

Name : October 2022 K-12 Snack Menu					
Age Group : K-12		Meal : Snack		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
Snack	Giant Goldfish Graham (1 WG)	Mini Muffin (1 WG)	Scooby Grahams (1 WG)	Goldfish Pretzels (1 WG)	Cheddar Cheese Crisps (1 WG)
	100% 6.75 oz Fruit Juice	Cheese Stick (1 MMA)	100% 6.75 oz Fruit Juice	Cheese Stick (1 MMA)	100% 6.75 oz Fruit Juice
Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022	Thursday, October 13, 2022	Friday, October 14, 2022
Snack	Lemon Blueberry Crisps (1 WG)	Cheddar Goldfish Crackers (1 WG)	Cinnamon Toast Crunch Pouch (1 WG)	Cheezits (1 WG)	Assorted Oatmeal Bar (1 WG)
	100% 6.75 oz Fruit Juice	Cheese Stick (1 MMA)	100% 6.75 oz Fruit Juice	Cheese Stick (1 MMA)	100% 6.75 oz Fruit Juice
Week VI	Monday, October 17, 2022	Tuesday, October 18, 2022	Wednesday, October 19, 2022	Thursday, October 20, 2022	Friday, October 21, 2022
Snack	Vanilla Wafers (1 WG)	Veggie Crisps (1 WG)	Assorted Pop Tart (1 WG)	Scooby Grahams (1 WG)	Keebler Animal Crackers (1 WG)
	100% 6.75 oz Fruit Juice	Cheese Stick (1 MMA)	100% 6.75 oz Fruit Juice	Cheese Stick (1 MMA)	100% 6.75 oz Fruit Juice
Week I	Monday, October 24, 2022	Tuesday, October 25, 2022	Wednesday, October 26, 2022	Thursday, October 27, 2022	Friday, October 28, 2022
Snack	Granola Bites (1 WG)	Goldfish Pretzels (1 WG)	Cheddar Cheese Crisps (1 WG)	3 Count Honey Grahams (1 WG)	Vanilla Wafers (1 WG)
	100% 6.75 oz Fruit Juice	Cheese Stick (1 MMA)	100% 6.75 oz Fruit Juice	Cheese Stick (1 MMA)	100% 6.75 oz Fruit Juice
Week II	Monday, October 31, 2022	Chef Spotlight - Nora Martinez (Food Service Manager, CKC) An easy and tasty recipe for Thanksgiving, or even a barbeque night			
Snack	Lemon Blueberry Crisps (1 WG)	"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. - Nora"			
	100% 6.75 oz Fruit Juice	Chef Nora's recipe for 'Loaded Potatoes' is on Page 2			

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.
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November 2022 Menu (Subject to Change)

Week II		Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022
Snack		Single Pop Tart (1 WG)	Assorted Mini Muffin (1 WG)	Veggie Crisps (1 WG)	1.5 oz Brekkie (1 WG)
		Cheese Stick (1 MMA)	100% 6.75 oz Fruit Juice	Cheese Stick (1 MMA)	100% 6.75 oz Fruit Juice
Week III		Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
Snack	Monday, November 7, 2022	Whole Grain Bag of Chips (1 WG)	Assorted Cereal Bar (1 WG)	Granola Bites (1 WG)	Keebler Animal Crackers (1 WG)
		Cheezits (1 WG)	100% 6.75 oz Fruit Juice	Cheese Stick (1 MMA)	100% 6.75 oz Fruit Juice