dinner Roll



Ingredients	4 Servings	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.
- 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 Tsps - 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	 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)						
4 .			Wednesday, December 1, 2021	Thursday, December 2, 2021	Friday, December 3, 2021			
Week II Hot Meal			Soft Shell Beef Taco WG Tortilla, Seasoned Beef & Cheese Garden Salad & Dressing Fruit of the Day	Chicken & Potato Pilaf Steamed Carrots Fruit of the Day	Twisted Mozzarella Breadsticks Marinara Sauce Fresh Broccoli & Dip 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 Fruit of the Day	Beef Patty, WG Bun & Ketchup Crisp Salad & Dressing Fruit of the Day	Dippin' Sauce Steamed Green Beans Fruit of the Day	WG Roll Steamed Carrots Fruit of the Day	Cucumbers & Dip 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			

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Menu Info	Age Group : K-8	PE Community School K-6 Lu		Options Provided : Hot & Cold Meals 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
9-14-9	Ketchup	Steamed Seasoned Rice	Steamed Peas	Steamed Rice	Baby Carrots
ot Mool	Cool Ranch Doritos	Asian Broccoli Slaw	Fruit of the Day	Crisp Salad & Dressing	Fruit of the Day
ot Meal	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/Marina
	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
lot Meal	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
Veek VI	Chicken Tenders	Sweet & Sour Chicken	Golden Corndog	Hmong Sausage w/Pepper Sauce	Beef Fiestada Hot Pocket
	Ketchup	Steamed Rice	Ketchup	Seasoned Rice	Baby Carrots
ot Meal	Sweet Chili Doritos	Sliced Cucumbers & Dip	Steamed Corn	Spinach Salad & Dressing	Fruit of the Day
or wicar	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 Dog Bun & Ketchup	WG Tortilla, Breaded Chicken Bites	Asian Pepper Sauce	Ketchup	Baby Carrots
ot Meal	Oven Fries & Ketchup	Asian Slaw Mix	Brown Rice	Crunchy Cheetos	Fruit of the Day
Ot Ivical	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/Saud
	Monday, November 29, 2021	Tuesday, November 30, 2021	CKC Chef Sp	ootlight - Chef Brandon (Kitchen Ma	nager, CKC)
Week II	Boneless Wings w/Sriracha BBQ	Ole Fashoned Hamburger	A Fami	ly that dines together, stays to	ogether
	Cool Ranch Doritos	Shred Lettuce & Ketchup		t becomes a family favorite. And w the cooking and dining experience	
ot Meal	Steamed Corn	Nacho Cheese Doritos		cipe is fondly tied to my memories, often when they were young.	
ot weat	Fruit of the Day	CKC Baked Beans		ife) in the house, I am the one who some team. Together, we never cea	
	WG Roll	Fruit of the Day		family.	- Brandon



1. /	North African Chicken Stew	v (Chef Brandon's Recipe)	
Ingredients	4 Servings	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.	
