

Menu Info	Name : December 2021 Escuela Exitos Lunch Menu				Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads	
	Age Group : K-8		Meal : Lunch		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. 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>		Individual Pan Pizza	Brunch Lunch	Tex Mex Wrap	
Hot Meal			Ranchero Corn Salad	Buttermilk Pancakes & Syrup	Seasoned Beef, Tator Tots, Eggs & Cheese	
			Chilled Grapes	Fruited Yogurt Cup	WG Tortilla & Cheesy Refried Beans	
			Choice Milk	Crisp Salad & Dressing	Fresh Citrus Fruit & Cinnamon Goldfish	
Hot Veg			Tropical Fruit Mix & Choice Milk	Choice Milk		
Cold			Fresh Hot Cheese Pizza	Buttermilk Pancakes & Syrup w/Fruited Yogurt Cup	Cheese Quesadilla	
			Turkey & Cheese Wrap w/Mayo, Animal Crackers	CKC Crazy Good Chicken Bun	Asian Chicken Sticky Bun	
	Monday, December 6, 2021	Tuesday, December 7, 2021	Wednesday, December 8, 2021	Thursday, December 9, 2021	Friday, December 10, 2021	
Week III	Chicken Fritter Wrap w/ Youza Sauce	Good Ole Fashioned Hamburger	Individual Pan Pizza	Cheesy Lasagna Roll	Mongolian Meatballs	
Hot Meal	WG Tortilla & Golden Chix Fritters w/ Shred Chz, Lettuce, Chopped Cilantro & CKC Youza Sauce	w/ Pickle Rounds & Ketchup	Celery & Ranch	Mixed Spinach Salad & Dressing	WG Dinner Roll	
	Nacho Chz Doritos w/ Creamy Refried Bean Salsa Dip	Carrots w/Ranch	Chilled Grapes	Tropical Fruit Mix	Mashed Potatoes	
	Fruited Applesauce & Choice Milk	WG Cool Ranch Doritos	Choice Milk	Elf Grahams	Crisp Varietal Apple	
Hot Veg	Bean & Cheese Burrito	Veggie Burger	Fresh Hot Cheese Pizza	Veggie Lasagna Roll	Teriyaki Veggie Nuggets	
Cold	Chicken & Cheese Torta Sandwich	Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken Sandwich w/Sauce	Chicken & Cheddar Wrap	Teriyaki Chicken Bun	
	Monday, December 13, 2021	Tuesday, December 14, 2021	Wednesday, December 15, 2021	Thursday, December 16, 2021	Friday, December 17, 2021	
Week IV	Chicken Tender Dunkers w/Ranch	Tender Salisbury Steak & Gravy	Individual Pan Pizza	Brunch Lunch	BBQ Roasted Chicken Drumstick	
Hot Meal	Goldfish Pretzels	WG Dinner Roll	Crisp Romaine Salad & Dressing	French Toast Sticks	Dinner Roll & CKC Baked Beans	
	Baby Carrots & Dip	Mashed Potatoes	Crisp Varietal Apple	Syrup	Tropical Fruit Mix	
	Fruited Applesauce	Banana	Choice Milk	Sliced Cucumbers & Dip	Scooby Grahams	
	Choice Milk	Choice Milk		Chilled Grapes & Choice Milk	Choice Milk	
Hot Veg	Pizza Crunchers & Italian Dip	Swedish Veggie Patty w/ WG Roll	Fresh Hot Cheese Pizza	French Toast Sticks & Syrup	Grilled Cheese Sandwich	
Cold	Turkey Bun	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap, Cheetos	Sesame Chicken Bun	Chicken & Cheese Torta Sandwich	
	Monday, December 20, 2021	Tuesday, December 21, 2021	Wednesday, December 22, 2021	Thursday, December 23, 2021	Friday, December 24, 2021	
Week V	Mozzarella Burger	Asian Sesame Chicken Wrap	Individual Pan Pizza	Chicken & Waffle	Walking Taco	
Hot Meal	WG Bakery Bun & Ketchup	WG Tortilla, Breaded Chicken Bites	Fresh Broccoli & Dip	Chicken Tenders	Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Lettuce, Cilantro & Boom Sauce	
	Sun Chips	Asian Slaw Mix	Tropical Fruit Mix	WG Waffle w/Syrup	Cheesy Refried Beans	
	Cornstastic Salad	Baby Carrots & Fortune Cookie	Choice Milk	Fresh Sliced Cucumbers	Crisp Varietal Apple & Choice Milk	
	Fruited Applesauce & Choice Milk	Banana & Choice Milk		Chilled Grapes & Choice Milk		
Hot Veg	Mozzarella Veggie Burger	Twisted Cheese Breadsticks	Fresh Hot Cheese Pizza	Waffles w/Syrup & Fruited Yogurt Cup	Cheese Quesadilla	
Cold	Roast Turkey on Wheat Bread	Asian Chicken Sticky Bun	Chicken Caesar Wrap, Vanilla Chat Snax	CKC Crazy Good Chicken Bun	Chicken & Cheese Torta Sandwich	
	Monday, December 27, 2021	Tuesday, December 28, 2021	Wednesday, December 29, 2021	Thursday, December 30, 2021	Friday, December 31, 2021	
Week VI	Premium Chicken Nuggets	Build Your Own Cheesy Nachos	Individual Pan Pizza	Chicken Enchilada Rice Bowl	Swedish Meatballs	
Hot Meal	Ketchup	Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips, Sour Cream & Cilantro	Creamy Coleslaw	Brown Rice w/ Seasoned Chicken	WG Dinner Roll	
	Cool Ranch Doritos & Baby Carrots	Mixed Salad Greens w/Dressing	Chilled Grapes	Shred Cheese, Lettuce & CKC Boom Sauce	Mashed Potatoes	
	Fruited Applesauce	Banana & Choice Milk	Choice Milk	Seasoned Black Beans	Crisp Varietal Apple & Giant Goldfish	
	Choice Milk			Tropical Fruit Mix & Choice Milk	Choice Milk	
Hot Veg	Pizza Crunchers & Italian Dip	Veggie TexMex Wrap	Fresh Hot Cheese Pizza	Cheese Quesadilla	Swedish Veggie Patty	
Cold	Turkey Bun w/ Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap w/ Mayo, Elf Grahams	Asian Chicken Sticky Bun	Teriyaki Chicken Bun	

