

Menu Info	Name : October 2021 Bagged Breakfast No Cereal		Meal : Breakfast	Meal Pattern : NSLP / SSO
	Age Group : K-8		CKC Chef Spotlight - Chef Ambika (& Menu Planner, CKC)	
	Friday, October 1, 2021			

Breakfast	"Nothing Awakens Reminiscence Like an Aroma" - Victor Hugo			Assorted Cereal Bar (1 item)
Three items meet USDA Requirements (One item must be fruit)	Cooking is my stress-buster activity and my aromatherapy. Born and brought up in India, the land of spices, no wonder, I have always loved the aroma of food more than its visual and taste. Of course, taste and looks are important, but it is the aroma that hits the notch first, whenever I cook.			Power Protein & Fruit Pack (2 items)
	Out of my two kids, one is a foodie and other is a picky eater. So, it's a no brainer to say, whatever I cook will not be received well by one of my kids. Either it is 'too bland' or 'too spicy'. But I can safely say this 'Garam Masala Chicken' is both their favorite. With the name suggesting 'Garam Masala' (a heavenly aromatic spice mixture used in Indian cooking), it is equally loved by me, to cook and eat as well.			Choice Milk & Second Fruit OVS (1 item each)
	- Ambika			
Ambika's "Garam Masala Chicken" recipe is on Page 2				<i>Chef's Choice May be Offered Daily</i>

	Monday, October 4, 2021	Tuesday, October 5, 2021	Wednesday, October 6, 2021	Thursday, October 7, 2021	Friday, October 8, 2021
Breakfast	Assorted 1.5 oz Breakfast Brekkie (1 item)	WG Glazed Honey Bun (2 items)	2 oz Assorted Muffin (1 item)	Assorted Stuffed Cream Cheese Bagel (2 items)	2 oz Assorted Snack Bread (1 Item)
Three items meet USDA Requirements (One item must be fruit)	*String Cheese (1 item) Must add to bag*		*String Cheese (1 item) Must add to bag*		Power Protein & Fruit Pack (2 items)
	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)
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<i>Chef's Choice May be Offered Daily</i>					

	Monday, October 11, 2021	Tuesday, October 12, 2021	Wednesday, October 13, 2021	Thursday, October 14, 2021	Friday, October 15, 2021
Breakfast	Betty Crocker Oatmeal Bar (1 item)	Make your own Parfait Toataly Oat Cup (1 item)	Mini Cinnis (2 items)	WG Apple Filled Donut (2 items)	Assorted Cereal Bar (1 item)
Three items meet USDA Requirements (One item must be fruit)	*String Cheese (1 item) Must add to bag*	*Fruited Yogurt (1 item) Must add to bag*			Power Protein & Fruit Pack (2 items)
	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)
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<i>Chef's Choice May be Offered Daily</i>					

	Monday, October 18, 2021	Tuesday, October 19, 2021	Wednesday, October 20, 2021	Thursday, October 21, 2021	Friday, October 22, 2021
Breakfast	Assorted Pop Tart (1 item)	2 oz Assorted Mini Muffin (1 item)	Betty Crocker Oatmeal Bar (1 item)	No School	No School
Three items meet USDA Requirements (One item must be fruit)	*String Cheese (1 item) Must add to bag*	*Fruited Yogurt Cup (1 item) Must add to bag*	Power Protein & Fruit Pack (2 items)		
	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)		
<i>Chef's Choice May be Offered Daily</i>					

	Monday, October 25, 2021	Tuesday, October 26, 2021	Wednesday, October 27, 2021	Thursday, October 28, 2021	Friday, October 29, 2021
Breakfast	2 oz Assorted Breakfast Bread (1 item)	Maple Snackin Waffle (2 Items)	BC Cinnamon Roll (2 items)	Make your own Parfait Toataly Oat Cup (1 item)	Assorted Cereal Bar (1 item)
Three items meet USDA Requirements (One item must be fruit)	*String Cheese (1 item) Must add to bag*			*Fruited Yogurt (1 item) Must add to bag*	Power Protein & Fruit Pack (2 items)
	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)
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<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.