- 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 Tsps - 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	 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)					
4			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	
			Seasoned Rice	Steamed Rice	Crisp Salad & Dressing	
Hot Meal			Chilled Marinated Asian Broccoli	Baby Carrots	Fruit of the Day	
not Meai			Fruit of the Day	Fruit of the Day		
Cold			Turkey & Cheese Wrap	CKC Crazy Good Chicken Bun	Asian Chicken Sticky Bun	
4	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	
	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	
TIOT WEEL	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	



Week IV Oile Fashioned Chesesburger Steamed Seasoned Rice Steamed Floes Steamed Rice	Menu Info	Name : November 2021 H0PE Community School 7-9 Lunch Menu Age Group : 9-12			Options Provided : Hot & Cold Meals Meal : Lunch		
Retcrup Seamed Seasoned Rec Seamed Fine Coof Renni Decritors Coof Renni		Monday, November 1, 2021	Tuesday, November 2, 2021	Wednesday, November 3, 2021	Thursday, November 4, 2021	Friday, November 5, 2021	
Hot Mad Cari Barrich Dortos Asiam Braccall Slow Fruit of the Day Isomon Blueberry Crisps Fruit of the Day Fruit of the Day Allow Coccess Condice Milk Cold Turkey Bun Ott Corey Good Chicisen Bun Ott Corey Cond Chicken Bun Ott Corey Cond Chicken Bun Ott Corey Cond Chicken Bun Ott Corey Conditione Chicken Sandwish Model Devis A Grope Tomastoes Goldfor Chicken Nuggets wy Restshup Necho Creese Durities Goldfor Corese Bun Will Milkes Chicken Bun Ott Corey Conditione Chicken Sandwish No Bun Nern Orderses Succes A Rickles Solved Berni A Grope Tomastoes Fruit of the Day Alian Chicken Solve Milk 1007 Alice Box A Choice Milk 1007 Alice Box A	Week IV	Ole Fashioned Cheeseburger	Orange Chicken	Chicken Fried Rice	Asian Meatballs (Mongolian)	Bosco Sticks w/Marinara	
Hot Moal Creat Shms, Balied Beams & Frait of the Day root Ander Box & Chole Mills root Julic Box & Chole Mills Root Box & Chole Mills Root Meday, Nevember 10, 2021 Nord Orbers Destritus Solded Beans & Corpe Transferse Fruit of the Day root Julic Box & Chole Mills root Julic Box &		Ketchup	Steamed Seasoned Rice	Steamed Peas	Steamed Rice	Baby Carrots	
Carrol Sims, Billed Bears & Frill of the Day 1005 Julice Box & Christe Milk 1006 Julice Box & Christe Milk 1007 Julice Box & Christe Milk 1007 Julice Box &		Cool Ranch Doritos	Asian Broccoli Slaw	Fruit of the Day	Crisp Salad & Dressing	Fruit of the Day	
Truitey Bur Circlery Good Chicken Bur Chicken Morzardia Wing Season Chicken Bur Chicken Robert 1, 2021 Trunsday, Neversiber 18, 2021 Trunsday, Neversiber 18, 2021 Trunsday, Neversiber 18, 2021 Trunsday, Neversiber 18, 2021 Widensday, Neversiber 18, 2021 Trunsday, Neversiber 18, 2021 Will Milkes Cheese Bittes will Red Pho Will Milkes Cheese Bittes will Red Pho Siliced Coccumbers 8, Dip Good Spirit Cheese Chicken Standwich Bend Pho Day Fruit of the Day Siliced Coccumbers 8, Dip Sinced Chicken Standwich Siliced Spiritudia and Dimensional Spiritudia Chicken Standwich Siliced Spiritudia and Dimensional Spiritudia Chicken Standwich Spiritudia and Dimensional Spiritudia Chicken Spiritudia Spiritudia and Dimensional Spiritudia Chicken Spiritudia Chicken Spiritudia Spiritudia Chicken Spiritudia Spiritudia Chicken Spiritudia Spiritudia Chicken Spiritudia Spiritudia Chicken	TIOT MEAT		Fruit of the Day	Lemon Blueberry Crisps	Fruit of the Day	100% Juice Box & Choice Milk	
