

Homemade Silly Putty - Recipe

Ingredients

Steps :

- * Large Bowl, fork / small silicone spatula
- * 1 cup Corn Starch
- * ½ cup Dish soap
- * 1 tbsp Baby oil/Cooking oil
- * 3 drops of Food coloring

1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl.
2. Add oil and food coloring, mix with fork/spatula.
3. Now for the science part --- use your hands to knead the putty until it is smooth.
4. The putty will last about an hour – if you want to save some for later seal it in an air-tight container.

October 2022 Menu (Subject to Change)

| Week IV | Monday, October 3, 2022 | Tuesday, October 4, 2022 | Wednesday, October 5, 2022 | Thursday, October 6, 2022 | Friday, October 7, 2022 |
|-------------|---|---|--|--|---|
| | Breaded Chicken Patty Sandwich | Sweet & Spicy Roasted Chicken Drumstick | Fresh Hot Delivered Pizza | Walking Beef Taco | Kapoon |
| Lunch | Bakery Bun & Ketchup Sun Chips / CKC Baked Beans Variety Applesauce & Choice Milk | Garlic Dinner Roll Mixed Greens Salad & Dressing Tropical Fruit Mix & Choice Milk | Baby Carrots & Ranch Banana Choice Milk | Nacho Cheese Doritos, Seasoned Beef Shredded Cheese & Youza Sauce / Steamed Corn Summer Grapes & Choice Milk | WG Bakery Roll Sliced Cucumbers Crisp Apple & Choice Milk |
| Cold Option | Turkey & Cheddar Chz Wrap w/ Mayo & Goldfish Pretzels | Honey Mustard Chicken Bun | Turkey Bun w/Mayo | Chicken Caesar Wrap & Animal Crackers | Grilled Chicken & Cheese Bun |
| Week V | Monday, October 10, 2022 | Tuesday, October 11, 2022 | Wednesday, October 12, 2022 | | |
| | Old Fashioned Hamburger | Hmong Sausage | Garlic Cheese French Bread | | |
| Lunch | WG Bakery Bun & Ketchup Cool Ranch Doritos Baked Beans, Applesauce & Choice Milk | Seasoned Rice Steamed Corn Tropical Fruit Mix & Choice Milk | Marinara Sauce Sliced Cucumbers Banana & Choice Milk | | |
| Cold Option | Turkey & Cheddar Chz Wrap w/ Mayo & Goldfish Pretzels | Honey Mustard Chicken Bun | Turkey Bun w/Mayo | | |

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

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Steps :

- * Large Bowl, fork / small silicone spatula
- * 1 cup Corn Starch
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- * 3 drops of Food coloring

1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl.
2. Add oil and food coloring, mix with fork/spatula.
3. Now for the science part --- use your hands to knead the putty until it is smooth.
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October 2022 Menu (Subject to Change)

| Week IV | Monday, October 3, 2022 | Tuesday, October 4, 2022 | Wednesday, October 5, 2022 | Thursday, October 6, 2022 | Friday, October 7, 2022 |
|-------------|---|--|--|---|--|
| | Breaded Chicken Patty Sandwich | BBQ Meatballs | Fresh Hot Delivered Pizza | Beef Taco | Mac & Cheese |
| Lunch | Bakery Bun & Ketchup CKC Baked Beans Variety Applesauce & Choice Milk | Garlic Dinner Roll Mixed Greens Salad & Dressing Chilled Pears & Choice Milk | Steamed Carrots Banana Choice Milk | WG Tortilla, Seasoned Beef Shredded Cheese & Youza Sauce / Steamed Corn Chilled Peaches & Choice Milk | Sliced Cucumbers Crisp Apple Choice Milk |
| Cold Option | Turkey & Cheddar Chz Wrap w/ Mayo | Honey Mustard Chicken Bun | Turkey Bun w/Mayo | Chicken Caesar Wrap | Grilled Chicken & Cheese Bun |
| Week V | Monday, October 10, 2022 | Tuesday, October 11, 2022 | Wednesday, October 12, 2022 | | |
| | Old Fashioned Hamburger | Hmong Sausage | Garlic Cheese French Bread | | |
| Lunch | WG Bakery Bun & Ketchup Baked Beans Applesauce & Choice Milk | Seasoned Rice Steamed Corn Chilled Pears & Choice Milk | Marinara Sauce Sliced Cucumbers Banana & Choice Milk | | |
| Cold Option | Turkey & Cheddar Chz Wrap w/ Mayo | Honey Mustard Chicken Bun | Turkey Bun w/Mayo | | |

