

Menu Info		Name : December 2021 K-8 Bagged Breakfast w/ Cereal									
		Age Group : K-8		Meal : Breakfast		Meal Pattern : NSLP / SSO					
		*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>		Chocolate Chocolate Chip Muffin (2 items)		WG Glazed Honey Bun (2 items)		Big Bowl Cinnamon Toast Crunch (2 items)			
Breakfast				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)			
<i>Chef's Choice May be Offered Daily</i>											
		Monday, December 6, 2021		Tuesday, December 7, 2021		Wednesday, December 8, 2021		Thursday, December 9, 2021		Friday, December 10, 2021	
Week III		Apple Soft Filled Oatmeal Cereal Bar (2 items)		Big Bowl Cocoa Puffs (2 items)		Mini Cinnis (2 items)		Big Bowl Blueberry Rice Chex (2 items)		3.0 oz Breakfast Brekkie (2 items)	
Breakfast		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)	
<i>Chef's Choice May be Offered Daily</i>											
		Monday, December 13, 2021		Tuesday, December 14, 2021		Wednesday, December 15, 2021		Thursday, December 16, 2021		Friday, December 17, 2021	
Week IV		Big Bowl Cinnamon Toast Crunch (2 items)		Handmade Strawberry Boli (2 items)		Large Breakfast Bread (2 items)		Chewy Chocolate Chip Oatmeal Bar (2 items)		Big Bowl Blueberry Rice Chex (2 items)	
Breakfast		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)	
<i>Chef's Choice May be Offered Daily</i>											
		Monday, December 20, 2021		Tuesday, December 21, 2021		Wednesday, December 22, 2021		Thursday, December 23, 2021		Friday, December 24, 2021	
Week V		Orange Dream Muffin (2 items)		Honey Bun (2 items)		Big Bowl Cocoa Puffs (2 items)		Mini Cinnis (2 items)		Assorted Bowl Cereal (1 item)	
Breakfast		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)	
<i>Chef's Choice May be Offered Daily</i>											
		Monday, December 27, 2021		Tuesday, December 28, 2021		Wednesday, December 29, 2021		Thursday, December 30, 2021		Friday, December 31, 2021	
Week VI		Big Bowl Cinnamon Toast Crunch (2 items)		Apple Filled Donut (2 items)		3 oz Breakfast Brekkie (2 items)		Big Bowl Cocoa Puffs (2 items)		Strawberry Soft Filled Oatmeal Cereal Bar (2 items)	
Breakfast		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)	
<i>Chef's Choice May be Offered Daily</i>											

*Skim and 1% milk choices offered daily.
*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

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>

Menu Info 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	Handmade Strawberry Boli (2 items)	Big Bowl Blueberry Rice Chex (2 items)	Mini Cinnis (2 items)	Apple Soft Filled Oatmeal Cereal Bar (2 items)	Assorted Cereal Bowl (1 item)
Breakfast	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)	tOATly Oat Cup (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)
<i>Chef's Choice May be Offered Daily</i>					

Menu Info	Monday, January 10, 2022	Tuesday, January 11, 2022
Week II	Big Bowl Cocoa Puffs (2 items)	Apple Filled Donut (2 items)
Breakfast	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)
<i>Chef's Choice May be Offered Daily</i>		

*Skim and 1% milk choices offered daily.
*All Bread/Chips/Tortillas listed in the menu are whole-grain products.