Montalay, Novembur 9, 2021 Tuesday, Novembur 10, 2021 Tuesday, Novembur 11, 2021 Friday, Novembur 12, 2021 Tuesday, Novembur 11, 2021 Tuesday, Novembur 12, 2021 Visid Affices Cheese Bites will Affice Box & Choice Milk Structure of the Day Fruit of the		100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk		
Week V Oolden Chicken Nuggest w/ Ketchup Meetball Sub Cripy Louisiana Chicken Sandwich Beerf Pho Wild Affiles Cheese Bitte w Nacho Cheese Devitos Coldfish Pretzels WC Bun, New Orinans Sance & Pickles Strandus & Dimer Rolls Baby Carrots Babed Beans & Crape Tomatoes Silved Curumbers & Dip San Chips & Steamed Sweet Plass Mixed Solad & Dressing Fruit of the Day Troot Juice Box & Choice Milk 100% Airice Box & Cho	Cold	Turkey Bun	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap	Sesame Chicken Bun	Chicken & Cheese Torta Sandwich	
Hot Meal Post Turkey on Wheel Seed of Mayo Asian Chicken Milk Cold Rest Turkey on Wheel Seed of Mayo Asian Chicken Milk Cold Rest Turkey on Wheel Seed of Mayo Asian Chicken Milk Cold Rest Turkey on Wheel Seed of Mayo Asian Chicken Milk Cold Rest Turkey on Wheel Seed of Mayo Asian Chicken Milk Cold Rest Turkey on Wheel Seed of Mayo Asian Chicken Milk Cold Rest Turkey on Wheel Seed of Mayo Asian Chicken Milk Cold Rest Turkey on Wheel Seed of Mayo Asian Chicken Milk Cold Rest Turkey on Wheel Seed of Mayo Asian Chicken Milk Cold Rest Turkey on Wheel Seed of Mayo Asian Chicken Milk Cold Rest Turkey on Wheel Seed of Mayo Asian Chicken Milk Cold Rest Turkey on Wheel Seed of Mayo Asian Chicken Milk Cold Chicken Tenders Sweet A Sour Chicken Sweet A Sour Chicken Steed Gucumbers & Dip Steemed Rice Cold Renth Doritos Seesoned Rice Elf Crahums Seesoned Rice Acholice Milk 100% Asian Chicken Milk 100% As	Z	Monday, November 8, 2021	Tuesday, November 9, 2021	Wednesday, November 10, 2021	Thursday, November 11, 2021	Friday, November 12, 2021	
Hot Mail Fruit of the Day Monday, November 15, 2001 Thurnday, November 15, 2001 Fruit of the Day Fruit of th	Week V	Golden Chicken Nuggets w/ Ketchup	Meatball Sub	Crispy Louisiana Chicken Sandwich	Beef Pho	Wild Mikes Cheese Bites w/Marinara	
Fruit of the Day Asian Chicken Schoice Millik Too's Juice Box & Choice Millik Toursday, November 18, 2021 Week VI Chicken Tenders Sweet & Sour Chicken Godden Carndog winketchup Ketchup Steamed Rice Cool Ranch Doritos Siced Cucumbers & Dip Steamed Corn Mixed Greens Salad & Dressing Baby Carrots & Beide Beans Fortune Cookie Fruit of the Day Asian Choice Millik 100% Juice Box & Choice Millik Hook Dag Bun & Ketchup Asian Seame Chicken Wrap Asian Seame Chicken Mrap Oven Fries & Ketchup Asian Seame Chicken Wrap Asian Seame Chicken Mrap Oven Fries & Ketchup Asi		Nacho Cheese Doritos	Goldfish Pretzels	WG Bun, New Orleans Sauce & Pickles	Sriracha & Dinner Rolls	Baby Carrots	
Fruit of the Day Asian Seame Chicken Milk Wadnesday, November 28, 2021 Fruit of the Day Hot Dog Bun & Ketchup Asian Seame Chicken Bites Asian Pepper Sauce Ketchup Asian Seame Chicken Bites Fruit of the Day Fruit of the Day Hot Dog Bun & Ketchup Asian Seame Chicken Bites Asian Pepper Sauce Ketchup Asian Seame Chicken Bites Fruit of the Day Hot Dog Bun & Ketchup Asian Seame Chicken Bites Asian Pepper Sauce Fruit of the Day Fruit of the Day Hot Dog Bun & Ketchup Asian Seame Chicken Bites Fruit of the Day Hot Dog Bun & Ketchup Asian Seame Chicken Bites Fruit of the Day Hot Dog Bun & Ketchup Asian Seame Chicken Bite	Hot Meal	Baked Beans & Grape Tomatoes	Sliced Cucumbers & Dip	Sun Chips & Steamed Sweet Peas	Mixed Salad & Dressing	Fruit of the Day	