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

| Name : September 2022 HOPE Community School Grades K-10 Breakfast Menu | | | | | |
|---|--|--|--|--|---|
| Age Group : K-12 | | Meal : Breakfast | | Meal Pattern : NSLP | |
| Week V | Chef Spotlight - Barbara Reinhold (Administrative Coordinator) | | | Thursday, September 1, 2022 | Friday, September 2, 2022 |
| Breakfast | Who said cooking is for eating? | | | Hot Breakfast | Hot Breakfast |
| | Some of my favorite recipes are not actually for eating. This HOMEMADE SILLY PUTTY RECIPE is among one of my favorites. Who can resist the fun toy in the plastic egg that has annual sales that exceeds six million eggs around the world? | | | Breakfast Pizza (2 items) | Maple Waffle Chicken Sandwich (2 items) |
| | Cooking is about having the confidence to try new things. So Cooking is like science, you experiment with ingredients until you find or make the thing you want. - Barb | | | 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) | Chef Barb's recipe for 'Homemade Silly Putty' is on Page 2 | | | Choice Milk & Second Fruit OVS (1 item each) | Choice Milk & Second Fruit OVS (1 item each) |
| | | | | Chef's Choice may be offered | |
| Week VI | Monday, September 5, 2022 | Tuesday, September 6, 2022 | Wednesday, September 7, 2022 | Thursday, September 8, 2022 | Friday, September 9, 2022 |
| Breakfast | WG Chocolate Crescent Roll (2 items) | Hot Breakfast | Hot Breakfast | Hot Breakfast | Hot Breakfast |
| | | Breakfast Cheesy French Bread (2 items) | Turkey Egg Cheese Burrito (2 items) | Breakfast Egg Fried Rice (2 items) | Whole Grain 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 | | | | | |
| Week I | Monday, September 12, 2022 | Tuesday, September 13, 2022 | Wednesday, September 14, 2022 | Thursday, September 15, 2022 | Friday, September 16, 2022 |
| Breakfast | Assorted Big Bowl Cereal (2 Items) | Hot Breakfast | Hot Breakfast | Hot Breakfast | Hot Breakfast : Make your Own Breakfast Sandwich |
| | | French Toast Sticks & Syrup (2 items) | Breakfast Pizza (2 items) | Maple Waffle Chicken Sandwich (2 items) | Biscuit, Egg Patty & Cheese Slice |
| | 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 | | | | | |
| Week II | Monday, September 19, 2022 | Tuesday, September 20, 2022 | Wednesday, September 21, 2022 | Thursday, September 22, 2022 | Friday, September 23, 2022 |
| Breakfast | Blueberry Donut (1 items) | Hot Breakfast | Hot Breakfast | Hot Breakfast | Hot Breakfast |
| | | Waffle & Syrup (2 items) | Breakfast Rice Soup (2 items) | Turkey Egg Cheese Bites (2 items) | Pancake Sausage on a Stick 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 | | | | | |
| Week III | Monday, September 26, 2022 | Tuesday, September 27, 2022 | Wednesday, September 28, 2022 | Thursday, September 29, 2022 | Friday, September 30, 2022 |
| Breakfast | Assorted Small Breakfast Bread (1 item) | Hot Breakfast | Hot Breakfast | Hot Breakfast | Hot Breakfast |
| | | WG Pancakes & Syrup (2 items) | Scrambled Eggs & Cheese (1 item) & Small Assorted Muffin (1 item) | Breakfast Cheesy French Bread (2 items) | Breakfast Egg Fried Rice (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 | | | | | |