Menu Info	Name : October 2021 K-8 w/Pizza Fridays Menu	Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads
	Age Group : K-8	Meal : Lunch
		Meal Pattern : NSLP / SSO

CKC Chef Spotlight - Chef Ambika (& Menu Planner, CKC)		Friday, October 1, 2021
"Nothing Awakens Reminiscence Like an Aroma" - Victor Hugo		
Hot Meal	<p>Cooking is my stress-buster activity and my aromatherapy. Born and brought up in India, the land of spices, no wonder, I have always loved the aroma of food more than its visual and taste. Of course, taste and looks are important, but it is the aroma that hits the notch first, whenever I cook.</p> <p>Out of my two kids, one is a foodie and other is a picky eater. So, it's a no brainer to say, whatever I cook will not be received well by one of my kids. Either it is 'too bland' or 'too spicy'. But I can safely say this 'Garam Masala Chicken' is both their favorite. With the name suggesting 'Garam Masala' (a heavenly aromatic spice mixture used in Indian cooking), it is equally loved by me, to cook and eat as well.</p>	<p>Fresh Hot Delivered Pizza</p> <p>Jicama Sticks w/Dip</p> <p>Fruited Applesauce</p> <p>Choice Milk</p>
Hot Veg	- Ambika	Fresh Hot Cheese Pizza
Cold	Ambika's "Garam Masala Chicken" recipe is on Page 2	Chicken & Cheese Torta Sandwich

	Monday, October 4, 2021	Tuesday, October 5, 2021	Wednesday, October 6, 2021	Thursday, October 7, 2021	Friday, October 8, 2021
Hot Meal	<p>Premium Chicken Nuggets</p> <p>Ketchup</p> <p>Cool Ranch Doritos & Baby Carrots</p> <p>Crisp Varietal Apple</p> <p>Choice Milk</p>	<p>Build Your Own Cheesy Nachos</p> <p>Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips, Sour Cream & Cilantro</p> <p>Mixed Salad Greens w/Dressing</p> <p>Banana & Choice Milk</p>	<p>Cheeseburger</p> <p>Fresh Bakery Bun, Ketchup & Pickles</p> <p>Creamy Coleslaw</p> <p>Chilled Grapes & Elf Grahams</p> <p>Choice Milk</p>	<p>Chicken Enchilada Rice Bowl</p> <p>Brown Rice w/ Seasoned Chicken Shred Cheese, Lettuce & CKC Boom Sauce</p> <p>Seasoned Black Beans</p> <p>Seasonal Melon & Choice Milk</p>	<p>Fresh Hot Delivered Pizza</p> <p>Corntastic Salad</p> <p>Fruited Applesauce</p> <p>Choice Milk</p>
Hot Veg	Pizza Crunchers & Italian Dip	Veggie TexMex Wrap	Garden Cheeseburger	Cheese Quesadilla	Fresh Hot Cheese Pizza
Cold	Turkey Bun w/ Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap w/ Mayo	Asian Chicken Sticky Bun	Teriyaki Chicken Bun

	Monday, October 11, 2021	Tuesday, October 12, 2021	Wednesday, October 13, 2021	Thursday, October 14, 2021	Friday, October 15, 2021
Hot Meal	<p>Crispy Louisiana Chicken Bun</p> <p>WG Bun, Pickle Rounds</p> <p>w/ CKC New Orleans Sauce</p> <p>Corntastic Salad, Carrot Slims & Sun Chips</p> <p>Crisp Varietal Apple & Choice Milk</p>	<p>All Beef Hot Dog</p> <p>WG Bun, Ketchup & Mustard</p> <p>Cool Ranch Doritos</p> <p>Grape Tomatoes</p> <p>Banana & Choice Milk</p>	<p>Chicken Biryani w/Yogurt Sauce</p> <p>Crisp Mixed Greens Salad & Dressing</p> <p>Lemon Blueberry Crisps</p> <p>Fruited Applesauce</p> <p>Choice Milk</p>	<p>Burrito Bowl</p> <p>Brown Rice topped w/Seasoned Beef Shred Cheese, Lettuce & CKC Youza Sauce</p> <p>Chilled Black Beans</p> <p>Grapes & Choice Milk</p>	<p>Fresh Hot Delivered Pizza</p> <p>Sliced Cucumbers w/Ranch</p> <p>Fresh Citrus Fruit</p> <p>Choice Milk</p>
Hot Veg	Louisiana Veggie Burger	Grilled Cheese Sandwich	Wild Mikes Cheese Bites	Bean & Cheese Burrito	Fresh Hot Cheese Pizza
Cold	Turkey Bun	Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap	Chicken & Cheese Torta Sandwich	Banh Mi Chicken Sandwich w/Sauce

