

Menu Info	Name : October 2021 Cold Breakfast Menu	
	Age Group : Toddler & Pre- K (Ages 3-5)	Meal : Breakfast
		Meal Pattern : CACFP/Preschool
CKC Chef Spotlight - Chef Ambika (& Menu Planner, CKC)		Friday, October 1, 2021

Breakfast	<p>"Nothing Awakens Reminiscence Like an Aroma" - Victor Hugo</p> <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 style="text-align:center;">- Ambika</p>	<p>Stuffed Cream Cheese Bagel (2 Items)</p> <p>100% Fruit Juice Box (1 Item)</p> <p>Choice Milk Offered (1 Item)</p>
Three items meet USDA Requirements (One item must be fruit)	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
Three items meet USDA Requirements (One item must be fruit)	<p>Cheerios Cereal Bowl (GF) (1 Item)</p> <p>100% Fruit Juice Box (1 Item)</p> <p>Choice Milk Offered (1 Item)</p>	<p>Corn Muffin (1 Item)</p> <p>4 oz Applesauce (1 Item)</p> <p>Choice Milk Offered (1 Item)</p>	<p>Kix Cereal Bowl (Item)</p> <p>100% Fruit Juice Box (1 Item)</p> <p>Choice Milk Offered (1 Item)</p>	<p>2 oz Assorted Breakfast Bread (1 Item)</p> <p>4 oz Applesauce (1 Item)</p> <p>Choice Milk Offered (1 Item)</p>	<p>Cream Cheese Stuffed Bagel (2 Items)</p> <p>100% Fruit Juice Box (1 Item)</p> <p>Choice Milk Offered (1 Item)</p>
	<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
Three items meet USDA Requirements (One item must be fruit)	<p>Rice Chex Cereal Bowl (GF) (1 Item)</p> <p>100% Fruit Juice Box (1 Item)</p> <p>Choice Milk Offered (1 Item)</p>	<p>2 oz Muffin (1 Item)</p> <p>4 oz Applesauce (1 Item)</p> <p>Choice Milk Offered (1 Item)</p>	<p>Cheerios Cereal Bowl (GF) (1 Item)</p> <p>100% Fruit Juice Box (1 Item)</p> <p>Choice Milk Offered (1 Item)</p>	<p>2 oz Assorted Breakfast Bread (1 Item)</p> <p>4 oz Applesauce (1 Item)</p> <p>Choice Milk Offered (1 Item)</p>	<p>Mini Waffles (2 Items)</p> <p>100% Fruit Juice Box (1 Item)</p> <p>Choice Milk Offered (1 Item)</p>
	<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
Three items meet USDA Requirements (One item must be fruit)	<p>Kix Cereal Bowl (1 Items)</p> <p>100% Fruit Juice Box (1 Item)</p> <p>Choice Milk Offered (1 Item)</p>	<p>Fruited Yogurt Cup (1 Item)</p> <p>4 oz Applesauce (1 Item)</p> <p>Choice Milk Offered (1 Item)</p>	<p>Rice Chex Cereal Bowl (1 Item)</p> <p>100% Fruit Juice Box (1 Item)</p> <p>Choice Milk Offered (1 Item)</p>	No School	No School
	<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
Three items meet USDA Requirements (One item must be fruit)	<p>Multigrain Cheerios Cereal Bowl (1 Item)</p> <p>100% Fruit Juice Box (1 Item)</p> <p>Choice Milk Offered (1 Item)</p>	<p>Stuffed Cream Cheese Bagel (2 Items)</p> <p>4 oz Applesauce (1 Item)</p> <p>Choice Milk Offered (1 Item)</p>	<p>Kix Cereal Bowl (1 Item)</p> <p>100% Fruit Juice Box (1 Item)</p> <p>Choice Milk Offered (1 Item)</p>	<p>Fruited Yogurt Cup (1 Item)</p> <p>4 oz Applesauce (1 Item)</p> <p>Choice Milk Offered (1 Item)</p>	<p>Corn Muffin (1 Item)</p> <p>100% Fruit Juice Box (1 Item)</p> <p>Choice Milk Offered (1 Item)</p>
	<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.

