

Menu Info					
Name : November 2021 Child Care Cold Breakfast Menu					
Age Group : Childcare (Ages 3-5)		Meal : Breakfast		Meal Pattern : CACFP	
	Monday, November 1, 2021	Tuesday, November 2, 2021	Wednesday, November 3, 2021	Thursday, November 4, 2021	Friday, November 5, 2021
Week IV	<b>Kix Cereal Bowl (1 Item)</b>	<b>Mini French Toast Bag (2 Items)</b>	<b>Cheerios Cereal Bowl (GF) (1 Item)</b>	<b>Mini Pancake Bag (2 Items)</b>	<b>2 oz Muffin (1 Item)</b>
Breakfast	100% Fruit Juice Box (1 Item)	4 oz Applesauce (1 Item)	100% Fruit Juice Box (1 Item)	4 oz Applesauce (1 Item)	4 oz Applesauce (1 Item)
Three items meet USDA Requirements (One item must be fruit)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)
<i>Chef's Choice May be Offered Daily</i>					
	Monday, November 8, 2021	Tuesday, November 9, 2021	Wednesday, November 10, 2021	Thursday, November 11, 2021	Friday, November 12, 2021
Week V	<b>Multigrain Cheerios Cereal Bowl (1 Item)</b>	<b>2 oz Muffin (1 Item)</b>	<b>Rice Chex Cereal Bowl (GF) (1 Item)</b>	<b>Fruited Yogurt Cup (1 Item)</b>	<b>Stuffed Cream Cheese Bagel (2 Items)</b>
Breakfast	100% Fruit Juice Box (1 Item)	4 oz Applesauce (1 Item)	100% Fruit Juice Box (1 Item)	4 oz Applesauce (1 Item)	100% Fruit Juice Box (1 Item)
Three items meet USDA Requirements (One item must be fruit)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)
<i>Chef's Choice May be Offered Daily</i>					
	Monday, November 15, 2021	Tuesday, November 16, 2021	Wednesday, November 17, 2021	Thursday, November 18, 2021	Friday, November 19, 2021
Week VI	<b>Cheerios Cereal Bowl (GF) (1 Item)</b>	<b>Corn Muffin (1 Item)</b>	<b>Kix Cereal Bowl (Item)</b>	<b>2 oz Assorted Breakfast Bread (1 Item)</b>	<b>Cream Cheese Stuffed Bagel (2 Items)</b>
Breakfast	100% Fruit Juice Box (1 Item)	4 oz Applesauce (1 Item)	100% Fruit Juice Box (1 Item)	4 oz Applesauce (1 Item)	100% Fruit Juice Box (1 Item)
Three items meet USDA Requirements (One item must be fruit)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)
<i>Chef's Choice May be Offered Daily</i>					
	Monday, November 22, 2021	Tuesday, November 23, 2021	Wednesday, November 24, 2021	Thursday, November 25, 2021	Friday, November 26, 2021
Week I	<b>Rice Chex Cereal Bowl (GF) (1 Item)</b>	<b>Mini Pancakes Bag (2 Items)</b>	<b>Cheerios Cereal Bowl (GF) (1 Item)</b>	<b>2 oz Assorted Breakfast Bread (1 Item)</b>	<b>Mini Waffles (2 Items)</b>
Breakfast	100% Fruit Juice Box (1 Item)	4 oz Applesauce (1 Item)	100% Fruit Juice Box (1 Item)	4 oz Applesauce (1 Item)	100% Fruit Juice Box (1 Item)
Three items meet USDA Requirements (One item must be fruit)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)
<i>Chef's Choice May be Offered Daily</i>					
	Monday, November 29, 2021	Tuesday, November 30, 2021	CKC Chef Spotlight - Chef Brandon (Kitchen Manager, CKC)		
Week II	<b>Kix Cereal Bowl (1 Items)</b>	<b>Fruited Yogurt Cup (1 Item)</b>	<b>A Family that dines together, stays together</b>  <i>Any recipe is a great recipe when it becomes a family favorite. And when it is comforting, flavorful and of lip-smacking taste, it elevates the cooking and dining experience to another level. This Stew recipe is one such for my family. This recipe is fondly tied to my memories, as my sons enjoyed having it so often when they were young.</i>  <i>With an awesome baker (my wife) in the house, I am the one who holds the position of chef. My amazing oven and I make an awesome team. Together, we never cease to excite the taste buds of my family.</i>  - Brandon		
Breakfast	100% Fruit Juice Box (1 Item)	4 oz Applesauce (1 Item)			
Three items meet USDA Requirements (One item must be fruit)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)			
<i>Chef's Choice May be Offered Daily</i>		Brandon's "North African Chicken Stew" recipe is on Page 2			

