

Name : October 2022 Escuela Exitos Breakfast Menu					
Age Group : K-8		Meal : Breakfast		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
Breakfast	<b>Strawberry Cream Cheese Stuffed Bagel (2 items)</b>	<b>Hot Breakfast : Make your Own Breakfast Sandwich</b>	<b>Hot Breakfast</b>	<b>WG Cinnamon Roll (2 items)</b>	<b>Hot Breakfast</b>
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	Thursday, October 13, 2022	Friday, October 14, 2022
Breakfast	<b>Assorted Big Bowl Cereal (2 items)</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Maple Waffle Snaps (2 items)</b>	<b>Hot Breakfast</b>
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 VI	Monday, October 17, 2022	Tuesday, October 18, 2022	Wednesday, October 19, 2022	Thursday, October 20, 2022	Friday, October 21, 2022
Breakfast	<b>Assorted Big Bowl Cereal (2 items)</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Variety Sliced Bagel (2 items)</b>	<b>Hot Breakfast</b>
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)	Margarine & Jelly (1 ea) 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, October 24, 2022	Tuesday, October 25, 2022	Wednesday, October 26, 2022	Thursday, October 27, 2022	Friday, October 28, 2022
Breakfast	<b>Assorted Big Bowl Cereal (2 Items)</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Soft Filled Oatmeal Cereal Bar (2 items)</b>	<b>Hot Breakfast : Make your Own Breakfast Sandwich</b>
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 II	Monday, October 31, 2022	Chef Spotlight - Nora Martinez (Food Service Manager, CKC)			
Breakfast	<b>Assorted Big Bowl Cereal (2 Items)</b>	<b>An easy and tasty recipe for Thanksgiving, or even a barbeque night</b>			
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	"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.			
	Choice Milk & Second Fruit OVS (1 item each)	- Nora"☺			
		Chef Nora's recipe for 'Loaded Potatoes' is on Page 2			
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.

Loaded Potatoes - Recipe		
<b>Ingredients:</b> * 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)  <u>Reserve these for later</u> *1 Cup shredded cheddar cheese *1 1/2 Cup green onions	<b>Servings: 16</b>	<b>Steps:</b>  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
Breakfast  Three items meet USDA Requirements (One item must be fruit)	<b>Hot Breakfast</b>  <b>Waffle &amp; Syrup (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b>  <b>Breakfast Cheese Calzone (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>WG Glazed Honey Bun (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b>  <b>Pancake Sausage on a Stick w/Syrup (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)
	Chef's Choice may be offered			

Week III	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
Breakfast  Three items meet USDA Requirements (One item must be fruit)	<b>Assorted Breakfast Bread (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b>  <b>WG Pancakes &amp; Syrup (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b>  <b>Scrambled Eggs &amp; Cheese (1 item) &amp; Small Assorted Muffin (1 item)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Assorted Big Bowl Cereal (2 Items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Hot Breakfast</b>  <b>Large Warm Biscuit (2 items) w/ Margarine &amp; Jelly</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)
	Chef's Choice may be offered				

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 \* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.