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 St. Very w/ Mayo CKC Crazy Good Chicken Bun Chicken & Cheese Torta St. Very w/ Mayo CKC Crazy Good Chicken Bun Chicken & Cheese Torta St. Very w/ Mayo CKC Crazy Good Chicken Bun Chicken & Cheese Torta St. Very w/ Mayo CKC Crazy Good Chicken Bun Chicken Sticky Bun Chicken St. Very w/ Mayo CKC Crazy Good Chicken Bun Chicken St. Very w/ Mayo CKC Crazy Good Chicken Bun Chicken St. Very w/ Mayo CKC Crazy Good Chicken Bun Chicken St. Very w/ Mayo CKC Crazy Good Chicken Bun Chicken St. Very w/ Mayo CKC Crazy Good Chicken Bun Chicken St. Very w/ Mayo CKC Chicken St. Very w/ Mayo Colden Chicken St. Very w/ Mayo Colden Chicken St. Very w/ Mayo Colden Chicken St. Very w/ Mayo Chicken St. Very w/ Mayo Asian Chicken Wrap Chicken Drummy Colden Chicken Patty Standwich Pizza Crunchers w/titall Asian Seasone Chicken Wrap Asian Pepper Sauce Ketchup Baby Carrots & Dig Brown Rice Crunchy Cheetos Fruit of the Day Baby Carrots & Crunchy Cheetos Fruit of the Day Asian Seasone Chicken Mayo Baby Carrots & Crunchy Cheetos Fruit of the Day Baby Carrots & Crunchy Cheetos Fruit of the Day Chicken Cheese Doritos CKC Chief Spotlight - Chief Brandon (Kitchen Manager, CKC) April of the Day CKC Chief Spotlight - Chief Brandon (Kitchen Manager, CKC) April of the Day CKC Baked Beans & Fruit of the Day With an awasome baker (my wife) in the house, it am the one who holds the posi	TIOC MEA	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	100% Juice Box & Choice Milk	
Monday, November 15, 2021 Wedk VI Chicken Tenders Sweet & Sour Chicken Steamed Rice Cool Ranch Doritos Seasoned Rice Ell Grahams Sweet Chill Doritos Silced Cucumbers & Dip Steamed Corn Silced Cucumbers & Dip Steamed Corn Mixed Greers Salad & Dressing Baby Carrots & Dip Fruit of the Day Asian Chicken Sticky Bun Turkey Bun w/ Mayo Grilled BBQ Chicken Bun Turkey & Cheddar Chic Wrap w/ Mayo Monday, November 22, 2021 Tuesday, November 23, 2021 Wed North Cooled Asian Seame Chicken Bites Asian Pepper Sauce Ketchup Asian Shawk Brown Rice Crunchy Cheetos Fruit of the Day Vanilla Chat Shax & Fruit of the Day North Pies & Ketchup Asian Shawk Brown Rice Crunchy Cheetos Fruit of the Day North Chicken Caesar Wrap & Cool Ranch Doritos Cold Turkey Bun Hongy, November 29, 2021 Tuesday, November 30, 2021 Cick Chef Spotlight - Chef Brandon (Kitchen Milk 1003 Juice Box & Choice Milk North Cheese Doritos Scooby Grahams Scooby Grahams Scooby Grahams Scooby Grahams Scooby Grahams Ashan Chicken Shawk A Family that dines together, stays together Any recipe is a great recipe when it becomes a family favorte. And when it is comforting, flavor of the Day Monday, November 29, 2021 Tuesday, November 30, 2021 A Family that dines together, stays together Any recipe is a great recipe when it becomes a family favorte. And when it is comforting, flavor of the Day Steamed Corn & Grape Tomatoes Fruit of the Day Ashan Chicken Cheese Torta Sandwich Any recipe is a great recipe when it becomes a family favorte. And when it is comforting, flavor of the anazing own and i make an awessome team. Together, we never cease to excite the tease buse of the maxing own and i make an awessome team. Together, we never cease to excite the tease buse of the maxing own and i make an awessome team. Together, we never		100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk		
Week II Chicken Tenders Sweet & Sour Chicken Golden Corndag w/Ketchup Hmong Sausage w/Pepper Sauce Beef Flestada hot Por Steamed Rice Cool Ranch Doritos Seesoned Rice Elf Crahams	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	
Seasoned Rice Seasoned Rice Seasoned Rice Elf Grahams		Monday, November 15, 2021	Tuesday, November 16, 2021	Wednesday, November 17, 2021	Thursday, November 18, 2021	Friday, November 19, 2021	
