

Name : October 2022 Escuela Exitos Lunch Menu					
Age Group : K-8		Meal : Lunch		Meal Pattern : NSLP	
Week IV	Monday, October 3, 2022	Tuesday, October 4, 2022	Wednesday, October 5, 2022	Thursday, October 6, 2022	Friday, October 7, 2022
	Queso Meatball Sub	Breaded Chicken Patty Sandwich	Fresh Baked Pan Pizza	Brunch Lunch	Dry Rub Roasted Chicken Drumstick
Hot Meal	WG Bun & Cilantro	Bakery Bun & Ketchup	Steamed Corn	French Toast Sticks w/ Syrup	Dinner Roll
	Nacho Cheese Doritos	Baby Carrots	Banana	Celery Sticks	Mixed Greens Salad & Dressing
	Cheesy Refried Beans	Tropical Fruit Mix	Choice Milk	Summer Grapes	Crisp Apple
	Variety Applesauce & Choice Milk	Choice Milk		Choice Milk	Choice Milk
Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022	Thursday, October 13, 2022	Friday, October 14, 2022
	Mozzarella Burger	Pomodoro Meatballs	Fresh Baked Pan Pizza	Sesame Chicken	Walking Taco
Hot Meal	WG Bakery Bun & Ketchup	WG Dinner Roll	Mixed Greens Salad & Dressing	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef
	Cool Ranch Doritos	Mashed Potatoes	Banana	Sliced Cucumbers	w/ Shred Chz, Lettuce, Cilantro
	Baby Carrots	Tropical Fruit Mix	Choice Milk	Summer Grapes	Cheesy Refried Beans
	Variety Applesauce & Choice Milk	Choice Milk		Lemon Crisps & Choice Milk	Crisp Apple & Choice Milk
Week VI	Monday, October 17, 2022	Tuesday, October 18, 2022	Wednesday, October 19, 2022	Thursday, October 20, 2022	Friday, October 21, 2022
	Golden Corn Dog w/ Ketchup	"New" Roasted Curry Chicken Drumstick	Fresh Baked Pan Pizza	Chicken Fritters w/ Ranch Dip	Build Your Own Cheesy Nachos
Hot Meal	Goldfish Pretzels	Old Fashioned Biscuit	Baby Carrots & Dip	Cool Ranch Doritos	Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips
	Cornerrific Salad	Fresh Broccoli & Dip	Banana	Seasoned Black Beans	Mixed Salad w/Dressing
	Variety Applesauce	Tropical Fruit Mix	Choice Milk	Summer Grapes	Crisp Apple
	Choice Milk	Choice Milk		Choice Milk	Choice Milk
Week I	Monday, October 24, 2022	Tuesday, October 25, 2022	Wednesday, October 26, 2022	Thursday, October 27, 2022	Friday, October 28, 2022
	"New" Creamy Chicken Pasta	All Beef Hot Dog	Fresh Baked Pan Pizza	Creamy Mac & Cheese	Sweet & Sour Chicken
Hot Meal	Soft Dinner Roll	WG Bun, Ketchup & Mustard	Steamed Corn	Fresh Sliced Cucumbers & Dip	Steamed Seasoned Brown Rice
	Fresh Baby Carrots	Cool Ranch Doritos	Banana	Summer Grapes	Crisp Fresh Broccoli
	Variety Applesauce	CKC Baked Beans	Choice Milk	Mixed Berry Animal Crackers	Crisp Apple
	Choice Milk	Tropical Fruit Mix & Choice Milk		Choice Milk	Choice Milk
Week II	Monday, October 31, 2022	Chef Spotlight - Nora Martinez (Food Service Manager, CKC)			
	"New" BBQ Beef Sandwich	An easy and tasty recipe for Thanksgiving, or even a barbeque night			
Hot Meal	Sunchips	<p>"I love cooking for family and friends. Cooking this recipe together as a team with my children for Thanksgiving brings me memories of when I was younger and helped my mother to prepare this special dish. Now that I grew up, I enjoy cooking special meals that my mother used to prepare for our family. Loaded potatoes was a favorite dish on our plate for Thanksgiving and we enjoy every bite of it with special memories.</p> <p>- Nora"☺</p>			
	CKC Baked Beans				
	Variety Applesauce				
	Choice Milk				
		Chef Nora's recipe for 'Loaded Potatoes' is on Page 2			

* 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.

Loaded Potatoes - Recipe

<p>Ingredients:</p> <ul style="list-style-type: none"> * 8 Potatoes *1 Cup butter *1 Cup sour cream *1/2 tsp salt *1/2 Tbls ground black pepper *1 Cup bacon bites *3 whole pickled jalapenos (chop them into little pieces) <p><u>Reserve these for later</u></p> <ul style="list-style-type: none"> *1 Cup shredded cheddar cheese *1 1/2 Cup green onions 	<p>Servings: 16</p>	<p>Steps:</p> <ol style="list-style-type: none"> 1. Wash the potatoes, dry them and cut them in half. Wrap them in thin foil with both slices together and place it on an oven pan. Bake @375 degrees for about 45 minutes. 2. Once cooked, cool and scoop some flesh out of the potatoes leaving a thick shell. The shell will be used later. 3. Mash the scooped flesh and mix all other ingredients. 4. Fill the shells with the mashed potato mix and bake them for about 15-20 minutes. 5. Garnish with cheese, green onions and loaded potatoes are ready to serve.
--	----------------------------	---

November 2022 Menu (Subject to Change)

Week II	Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022	
Hot Meal	<p>"New" Chicken Tinga Walking Taco</p> <p>Seasoned Chicken, Fresh Chopped Cilantro</p> <p>Crema & Frito Corn Chips</p> <p>Corn Salsa</p> <p>Tropical Fruit Mix & Choice Milk</p>	<p>Fresh Baked Pan Pizza</p> <p>Crisp Salad & Dressing</p> <p>Banana</p> <p>Choice Milk</p>	<p>Brunch Lunch</p> <p>Buttermilk Pancakes & Syrup</p> <p>Scrambled Eggs w/ Cheese</p> <p>Celery Sticks</p> <p>Summer Grapes & Choice Milk</p>	<p>"New" Beef Fried Rice</p> <p>Steamed Carrots</p> <p>Crisp Apple</p> <p>Fortune Cookie</p> <p>Choice Milk</p>	
Week III	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
Hot Meal	<p>Premium Chicken Nuggets</p> <p>Ketchup</p> <p>Corn Salad</p> <p>Cool Ranch Doritos</p> <p>Variety Applesauce & Choice Milk</p>	<p>Mandarin Orange Chicken</p> <p>Seasoned Rice</p> <p>Fresh Broccoli & Ranch</p> <p>Tropical Fruit Mix</p> <p>Choice Milk</p>	<p>Fresh Baked Pan Pizza</p> <p>Baby Carrots & Dip</p> <p>Banana</p> <p>Choice Milk</p>	<p>Cheesy Lasagna Roll</p> <p>Mixed Salad & Dressing</p> <p>Summer Grapes</p> <p>Elf Grahams</p> <p>Choice Milk</p>	<p>"New" Authentic Chicken Stir Fry</p> <p>Steamed Brown Rice</p> <p>Seasoned Black Beans</p> <p>Crisp Apple</p> <p>Choice Milk</p>

* 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.