

Menu Info		Name : September 2021 Cesar Chavez K-8 Hot & Cold Breakfast Menu								
Age Group : K-8		Meal : Breakfast		Meal Pattern : NSLP / SSO						
CKC Chef Spotlight - CEO & Chef Nancy Close		Wednesday, September 1, 2021	Thursday, September 2, 2021	Friday, September 3, 2021						
<b>"My, What Tasty Hands You Have"</b>										
Week I	<p>" My dad was born and raised in Kabul, the capital city of Afghanistan. Oh, what an amazing and funny storyteller he was! Many a times, he would be laughing so hard during his story telling, it would took forever to get the story out.</p> <p>One of the things, I loved hearing my dad say was, "My, what tasty hands you have". He was an outstanding chef. He could pretty much make 'sticks and stone' soup and it would be delicious to the last drop. I have always loved to cook for my dad, watch him take that first taste and tell me what tasty hands I have. He was very honest and I loved getting that treasured compliment. One of my recipes, which my dad loved, is a Curried Mango Chicken Salad. It is simple and delicious and can be served many ways! " - Chef Nancy</p>					<i>Chef's Choice May be Offered Daily</i>				
Breakfast										
Three items meet USDA Requirements (One item must be fruit)										
Monday, September 6, 2021		Tuesday, September 7, 2021		Wednesday, September 8, 2021		Thursday, September 9, 2021		Friday, September 10, 2021		
Week II	<b>Nutrigrain Cereal Bar (1 Item)</b>	<b>Hot Breakfast</b>		<b>Assortrd Bowl Cereal (1 item)</b>		<b>WG Glazed Honey Bun (2 items)</b>		<b>Hot Breakfast</b>		
Breakfast	<b>*String Cheese (1 item)</b> Must add to bag*	<b>Breakfast Pizza (2 items)</b>		Power Protein & Fruit Pack (2 items)		Maple Waffle Chicken Sandwich (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)		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)		Choice Milk & Second Fruit OVS (1 item each)		
		<i>Chef's Choice May be Offered Daily</i>								
Monday, September 13, 2021		Tuesday, September 14, 2021		Wednesday, September 15, 2021		Thursday, September 16, 2021		Friday, September 17, 2021		
Week III	<b>2 oz Assorted Breakfast Bread (1 item)</b>	<b>Hot Breakfast</b>		<b>BC Cinnamon Roll (2 items)</b>		<b>Make your own Parfait</b> Toataly Oat Cup (1 item)		<b>Hot Breakfast</b>		
Breakfast	<b>*String Cheese (1 item)</b> Must add to bag*	<b>French Toast Sticks &amp; Syrup (2 items)</b>		*Fruited Yogurt (1 item) Must add to bag*		*Fruited Yogurt (1 item) Must add to bag*		<b>Chicken Sausage Kolache (2 items)</b>		
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)		
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, September 20, 2021		Tuesday, September 21, 2021		Wednesday, September 22, 2021		Thursday, September 23, 2021		Friday, September 24, 2021		
Week IV	<b>Handmade Strawberry Boli (2 items)</b>	<b>Hot Breakfast</b>		<b>2 oz Assorted Breakfast Bread (1 Item)</b>		<b>Fruit Filled Frudel (2 items)</b>		<b>Hot Breakfast</b>		
Breakfast	<b>*String Cheese (1 item)</b> Must add to bag*	<b>Breakfast Pizza (2 items)</b>		*Fruited Yogurt Cup (1 item) Must add to bag*		Maple Waffle Chicken Sandwich (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)		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)		Choice Milk & Second Fruit OVS (1 item each)		
		<i>Chef's Choice May be Offered Daily</i>								
Monday, September 27, 2021		Tuesday, September 28, 2021		Wednesday, September 29, 2021		Thursday, September 30, 2021		" Chef Nancy's 'Curried Mango Chicken Salad' Recipe is on Page 2"		
Week V	<b>Make your own Parfait</b> Toataly Oat Cup (1 item)	<b>Hot Breakfast</b>		<b>Assortrd Bowl Cereal (1 item)</b>		<b>Mini Cinnis (2 items)</b>				
Breakfast	<b>*Fruited Yogurt (1 item)</b> Must add to bag*	<b>Mini Turkey Pancake Wraps w/Syrup (2 items)</b>		*String Cheese (1 item) Must add to bag*						
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)		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.