Sweet Chili Doritos Siliced Cucumbers & Dip Steamed Corn Mixed Greens Salad & Dressing Baby Carrots & Dip Baby Carrots & Dip Fruit of the Day Asian Chicken Milk 100% Juice Box & Choice Milk 100% Juice Box & Choice Milk Torkey & Cheidar Chz Wrap w/ Mayo Asian Chicken Sticky Bun Teriyaki Chicken Bun Teriyaki C	Week VI	Chicken Tenders	Sweet & Sour Chicken	Golden Corndog w/Ketchup	Hmong Sausage w/Pepper Sauce	Beef Fiestada Hot Pocket	
Hot Meal Baby Carrots & Baked Beans Fortune Cookie Fruit of the Day Fruit		Ketchup	Steamed Rice	Cool Ranch Doritos	Seasoned Rice	Elf Grahams	
Baby Carrots & Baked Beans Fortune Cookie Fruit of the Day Baby Carrots & Fruit of the Day Baby Carrots Fruit of the Day Fruit of the Day Baby Carrots Fruit of the Day Fruit of the Day Baked Beans & Baby Carrots Scooby Grahams Fruit of the Day Baked Beans & Baby Carrots Scooby Grahams Inox Juice Box & Choice Milk Inox J	Hot Meal	Sweet Chili Doritos	Sliced Cucumbers & Dip	Steamed Corn	Mixed Greens Salad & Dressing	Baby Carrots & Dip	
Cold Turkey Bun w/ Mayo Grilled BBQ Chicken Bun Turkey & Cheddar Chz Wrap w/ Mayo Asian Chicken Sticky Bun Teriyakil Chicken Bun Monday, November 22, 2021 Tuesday, November 23, 2021 Vednesday, November 24, 2021 Thursday, November 25, 2021 Friday, November 28, 2021 Friday, November 29, 2021 Friday, Novem	TIOU WIE	Baby Carrots & Baked Beans	Fortune Cookie	Fruit of the Day	Fruit of the Day	Fruit of the Day	
Monday, November 22, 2021 Tuesday, November 23, 2021 Wedek I Julcy Hot Dog Asian Sesame Chicken Wrap Chicken Drummy Colden Chicken Patty Sandwich Pizza Crunchers w/Italia Hot Dog Bun & Ketchup WG Tortilla, Breaded Chicken Bites Asian Pepper Sauce Ketchup Baby Carrots & Dig Oven Fries & Ketchup Asian Slaw Mix Brown Rice Crunchy Cheetos Fruit of the Day Baby Carrots & Fruit of the Day Hot Meal Vanilla Chat Snax & Fruit of the Day Baby Carrots & Fruit of the Day Broccoli w/Dip & Fruit of the Day Baked Beans & Baby Carrots Scooby Grahams 100% Julce Box & Choice Milk 100% Julce Box & Choice Milk 100% Julce Box & Choice Milk Town Julce Box & Choice Milk 100% Julce Box & Choice Milk Chicken Caesar Wrap & Cool Ranch Doritos CKC Chef Spotlight - Chef Brandon (Kitchen Manager, CKC) Monday, November 29, 2021 Tuesday, November 30, 2021 CKC Chef Spotlight - Chef Brandon (Kitchen Manager, CKC) Any recipe is a great recipe when it becomes a family favorite. And when it is comforting, flavor of filp-smacking tasts, it elevates the cooking and dining experience to another level. This Stee is one such for my family. This recipe is fonding tast to del to a to my memories, as my sons enjoyed havi of filp-smacking tasts, it elevates the cooking and dining experience to another level. This Stee is one such for my family. This recipe is fonding the mories, as my sons enjoyed havi of tilp-smacking tasts, it elevates the cooking and dining experience to another level. This Stee is one such for my family. This recipe is fonding experience to another level. This Stee is one such for my family. This recipe is fonding experience to another level. This Stee is one such for my family. This recipe is fonding experience to another level. This Stee is one such for my family. This recipe is fonding experience to another level. This Stee is one such for my family. This recipe is fonding the down of the down of the m		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	