Hot Veg and Cold meals are served with vegetables and fruit of the day

Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruits and milk)

Days	Monday	Tuesday	Wednesday	Thursday	Friday
Deli Salads (Vegetarian choices come with eggs in the place of chicken)	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	Grilled Chicken Power Green Salad
	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	Powerful greens like Kale and Spinach raise the bar on this super green salad, with crainsins bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.

*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	Crispy Louisiana Chicken Bun	All Beef Hot Dog	Individual Pan Pizza	Burrito Bowl	Sweet & Sour Chicken
Hot Meal	WG Bun, Pickle Rounds w/ CKC New Orleans Sauce Corntastic Salad, Carrot Slims & Sun Chips Fruited Applesauce & Choice Milk	WG Bun, Ketchup & Mustard Cool Ranch Doritos Grape Tomatoes Banana & Choice Milk	Crisp Mixed Greens Salad & Dressing Crisp Varietal Apple Choice Milk	Brown Rice topped w/Seasoned Beef Shred Cheese, Lettuce & CKC Youza Sauce Chilled Black Beans Grapes & Choice Milk	Steamed Seasoned Brown Rice Sliced Cucumbers w/Ranch Fresh Citrus Fruit Choice Milk
Hot Veg	Louisiana Veggie Burger	Grilled Cheese Sandwich	Fresh Hot Cheese Pizza	Cheese Quesadilla	Sweet & Sour Veggie Nuggets Bowl
Cold	Turkey Bun	Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap, Lemon Crisps	Chicken & Cheese Torta Sandwich	Banh Mi Chicken Sandwich w/Sauce
Week II	Golden Corn Dog w/ Ketchup	Yahya! Boneless Chicken Wings			
Hot Meal	Goldfish Pretzels Baby Carrots Fruited Applesauce Choice Milk	Honey Mustard Mild Buffalo Dressed Crisp Broccoli Vanilla Chat Snax Banana & Choice Milk			
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese			
Cold	Wowbutter & Jelly Sandwich	Sesame Chicken Bun			

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