This institution is an equal opportunity provider

Menu Info		Name : October 2021 -- Pizza Fridays Menu - with Fresh & Steamed Veggies			Options Provided : Hot, Hot Vegetarian Meals	
		Age Group : Toddler & Pre-K (Ages 3-5)			Meal : Lunch	
		Meal Option : Preschool			CKC Chef Spotlight - Chef Ambika (& Menu Planner, CKC)	
					Friday, October 1, 2021	
		"Nothing Awakens Reminiscence Like an Aroma" - Victor Hugo			Fresh Hot Pizza	
Hot Meal		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.			Cucumbers & Dip	
		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.			Fruit of the Day	
		- Ambika				
Hot Veg		Ambika's "Garam Masala Chicken" recipe is on Page 2			Fresh Hot Cheese Pizza	
		Monday, October 4, 2021	Tuesday, October 5, 2021	Wednesday, October 6, 2021	Thursday, October 7, 2021	Friday, October 8, 2021
Hot Meal		Popcorn Chicken	Brunch Lunch	Mac & Cheese	All Beef Hamburger	Fresh Hot Pizza
		Ranch Dip	French Toast Sticks & Syrup	Fresh Bakery Roll	WG Bun & Ketchup	Steamed Green Beans
		Dinner Roll	Yogurt Cup	Garden Salad & Dressing	Cucumber Slices & Dip	Fruit of the Day
		Steamed Mixed Veggies	Tater Tots w/Ketchup	Banana	Apple Wedges	
		Fruited Applesauce	Chilled Peaches			
Hot Veg		Pizza Crunchers & Italian Dip	Veggie TexMex Wrap	Garden Cheeseburger	Cheese Quesadilla	Fresh Hot Cheese Pizza
		Monday, October 11, 2021	Tuesday, October 12, 2021	Wednesday, October 13, 2021	Thursday, October 14, 2021	Friday, October 15, 2021
Hot Meal		Premium Chicken Tenders	Meatball Sub	Orange Chicken	Brunch Lunch	Fresh Hot Pizza
		Ketchup	Whole Grain Hot Dog Bun	Steamed Rice	Buttermilk Pancake & Syrup	Steamed Green Beans
		CKC Baked Beans	Crisp Dinner Salad & Dressing	Steamed Sweet Peas	Sausage Patties	Fruit of the Day
		Fruited Applesauce	Chilled Peaches	Banana	Cucumber Slices & Dip	
				Apple Wedges		
Hot Veg		Louisiana Veggie Burger	Grilled Cheese Sandwich	Wild Mikes Cheese Bites	Bean & Cheese Burrito	Fresh Hot Cheese Pizza
		Monday, October 18, 2021	Tuesday, October 19, 2021	Wednesday, October 20, 2021	Thursday, October 21, 2021	Friday, October 22, 2021
Hot Meal		Turkey Bun	Turkey Bun	Turkey Bun	No School	No School
		Individually Wrapped Turkey Bun Sandwiches	Individually Wrapped Turkey Bun Sandwiches	Individually Wrapped Turkey Bun Sandwiches		
		Cheese Bun	Cheese Bun	Cheese Bun		
	Individually Wrapped Cheese Sandwiches	Individually Wrapped Cheese Sandwiches	Individually Wrapped Cheese Sandwiches			
	4 oz Veggie Juice	4 oz Veggie Juice	4 oz Veggie Juice			
Hot Veg		Fruited Applesauce Pack	Fruited Applesauce Pack	Fruited Applesauce Pack		
		Tuesday, October 26, 2021	Wednesday, October 27, 2021	Thursday, October 28, 2021	Friday, October 29, 2021	
Hot Meal		Meatball Mac & Cheese	Hamburger w/ Ketchup	Italian Dunkers	Mongolian Meatballs	Fresh Hot Pizza
		Steamed Peas	Beef Patty, WG Bun & Ketchup	Dippin' Sauce	WG Roll	Cucumbers & Dip
		Fruited Applesauce	Crisp Salad & Dressing	Steamed Green Beans	Steamed Carrots	Fruit of the Day
			Chilled Peaches	Banana	Apple Wedges	
Hot Veg		Bean & Cheese Burrito	Veggie Burger	Egg Fried Rice	Veggie Lasagna Roll	Fresh Hot Cheese Pizza

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

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