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

**North African Chicken Stew (Chef Brandon's Recipe)**

<b>Ingredients</b>	<b>4 Servings</b>	<b>Method:</b>
<ul style="list-style-type: none"> <li>- Chicken Broth - 1.5 Cups</li> <li>- Uncooked Couscous - 1 Cup</li> <li>- Boneless, skinless chicken thighs quartered - 6</li> <li>- Ground Cumin - 1 Tsp</li> <li>- Paprika, preferably Spanish pimenton - 1 Tsp</li> <li>- Carrots, sliced 1/4th inch thick - 2</li> <li>- Small red onion, halved and sliced - 1</li> </ul>	<ul style="list-style-type: none"> <li>- Kosher salt - 4 Tsp</li> <li>- Freshly ground black pepper - to taste</li> <li>- Unsalted Butter - 1 Tbsp</li> <li>- Vegetable oil - 1 Tbsp</li> <li>- Chicken Broth - 1 2/3 Cups</li> <li>- Grated lemon zest</li> <li>- Apple cider vinegar - 1/4 Cup</li> <li>- Tunisian Pesto - 1/3rd cup</li> </ul>	<p>- Bring the 1.5 cups chicken broth to a boil in a medium size sauce pan over high heat. Stir in the couscous, 1 tsp salt and pepper to taste. Cover and set aside while you make the stew.</p> <p>- Heat the oil and butter in a Dutch oven. Season the chicken with the remaining salt, cumin, paprika and pepper to taste; add to the pot.</p> <p>- Cook until browned all over, stirring occasionally for about 5 mins. Add the sliced carrots, onion, 1 2/3 cup chicken broth, vinegar, lemon zest, bring to boil.</p> <p>- Adjust the heat to maintain a brisk simmer, cover and cook just until the chicken is firm to the touch and the carrots are tender, about 8 minutes.</p> <p>- Stir the pesto into the stew. Fluff the couscous with a fork and mound it in 4 soup bowls. Spoon some chicken stew over each portion and serve.</p>

**Menu Info December 2021 Menu (Subject to Change)**

Menu Info		Wednesday, December 1, 2021	Thursday, December 2, 2021	Friday, December 3, 2021
<b>Week II</b>		<b>Rice Chex Cereal Bowl (1 Item)</b>	<b>Cream Cheese Stuffed Bagel (2 Items)</b>	<b>2 oz Muffin (1 Item)</b>
<b>Breakfast</b>		100% Fruit Juice Box (1 Item)	4 oz Applesauce (1 Item)	100% Fruit Juice Box (1 Item)
Three items meet USDA Requirements (One item must be fruit)		Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)
<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
<b>Week III</b>		<b>Multigrain Cheerios Cereal Bowl (1 Item)</b>	<b>Stuffed Cream Cheese Bagel (2 Items)</b>	<b>Kix Cereal Bowl (1 Item)</b>	<b>Fruited Yogurt Cup (1 Item)</b>	<b>Corn Muffin (1 Item)</b>
<b>Breakfast</b>		100% Fruit Juice Box (1 Item)	4 oz Applesauce (1 Item)	100% Fruit Juice Box (1 Item)	4 oz Applesauce (1 Item)	100% Fruit Juice Box (1 Item)
Three items meet USDA Requirements (One item must be fruit)		Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)	Choice Milk Offered (1 Item)
<i>Chef's Choice May be Offered Daily</i>						

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\*All Bread/Chips/Tortillas listed in the menu are whole-grain products.