

Menu Info		Name : December 2021 K-12 Snack Menu					
		Age Group : K-12		Meal : Snack		Meal Pattern : NSLP	
		'Chef Spotlight - Laurie Yohn (General Manager, CKC)		Wednesday, December 1, 2021	Thursday, December 2, 2021	Friday, December 3, 2021	
		Memories Preserved in Food					
Week II	<p>"Cooking and baking have always been a passion of mine. Growing up in a large family with 8 siblings, our parents taught us the importance of eating healthy and caring for our bodies. We grew our own produce, picked up fresh eggs & milk from the neighbor almost daily, and our father would make Saturday morning trips to the local meat market. My mother baked fresh bread and/or cookies daily! That was our treat after walking down our mile long driveway where the bus picked and dropped us off.</p> <p>Both of our parents were great cooks and bakers. We neither went to restaurants nor ate convenience foods until I was age 13-14. Boil-in-a-bag dinners were the hot ticket item back in the day but we got that "treat" only on Fridays! My mother went into the work force when I was 12 and this is when I started to prepare meals for my family. I have my parents to thank, for influencing me to cook and bake and I will forever cherish the moments, spent with them in the kitchen." - Laurie</p>			Cheddar Cheese Crisps (1 WG)	2 oz Assorted Muffin (1 WG)	1.5 oz Brekkie (1 WG)	
Snack				100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice	
Monday, December 6, 2021 Tuesday, December 7, 2021 Wednesday, December 8, 2021 Thursday, December 9, 2021 Friday, December 10, 2021							
Week III			2 oz Blueberry Snackbread (1 WG)	Veggie Crisps (1 WG)	Assorted Cereal Bar (1 WG)	Granola Bites (1 WG)	1.5 oz Brekkie (1 WG)
Snack			100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice
Monday, December 13, 2021 Tuesday, December 14, 2021 Wednesday, December 15, 2021 Thursday, December 16, 2021 Friday, December 17, 2021							
Week IV			2 oz Assorted Muffin (1 WG)	2.4 oz Corn Snackbread (1 WG)	Blueberry Donut (1 WG)	Elf Grahams (1 WG)	tOATly Oat Cup (1 WG)
Snack			100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice
Monday, December 20, 2021 Tuesday, December 21, 2021 Wednesday, December 22, 2021 Thursday, December 23, 2021 Friday, December 24, 2021							
Week V			2.4 oz French Toast Snackbread (1 WG)	Goldfish Crackers (1 WG)	1.5 oz Brekkie (1 WG)	Assorted Cereal Bar (1 WG)	Assorted Pop Tart (1 WG)
Snack			100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice
Monday, December 27, 2021 Tuesday, December 28, 2021 Wednesday, December 29, 2021 Thursday, December 30, 2021 Friday, December 31, 2021							
Week VI			Vanilla Wafers (1 WG)	Cheddar Cheese Crisps (1 WG)	tOATly Oat Cup (1 WG)	2 oz Muffin (1 WG)	Goldfish Crackers (1 WG)
Snack			100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice

Applesauce - Using Pressure Cooker (Chef Laurie's Recipe)

Ingredients	Uses	Steps
<p>(Using a covered pan on the stove top instead of pressure cooker will work as well. Heat on medium heat until apples are soft)</p> <ul style="list-style-type: none"> - 15 -20 medium sized apples. We like Haralson - ¼ c. pure maple syrup (fresh local syrup is the best!) - 2 teaspoons ground cinnamon - ¼ teaspoon freshly grated nutmeg - 1/8 teaspoon salt - 1 cup water (may use apple cider) 	<ul style="list-style-type: none"> • In baking to replace ½ the amount of oil that the recipe calls for • Great in oatmeal • Excellent with porkchops • Top your pancakes and waffles with applesauce instead of syrup 	<ol style="list-style-type: none"> 1. Core, peel and slice apples into 8 sections 2. Place all ingredients in pressure cooker and stir until combined 3. Close pot and cook on high pressure for 5 minutes. 4. Allow to rest in pot for 10 minutes 5. After 10 minutes, slowly release the pressure and open lid 6. The applesauce should be a little chunky. Using an immersion blender (or regular blender), blend until you reach preferred consistency. We like our applesauce smooth. 7. Store in sealed jar for 7 days or freeze in small containers. <p>I hope you enjoy this simple but delicious recipe for applesauce. It is so basic and versatile and brings back many beautiful memories that I have of spending time in the kitchen with my parents. We used our senses to determine what ingredients worked well with each other and did not follow recipes. To this day, I don't use many recipes when cooking but will use as a guide when baking.</p>

January 2022 Menu (Subject to Change)

Menu Info	Monday, January 3, 2022	Tuesday, January 4, 2022	Wednesday, January 5, 2022	Thursday, January 6, 2022	Friday, January 7, 2022
Week I	Granola Bites (1 WG)	1.5 oz Brekkie (1 WG)	Veggie Crisps (1 WG)	2 oz Muffin (1 WG)	Assorted Cereal Bar (1 WG)
Snack	100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice
Week II	Elf Grahams (1 WG)	French Toast Snackbread (1 WG)			
Snack	100% 6.75 oz Fruit Juice	100% 6.75 oz Fruit Juice			