

| Menu Info | | | | | |
|---|---------------------------------------|--|---|---|----------------------------------|
| Name : November 2021 Academia Cesar Chavez Pre-K Pizza Fridays Lunch Menu | | | | | |
| Age Group : Childcare (Ages 3-5) | | Meal : Lunch | | 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 | Chicken Tender Dunkers w/Ranch | Sweet & Sour Chicken | Pizza Crunchers w/Italian Dip | Mongolian Meatballs | Fresh Hot Delivered Pizza |
| Hot Meal | Goldfish Pretzels | WG Dinner Roll | Steamed Mixed Veggies | Brown Rice | Steamed Green Beans |
| | CKC Baked Beans | Steamed Peas | Fruited Applesauce | Steamed Carrots | Tropical Fruit Mix |
| | Varietal Crisp Apple | Banana | Choice Milk | Chilled Peaches | Choice Milk |
| | Choice Milk | Choice Milk | | Choice Milk | |
| Monday, November 8, 2021 | | Tuesday, November 9, 2021 | Wednesday, November 10, 2021 | Thursday, November 11, 2021 | Friday, November 12, 2021 |
| Week V | Mozzarella Burger | Popcorn Chicken w/ Ketchup | Creamy Mac & Cheese | Waffles & yogurt Cup | Fresh Hot Delivered Pizza |
| Hot Meal | WG Bakery Bun & Ketchup | Wg Roll | Steamed Green Beans | WG Waffle w/Syrup | Steamed Peas |
| | CKC Baked Beans | Steamed Mixed Veggies | Tropical Fruit Mix | Fruited Yogurt Cup & Cheese Stick | Fruited Applesauce |
| | Crisp Varietal Apple | Banana | Choice Milk | Steamed Peas | Choice Milk |
| | Choice Milk | Choice Milk | | Chilled Peaches & Choice Milk | |
| Monday, November 15, 2021 | | Tuesday, November 16, 2021 | Wednesday, November 17, 2021 | Thursday, November 18, 2021 | Friday, November 19, 2021 |
| Week VI | Premium Chicken Nuggets | Cheese Quesadilla | Cheeseburger | Chicken Enchilada Rice Bowl | Fresh Hot Delivered Pizza |
| Hot Meal | Ketchup | Cheesy Refried Beans | Fresh Bakery Bun, Cheese Slice, Ketchup | Brown Rice w/ Seasoned Chicken | Steamed Peas |
| | Steamed Carrots | Banana | Steamed Green Beans | Shred Cheese, CKC Boom Sauce | Fruited Applesauce |
| | Crisp Varietal Apple | Choice Milk | Chilled Peaches | Steamed Carrots | Choice Milk |
| | Choice Milk | | Choice Milk | Tropical Fruit Mix & Choice Milk | |
| Monday, November 22, 2021 | | Tuesday, November 23, 2021 | Wednesday, November 24, 2021 | Thursday, November 25, 2021 | Friday, November 26, 2021 |
| Week I | Crispy Louisiana Chicken Bun | Cheese Bosco Sticks w/ Marinara | Fiesta Meatballs | Old Fashioned Beef Taco | Fresh Hot Delivered Pizza |
| Hot Meal | WG Bun, Pickle Rounds | Steamed Mixed Veggies | Seasoned Rice | WG Tortilla, Taco Meat, Cheese & Cilantro | Steamed Carrots |
| | w/ CKC New Orleans Sauce | Banana | Steamed Peas | Cheesy Refried Beans | Fresh Citrus Fruit |
| | Steamed Green Beans | Choice Milk | Fruited Applesauce | Chilled Peaches | Choice Milk |
| | Crisp Varietal Apple & Choice Milk | | Choice Milk | Choice Milk | |
| Monday, November 29, 2021 | | Tuesday, November 30, 2021 | CKC Chef Spotlight - Chef Brandon (Kitchen Manager, CKC) | | |
| Week II | Popcorn Chicken w/ Ketchup | Yahya! Boneless Chicken Wings | A Family that dines together, stays together | | |
| Hot Meal | Goldfish Pretzels | Honey Mustard | <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> | | |
| | Steamed Peas | Steamed Green Beans | <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> | | |
| | Crisp Varietal Apple | Cinnamon Goldfish | - Brandon | | |
| | Choice Milk | Banana & Choice Milk | Brandon's "North African Chicken Stew" recipe suggestion 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)

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| Ingredients | 4 Servings | Method: - 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. - 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. - 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. - 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. - 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. |
| - Chicken Broth - 1.5 Cups - Uncooked Couscous - 1 Cup - Boneless, skinless chicken thighs quartered - 6 - Ground Cumin - 1 Tsp - Paprika, preferably Spanish pimenton - 1 Tsp - Carrots, sliced 1/4th inch thick - 2 - Small red onion, halved and sliced - 1 | - Kosher salt - 4 Tsp - Freshly ground black pepper - to taste - Unsalted Butter - 1 Tbsp - Vegetable oil - 1 Tbsp - Chicken Broth - 1 2/3 Cups - Grated lemon zest - Apple cider vinegar - 1/4 Cup - Tunisian Pesto - 1/3rd cup | |

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

| | | Wednesday, December 1, 2021 | Thursday, December 2, 2021 | Friday, December 3, 2021 | | |
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| Week II | | Meatball & Marinara | Taco Rice Bowl | Fresh Hot Delivered Pizza | | |
| Hot Meal | | Dinner Roll | Brown Rice topped w/Seasoned Beef | Steamed Mixed Veggies | | |
| | | Mashed Potatoes | Shredded Cheese & Cilantro | Fresh Citrus Fruit | | |
| | | Chilled Peaches | Steamed Carrots | Choice Milk | | |
| | | Choice Milk | Tropical Fruit Mix & Choice Milk | | | |
| | | Monday, December 6, 2021 | Tuesday, December 7, 2021 | Wednesday, December 8, 2021 | Thursday, December 9, 2021 | Friday, December 10, 2021 |
| Week III | Chicken Taco Wrap w/ Youza Sauce | Good Ole Fashioned Hamburger | Mandarin Orange Chicken | Cheesy Lasagna Roll | Fresh Hot Delivered Pizza | |
| Hot Meal | WG Tortilla & Popcorn Chicken w/ Shred Chz, Chopped Cilantro & CKC Youza Sauce | w/ Pickle Rounds & Ketchup | Steamed Brown Rice | Steamed Mixed Veggies | Steamed Carrots | |
| | Cheesy Refried Beans | Steamed Green Beans | Steamed Peas | Tropical Fruit Mix | Applesauce Cup | |
| | Crisp Varietal Apple | Banana | Chilled Peaches | Choice Milk | Choice Milk | |
| | Choice Milk | Choice Milk | Choice Milk | | | |

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