Week I Juicy Hot Dog Asian Sesame Chicken Wrap Chicken Drummy Golden Chicken Patty Sandwich Pizza Crunchers wittalia 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 Wanilla Chat Snax & Fruit of the Day Baked Beans & Baby Carrots & Scooby Grahams 100% Juice Box & Choice Milk 100% Jui	Cold	Turkey Bun w/ Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap w/ Mayo	Asian Chicken Sticky Bun	Teriyaki Chicken Bun	
Hot Dog Bun & Ketchup Oven Fries & Ketchup Asian Slaw Mix Brown Rice Crunchy Cheetos Fruit of the Day Vanilla Chat Snax & Fruit of the Day Honey Grahams 100% Juice Box & Choice Milk Turkey Bun Honey Mustard Chicken on WG Bun Monday, November 29, 2021 Week II Boneless Wings w/Sriracha BBQ Cold Ranch Doritos Shred Lettuce & Ketchup Nacho Cheese Doritos Ketchup Asian Pepper Sauce Ketchup Baked Beans & Baby Carrots & Fruit of the Day Baked Beans & Baby Carrots Scooby Grahams 100% Juice Box & Choice Milk Turkey Bun Honey Mustard Chicken on WG Bun Chicken Caesar Wrap & Cool Ranch Doritos Chicken & Cheese Torta Sandwich Banh Mi Chicken Sandwich Boritos Chicken Caesar Wrap & Cool Ranch Doritos Chicken & Cheese Torta Sandwich Banh Mi Chicken Sandwich Banh Mi Chicken Sandwich Boritos A Family that dines together, stays together A Family that dines together, stays together Any recipe is a great recipe when it becomes a family favorite. And when it is comforting, flavor of lip-smacking taste, it elevates the cooking and dining experience to another level. This Stee is one such for my family. This recipe is fondly tied to my memories, as my sons enjoyed having often when they were young. With an awesome baker (my wife) in the house, 1 am the one who holds the position of che amazing oven and 1 make an awesome team. Together, we never cease to excite the taste buc family. Baby Carrots & Dip. Fruit of the Day CKC Baked Beans & Fruit of the Day With an awesome baker (my wife) in the house, 1 am the one who holds the position of che amazing oven and 1 make an awesome team. Together, we never cease to excite the taste buc family. Baby Carrots & Dip. Fruit of the Day With an awesome baker (my wife) in the house, 1 am the one who holds the position of che amazing oven and 1 make an awesome team. Together, we never cease to excite the taste buc family. Baby Carrots & Di		Monday, November 22, 2021	Tuesday, November 23, 2021	Wednesday, November 24, 2021	Thursday, November 25, 2021	Friday, November 26, 2021	
Hot Meal Oven Fries & Ketchup Asian Slaw Mix Brown Rice Crunchy Cheetos Fruit of the Day Baby Carrots & Fruit of the Day & Boby Carrots & Fruit of the Day & Honey Grahams 100% Juice Box & Choice Milk Turkey Bun Honey Mustard Chicken on WG Bun Monday, November 29, 2021 Tuesday, November 30, 2021 Tuesday, November 30, 2021 CKC Chef Spotlight - Chef Brandon (Kitchen Manager, CKC) Week II Boneless Wings w/Sriracha BBQ Cool Ranch Doritos Steamed Corn & Grape Tomatoes Fruit of the Day CKC Baked Beans & Fruit of the Day 100% Juice Box & Choice Milk CKC Baked Beans & Fruit of the Day 100% Juice Box & Choice Milk Mix 100% Juice Box & Choice Milk 100% Juice Box & Choice Mil	Week I	Juicy Hot Dog	Asian Sesame Chicken Wrap	Chicken Drummy	Golden Chicken Patty Sandwich	Pizza Crunchers w/Italian Dip	
Hot Meal Vanilla Chat Snax & Fruit of the Day Baby Carrots & Fruit of the Day & Honey Grahams 100% Juice Box & Choice Milk Turkey Bun Honey Mustard Chicken on WG Bun Monday, November 29, 2021 Tuesday, November 30, 2021 CKC Chef Spotlight - Chef Brandon (Kitchen Manager, CKC) Week II Boneless Wings w/Sriracha BBQ Cool Ranch Doritos Shred Lettuce & Ketchup Steamed Corn & Grape Tomatoes Hot Meal Fruit of the Day CKC Baked Beans & Fruit of the Day 100% Juice Box & Choice Milk Fruit of the Day 100% Juice Box & Choice Milk 100		Hot Dog Bun & Ketchup	WG Tortilla, Breaded Chicken Bites	Asian Pepper Sauce	Ketchup	Baby Carrots & Dip	