**Curried Mango Chicken Salad (Chef Nancy's Recipe)**

<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>- 1 Lb Cooked Diced Chicken Breast (canned chicken works great too)</li> <li>- 1/8 Cup Finely Diced Red Onion</li> <li>- 3/4 Cup Frozen Green Peas, Thawed</li> <li>- 1/8 Cup Mayo</li> <li>- 1/8 Cup Sour Cream</li> </ul>	<p><b>Serves 4 People</b></p> <ul style="list-style-type: none"> <li>- 1/2 Cup Mango Chutney (can be substituted with apricot preserves)</li> <li>- 1 TBLS Sugar</li> <li>- 1 TSP Salt</li> <li>- 1 TSP Curry Powder (let sit for an hour or two before adding more)</li> <li>- 1 TSP Cayenne Pepper (may use more if you like spicy)</li> </ul>	<ul style="list-style-type: none"> <li>- Mix all ingredients together and keep refrigerated for at least 2 hours before serving. It would taste even better the next day.</li> <li>- Serve as a salad alone or with pita bread/pita chips.</li> <li>- Serve as a sandwich, using the salad as a filling.</li> <li>- To make a hot pasta dish, cook the pasta and stir in the mixed mango chicken salad. Heat till hot and serve immediately.</li> </ul> <p style="text-align: right;"><b>To all the tasty hands out there...Cheers!</b></p>
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**Menu Info October 2021 Menu (Subject to Change)**

		Friday, October 1, 2021				
<b>Week V</b>		<b>Hot Breakfast</b>				
<b>Breakfast</b>		<b>Chicken Sausage Egg Kolache (2 items)</b>				
	<small>Three items meet USDA Requirements (One item must be fruit)</small>	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit <i>OVS</i> (1 item each)  <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
<b>Week VI</b>		<b>Assorted 1.5 oz Breakfast Brekkie (1 item)</b>	<b>Hot Breakfast</b>	<b>Assorted Cereal Bowl (1 item)</b>	<b>Assorted Stuffed Cream Cheese Bagel (2 items)</b>	<b>Hot Breakfast</b>
<b>Breakfast</b>		<i>*String Cheese (1 item) Must add to bag*</i>	<b>Breakfast Pizza (2 items)</b>	Power Protein & Fruit Pack (2 items)	<b>Waffles &amp; Syrup (2 items)</b>	<b>Waffles &amp; Syrup (2 items)</b>
	<small>Three items meet USDA Requirements (One item must be fruit)</small>	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit <i>OVS</i> (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit <i>OVS</i> (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit <i>OVS</i> (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit <i>OVS</i> (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit <i>OVS</i> (1 item each)
<i>Chef's Choice May be Offered Daily</i>						
		Monday, October 11, 2021	Tuesday, October 12, 2021			
<b>Week I</b>		<b>Betty Crocker Oatmeal Bar (1 item)</b>	<b>Hot Breakfast</b>	<b>Mini Cinnis (2 items)</b>	<b>WG Apple Filled Donut (2 items)</b>	<b>Hot Breakfast</b>
<b>Breakfast</b>		<i>*String Cheese (1 item) Must add to bag*</i>	<b>French Toast Sticks &amp; Syrup (2 items)</b>	<b>Pancakes &amp; Syrup (2 items)</b>	<b>Pancakes &amp; Syrup (2 items)</b>	<b>Pancakes &amp; Syrup (2 items)</b>
	<small>Three items meet USDA Requirements (One item must be fruit)</small>	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit <i>OVS</i> (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit <i>OVS</i> (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit <i>OVS</i> (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit <i>OVS</i> (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit <i>OVS</i> (1 item each)
<i>Chef's Choice May be Offered Daily</i>						
		Monday, September 6, 2021				
<b>Week II</b>		<b>Nutrigrain Cereal Bar (1 Item)</b>				
<b>Breakfast</b>		<i>*String Cheese (1 item) Must add to bag*</i>				
	<small>Three items meet USDA Requirements (One item must be fruit)</small>	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit <i>OVS</i> (1 item each)				
<i>Chef's Choice May be Offered Daily</i>						

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