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

Homemade Silly Putty - Recipe

| | |
|--|--|
| <p>Ingredients</p> <ul style="list-style-type: none"> * Large Bowl, fork / small silicone spatula * 1 cup Corn Starch * ½ cup Dish soap * 1 tbsp Baby oil/Cooking oil * 3 drops of Food coloring | <p>Steps :</p> <ol style="list-style-type: none"> 1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl. 2. Add oil and food coloring, mix with fork/spatula. 3. Now for the science part --- use your hands to knead the putty until it is smooth. 4. The putty will last about an hour – if you want to save some for later seal it in an air-tight container. |
|--|--|

October 2022 Menu (Subject to Change)

| Week IV | Monday, October 3, 2022 | Tuesday, October 4, 2022 | Wednesday, October 5, 2022 | Thursday, October 6, 2022 | Friday, October 7, 2022 |
|---|--|---|--|--|--|
| Breakfast | Strawberry Cream Cheese Stuffed Bagel (2 items) | Hot Breakfast : Make your Own Breakfast Sandwich | Hot Breakfast | Hot Breakfast | Hot Breakfast |
| | | Biscuit, Egg Patty & Cheese Slice | Waffle Eggoji w/Syrup (2 items) | Egg, Turkey Sausage Burrito (2 items) | Pancake Turkey Sausage Wrap 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 | | | | | |

| Week V | Monday, October 10, 2022 | Tuesday, October 11, 2022 | Wednesday, October 12, 2022 | |
|---|--|--|--|--|
| Breakfast | Assorted Big Bowl Cereal (2 items) | Hot Breakfast | Hot Breakfast | |
| | | Breakfast Cheesy Calzone (2 items) | French Toast Sticks & 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 | | | | |

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

Name : September 2022 HOPE Community School Grades 6-12 Lunch Menu
Age Group : 9-12 **Meal : Lunch** **Meal Pattern : NSLP**

| | | | | |
|------------|--|--|--|---|
| Week V | Chef Spotlight - Barbara Reinhold (Administrative Coordinator) | | Thursday, September 1, 2022 | Friday, September 2, 2022 |
| Lunch | Who said cooking is for eating? | | Sesame Chicken | Beef Pho |
| | "Some of my favorite recipes are not actually for eating. This HOMEMADE SILLY PUTTY RECIPE is among one of my favorites. Who can resist the fun toy in the plastic egg that has annual sales that exceeds six million eggs around the world?" | | Steamed Rice | Dinner Roll |
| | Cooking is about having the confidence to try new things. So Cooking is like science, you experiment with ingredients until you find or make the thing you want. - Barb ☺ | | Mixed Greens Salad & Dressing | Baby Carrots & Large Crisp Apple |
| Veg Option | Chef Barb's recipe for 'Homemade Silly Putty' is on Page 2 | | Grapes, 100% Fruit Juice & Choice Milk | Elf Graham & Choice Milk |
| | | | Chicken Caesar Wrap / Elf Grahams | Grilled Chicken & Cheese Bun |