	Monday, October 18, 2021	Tuesday, October 19, 2021	Wednesday, October 20, 2021	Thursday, October 21, 2021	Friday, October 22, 2021
Hot Meal	<p>Turkey Bun</p> <p>Individually Wrapped Turkey Bun Sandwiches</p> <p>Cheese Bun</p> <p>Individually Wrapped Cheese Sandwiches</p> <p>Baby Carrots Pack & 100% Veggie Juice</p>	<p>Turkey Bun</p> <p>Individually Wrapped Turkey Bun Sandwiches</p> <p>Cheese Bun</p> <p>Individually Wrapped Cheese Sandwiches</p> <p>Baby Carrots Pack & 100% Veggie Juice</p>	<p>Turkey Bun</p> <p>Individually Wrapped Turkey Bun Sandwiches</p> <p>Cheese Bun</p> <p>Individually Wrapped Cheese Sandwiches</p> <p>Baby Carrots Pack & 100% Veggie Juice</p>	No School	No School
Hot Veg	Fruited Applesauce Pack	Fruited Applesauce Pack	Fruited Applesauce Pack		
Cold	WG Crackers	WG Crackers	WG Crackers		

	Monday, October 25, 2021	Tuesday, October 26, 2021	Wednesday, October 27, 2021	Thursday, October 28, 2021	Friday, October 29, 2021
Hot Meal	<p>Chicken Fritter Wrap w/ Youza Sauce</p> <p>WG Tortilla & Golden Chix Fritters w/ Shred Chz, Lettuce, Chopped Cilantro & CKC Youza Sauce</p> <p>Nacho Chz Doritos w/ Creamy Refried Bean Salsa Dip</p> <p>Crisp Varietal Apple & Choice Milk</p>	<p>Good Ole Fashioned Hamburger</p> <p>w/ Pickle Rounds & Ketchup</p> <p>Carrots w/Ranch</p> <p>WG Cool Ranch Doritos</p> <p>Banana & Choice Milk</p>	<p>Mandarin Orange Chicken</p> <p>Steamed Brown Rice</p> <p>Celery & Ranch</p> <p>Chilled Grapes</p> <p>Choice Milk</p>	<p>Cheesy Lasagna Roll</p> <p>Mixed Spinach Salad & Dressing</p> <p>Seasonal Fresh Cut Melon</p> <p>Elf Grahams</p> <p>Choice Milk</p>	<p>Fresh Hot Delivered Pizza</p> <p>Corneriffica Salad</p> <p>Applesauce Cup</p> <p>Choice Milk</p>
Hot Veg	Bean & Cheese Burrito	Veggie Burger	Egg Fried Rice	Veggie Lasagna Roll	Fresh Hot Cheese Pizza
Cold	Chicken & Cheese Torta Sandwich	Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken Sandwich w/Sauce	Chicken & Cheddar Wrap	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)

	Monday	Tuesday	Wednesday	Thursday	Friday
Deli Salads (Vegetarian choices come with eggs in the place of chicken)	<p>Grilled Chicken Caesar Salad</p> <p>Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing</p>	<p>Grilled Chicken Asian Salad</p> <p>Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement</p>	<p>Grilled Chicken Southwest Taco Salad</p> <p>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.</p>	<p>Grilled Chicken Bistro Salad</p> <p>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.</p>	<p>Grilled Chicken Power Green Salad</p> <p>Powerful greens like Kale and Spinach raise the bar on this super green salad, with craisins bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.</p>

*Skim and 1% milk choices offered daily.

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