Vanilla Chat Snax & Fruit of the Day Honey Grahams 100% Juice Box & Choice Milk 100% Juice Box	Hot Meal	Oven Fries & Ketchup	Asian Slaw Mix	Brown Rice	Crunchy Cheetos	Fruit of the Day	
Cold Turkey Bun Honey Mustard Chicken on WG Bun Doritos Chicken & Cheese Torta Sandwich Banh Mi Chicken Sandwich Doritos Monday, November 29, 2021 Tuesday, November 30, 2021 CKC Chef Spotlight - Chef Brandon (Kitchen Manager, CKC) Week II Boneless Wings w/Sriracha BBQ Old Fashoned Hamburger A Family that dines together, stays together Cool Ranch Doritos Steamed Corn & Grape Tomatoes Hot Meal Fruit of the Day CKC Baked Beans & Fruit of the Day CKC Baked Beans & Chicken & Cheese Torta Sandwich Banh Mi Chicken Sandwich Banh Mi Chicken Sandwich Banh Mi Chicken Sandwich CKC Chef Spotlight - Chef Brandon (Kitchen Manager, CKC) A Family that dines together, stays together Any recipe is a great recipe when it becomes a family favorite. And when it is comforting, flavor of lip-smacking taste, it elevates the cooking and dining experience to another level. This Ste is one such for my family. This recipe is fondly tied to my memories, as my sons enjoyed having often when they were young. With an awesome baker (my wife) in the house, I am the one who holds the position of che amazing oven and I make an awesome team. Together, we never cease to excite the taste but family. - Brandon	1,00 111001	Vanilla Chat Snax & Fruit of the Day		Broccoli w/Dip & Fruit of the Day	Baked Beans & Baby Carrots	Scooby Grahams	
Monday, November 29, 2021 Tuesday, November 30, 2021 CKC Chef Spotlight - Chef Brandon (Kitchen Manager, CKC) Week II Boneless Wings w/Sriracha BBQ Cool Ranch Doritos Shred Lettuce & Ketchup Cool Ranch Cheese Doritos Steamed Corn & Grape Tomatoes Hot Meal Fruit of the Day CKC Baked Beans & Fruit of the Day CKC Baked Beans & Choice Milk Tuesday, November 30, 2021 CKC Chef Spotlight - Chef Brandon (Kitchen Manager, CKC) A Family that dines together, stays together A Family that dines together, stays together Any recipe is a great recipe when it becomes a family favorite. And when it is comforting, flavor of lip-smacking taste, it elevates the cooking and dining experience to another level. This Stere is one such for my family. This recipe is fondly tied to my memories, as my sons enjoyed having often when they were young. With an awesome baker (my wife) in the house, I am the one who holds the position of che amazing oven and I make an awesome team. Together, we never cease to excite the taste but family. - Brandon		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	
Week II Boneless Wings w/Sriracha BBQ Old Fashoned Hamburger A Family that dines together, stays together Cool Ranch Doritos Shred Lettuce & Ketchup of lip-smacking taste, it elevates the cooking and dining experience to another level. This Ste is one such for my family. This recipe is fondly tied to my memories, as my sons enjoyed having often when they were young. CKC Baked Beans & Fruit of the Day 100% Juice Box & Choice Milk 100% Juice Box &	Cold	Turkey Bun	Honey Mustard Chicken on WG Bun	•	Chicken & Cheese Torta Sandwich	Banh Mi Chicken Sandwich w/Sauce	
Cool Ranch Doritos Shred Lettuce & Ketchup Any recipe is a great recipe when it becomes a family favorite. And when it is comforting, flavor of lip-smacking taste, it elevates the cooking and dining experience to another level. This Steries one such for my family. This recipe is fondly tied to my memories, as my sons enjoyed having often when they were young. With an awesome baker (my wife) in the house, I am the one who holds the position of che amazing oven and I make an awesome team. Together, we never cease to excite the taste but family. Brandon		Monday, November 29, 2021	Tuesday, November 30, 2021	CKC Chef Sp	ootlight - Chef Brandon (Kitchen Ma	anager, CKC)	