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|-------------|--|--|----------------------------------|--------------------------------------|---|
| Week VI | Monday, September 5, 2022 | Tuesday, September 6, 2022 | Wednesday, September 7, 2022 | Thursday, September 8, 2022 | Friday, September 9, 2022 |
| Lunch | Golden Corn Dog w/ Ketchup | "New" Roasted Curry Chicken Drumstick | Fresh Hot Delivered Pizza | Chicken Fritters w/ Ranch Dip | Hmong Sausage |
| | French Fries | WG Roll & Steamed Seasoned Rice | Baby Carrots & Ranch | Sweet Chili Doritos | WG Roll & Steamed Rice |
| | Steamed Corn / Variety Applesauce | Fresh Broccoli, Carrots & Dip | Bananas | Seasoned Black Beans /Summer Grapes | Mixed Salad & Dressing |
| | 100% Fruit Juice & Choice Milk | Tropical Fruit Mix, 100% Fruit Juice & Choice Milk | Cinnamon Goldfish & Choice Milk | 100% Fruit Juice & Choice Milk | 3 Ct Grahams, Large Crisp Apple & Choice Milk |
| Cold Option | Turkey & Cheddar Chz Wrap w/ Mayo & Goldfish Pretzels | Honey Mustard Chicken Bun | Turkey Bun w/Mayo | Chicken Caesar Wrap | Grilled Chicken & Cheese Bun |

| | | | | | |
|-------------|--|-------------------------------------|--|---------------------------------------|---|
| Week I | Monday, September 12, 2022 | Tuesday, September 13, 2022 | Wednesday, September 14, 2022 | Thursday, September 15, 2022 | Friday, September 16, 2022 |
| Lunch | All Beef Hot Dog | Asian Chicken Leg | Brunch Lunch | Pizza Crunchers & Marinara | Kapoon |
| | WG Bun, Ketchup & Mustard | Dinner Roll & Steamed Seasoned Rice | French Toast Sticks w/Berries & Syrup | Steamed Corn | Dinner Rolls |
| | Cool Ranch Doritos / CKC Baked Beans | Baby Carrots / Tropical Fruit Mix | Mixed Greens Salad & Dressing | Summer Grapes / Elf Grahams | Sliced Cucumbers & Carrots |
| | Applesauce, 100% Fruit Juice & Choice Milk | 100% Fruit Juice & Choice Milk | Bananas & Choice Milk | 100% Fruit Juice & Choice Milk | Large Crisp Apple & Choice Milk |
| Cold Option | Turkey & Cheddar Chz Wrap w/ Mayo | Honey Mustard Chicken Bun | Turkey Bun w/Mayo | Chicken Caesar Wrap | Grilled Chicken & Cheese Bun |

| | | | | | |
|-------------|--|--|----------------------------------|--|--|
| Week II | Monday, September 19, 2022 | Tuesday, September 20, 2022 | Wednesday, September 21, 2022 | Thursday, September 22, 2022 | Friday, September 23, 2022 |
| Lunch | Meatball Sub w/Mozzarella | Hmong Sausage | Fresh Hot Delivered Pizza | Spicy Breaded Chicken Sandwich | "New" Chicken Tinga Walking Taco |
| | Flamas | WG Roll & Steamed Seasoned Rice | Celery Sticks & Dip | WG Bun, Honey Sriracha Ketchup | Frito Corn Chips, Seasoned Chicken, Fresh Chopped Cilantro |
| | Baby Carrots / Variety Applesauce | Mixed Salad & Dressing /Tropical Fruit Mix | Bananas & Choice Milk | French Fries & Carrots / Summer Grapes | Crema & Seasoned Black Beans |
| | 100% Fruit Juice & Choice Milk | 100% Fruit Juice & Choice Milk | | Giant Goldfish Grahams, 100% Fruit Juice & Choice Milk | 3 Ct Grahams, Large Crisp Apple & Choice Milk |
| Cold Option | Turkey & Cheddar Chz Wrap w/ Mayo | Honey Mustard Chicken Bun | Turkey Bun w/Mayo | Chicken Caesar Wrap | Grilled Chicken & Cheese Bun |