Steamed Corn & Grape Tomatoes Hot Meal Fruit of the Day CKC Baked Beans & Fruit of the Day 100% Juice Box & Choice Milk Nacho Cheese Doritos Of lip-smacking taste, it elevates the cooking and dining experience to another level. This Ste is one such for my family. This recipe is fondly tied to my memories, as my sons enjoyed having often when they were young. With an awesome baker (my wife) in the house, I am the one who holds the position of che amazing oven and I make an awesome team. Together, we never cease to excite the taste but family. - Brandon	Week II	Boneless Wings w/Sriracha BBQ	Old Fashoned Hamburger	A Fami	ly that dines together, stays to	ogether	
Hot Meal Fruit of the Day CKC Baked Beans & Fruit of the Day CKC Baked Beans & Fruit of the Day ON Juice Box & Choice Milk CKC Baked Beans & Choice Milk ON Juice Box & Choice Milk	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			
amazing oven and I make an awesome team. Together, we never cease to excite the taste but family. 100% Juice Box & Choice Milk 100% Juice Box & Choice Milk 100% Juice Box & Choice Milk		Steamed Corn & Grape Tomatoes	Nacho Cheese Doritos	often when they were young.			
100% Juice Box & Choice Milk 100% Juice Box & Choice Milk - Brandon		Fruit of the Day	CKC Baked Beans & Fruit of the Day	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.			
Cold Wowbutter & Jelly Sandwich Sesame Chicken Bun Brandon's "North African Chicken Stew" recipe is on Page 2		100% Juice Box & Choice Milk	100% Juice Box & Choice Milk			- Brandon	
Hot Veg meals are served with vegetables and fruit of the day	Cold	Wowbutter & Jelly Sandwich				on Page 2	

^{*}Skim and 1% milk choices offered daily.
*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

- Small red onion, halved

and sliced - 1



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This institution is an equal opportunity provider

North African Chicken Stew (Chef Brandon's Recipe)				
Ingredients	4 Servings	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.		
- Chicken Broth - 1.5 Cups - Uncooked Couscous - 1 Cup - Boneless, skinless chicken thighs	- Kosher salt - 4 Tsps - Freshly ground black pepper - to	- Heat the oil and butter in a Dutch oven. Season the chicken with the remaining salt, cumi paprika and pepper to taste; add to the pot.		
quartered - 6 - Ground Cumin - 1 Tsp	taste - Unsalted Butter - 1 Tbsp - Vegetable oil - 1 Tbsp	- 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.		
- Paprika, preferably Spanish pimenton - 1 Tsp - Carrots, sliced 1/4th inch thick - 2	- Chicken Broth - 1 2/3 Cups - Grated lemon zest - Apple cider vinegar - 1/4 Cup	- Adjust the heat to maintain a brisk simmer, cover and cook just until the chicken is firm the touch and the carrots are tender, about 8 minutes.		

- Apple cider vinegar - 1/4 Cup - Tunisian Pesto - 1/3rd cup

- 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			Sesame Chicken Bowl	Hmong Sausage	Turkey Pancake Wrap w/Syrup			
			Seasoned Rice	Steamed Rice	Crisp Salad & Dressing			
			Chilled Marinated Asian Broccoli	Baby Carrots & Dip	Fruit of the Day			
Hot Meal			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			

^{*}Skim and 1% milk choices offered daily.
*All Bread/Chips/Tortillas listed in the menu are whole-grain products.