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|-------------|--|--|---|--|--|
| Week III | Monday, September 26, 2022 | Tuesday, September 27, 2022 | Wednesday, September 28, 2022 | Thursday, September 29, 2022 | Friday, September 30, 2022 |
| Lunch | Premium Chicken Nuggets w/ Ketchup | Cheesy Lasagna Roll | Mongolian Meatballs | General Tso's Chicken | Beef Pho |
| | Cool Ranch Doritos | Soft Bakery Rolls | Garlic Dinner Rolls | Steamed Brown Rice | Dinner Roll |
| | Seasoned Black Beans | Crisp Salad & Dressing /Tropical Fruit Mix | Steamed Corn | Steamed Broccoli , Carrots Summer Grapes | Baby Carrots & Dip |
| | Applesauce, 100% Fruit Juice & Choice Milk | 100% Fruit Juice & Choice Milk | Bananas & Choice Milk | 100% Fruit Juice & Choice Milk | Elf Grahams, Large Crisp Apple & Choice Milk |
| Cold Option | Turkey & Cheddar Chz Wrap w/ Mayo | Honey Mustard Chicken Bun | Turkey Bun w/Mayo & Giant Goldfish | Chicken Caesar Wrap & Animal Crackers | Grilled Chicken & Cheese Bun |

*** Cold meals are served with vegetables and fruit of the day

| | | | | | |
|---|---|---|--|---|---|
| Deli Salads (Vegetarian choices come with eggs in the place of chicken) | Grilled Chicken Caesar Salad | Grilled Chicken Asian Salad | Grilled Chicken SW Taco Salad | Grilled Chicken Bistro Salad | Grilled Chicken Power Green Salad |
| | Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing | Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement | Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal. | Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll. | Powerful greens like Kale and Spinach raise the bar on this super green salad, with craisins bedazzling the look. Chicken Breast takes protein part, with WG roll for grains. |

*** Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)

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Homemade Silly Putty - Recipe

Ingredients

Steps :

- * Large Bowl, fork / small silicone spatula
- * 1 cup Corn Starch
- * ½ cup Dish soap
- * 1 tbsps Baby oil/Cooking oil
- * 3 drops of Food coloring

1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl.
2. Add oil and food coloring, mix with fork/spatula.
3. Now for the science part --- use your hands to knead the putty until it is smooth.
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October 2022 Menu (Subject to Change)

| Week IV | Monday, October 3, 2022 | Tuesday, October 4, 2022 | Wednesday, October 5, 2022 | Thursday, October 6, 2022 | Friday, October 7, 2022 |
|-------------|--|---|---|--|---|
| Lunch | Spicy Chicken Patty Sandwich Bakery Bun & Ketchup Sweet Chili Doritos / CKC Baked Beans Applesauce, 100% Fruit Juice & Choice Milk | Sweet & Spicy Roasted Chicken Drumstick Garlic Dinner Rolls Mix Green Salad & Dressing Tropical Fruit 100% Fruit Juice & Choice Milk | Fresh Hot Delivered Pizza Baby Carrots & Ranch Bananas Choice Milk | Walking Taco Nacho Cheese Chips, Seasoned Beef, Chz, Youza Sauce Steamed Corn & Carrot Slims / Grapes Elf Grahams 100% Fruit Juice & Choice Milk | Kapoon WG Bakery Rolls Sliced Cucumbers 3 Ct Honey Grahams, Large Crisp Apple & Choice Milk |
| Cold Option | Turkey & Cheddar Chz Wrap w/ Mayo | Honey Mustard Chicken Bun | Turkey Bun w/ Mayo | Chicken Caesar Wrap | Grilled Chicken & Cheese Bun |
| Week V | Monday, October 10, 2022 | Tuesday, October 11, 2022 | Wednesday, October 12, 2022 | | |
| Lunch | Old Fashioned Hamburger WG Bakery Bun & Ketchup Spicy Cheetos / Baked Beans Applesauce, 100% Fruit Juice & Choice Milk | Hmong Sausage Seasoned Rice Steamed Corn, Carrots / Tropical Fruit Mix 100% Fruit Juice & Choice Milk | Garlic Cheese French Bread Marinara Sauce Sliced Cucumbers Honey Grahams, Bananas & Choice Milk | | |
| Cold Option | Turkey & Cheddar Chz Wrap w/ Mayo | Honey Mustard Chicken Bun | Turkey Bun w/ Mayo | | |

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