

Menu Info					
Name : January 2022 Child Care Cold Breakfast Menu					
Age Group : Childcare (Ages 3-5)		Meal : Breakfast		Meal Pattern : CACFP/Preschool	
Monday, January 3, 2022		Tuesday, January 4, 2022		Wednesday, January 5, 2022	
Thursday, January 6, 2022		Friday, January 7, 2022			
Week I	Rice Chex Cereal Bowl (GF) (1 Item)	Mini Pancakes Bag (2 Items)	Cheerios Cereal Bowl (GF) (1 Item)	2 oz French Toast Breakfast Bread (1 Item)	Mini Waffles (2 Items)
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, January 10, 2022		Tuesday, January 11, 2022		Wednesday, January 12, 2022	
Thursday, January 13, 2022		Friday, January 14, 2022			
Week II	Kix Cereal Bowl (1 Item)	Fruited Yogurt Cup (1 Item)	Rice Chex Cereal Bowl (1 Item)	Blueberry Breakfast Bread (1 Item)	2 oz Muffin (1 Item)
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, January 17, 2022		Tuesday, January 18, 2022		Wednesday, January 19, 2022	
Thursday, January 20, 2022		Friday, January 21, 2022			
Week III	Multigrain Cheerios Cereal Bowl (1 Item)	French Toast Breakfast Bread (1 Item)	Kix Cereal Bowl (1 Item)	Fruited Yogurt Cup (1 Item)	Corn Muffin (1 Item)
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, January 24, 2022		Tuesday, January 25, 2022		Wednesday, January 26, 2022	
Thursday, January 27, 2022		Friday, January 28, 2022			
Week IV	Kix Cereal Bowl (1 Item)	Blueberry Breakfast Bread (1 Item)	Cheerios Cereal Bowl (GF) (1 Item)	Mini Pancake Bag (2 Items)	2 oz Muffin (1 Item)
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, January 31, 2022		Chef Spotlight - Joel Wight (Offsite Kitchen Manager, CKC)			
<b>Food &amp; Tradition Go Hand-in-Hand</b>					
Week V	Multigrain Cheerios Cereal Bowl (1 Item)	<p>Lefse is a traditional Norwegian flatbread, which is a relatively easy recipe. If you can make mashed potatoes, you can also make Lefse! Lefse is a traditional dish, and when it comes to my family, we make it every holiday season. Thanksgiving, Christmas, no matter the occasion is, Lefse is made in our family. Lefse, however, wouldn't be complete without Grandma in Montana. Now a days 20 lbs is the limit, but I've heard stories of whole weekend adventures! One can only imagine how many pounds of potatoes that might need. We laugh, we sing, and drink mountains of tea and coffee! Gorging till we can no longer move, we feast off lefse for months to come as it also freezes great!</p> <p>Lefse can be served with fruit or used to make burritos and even tacos! Our family favorite, however, is butter with cinnamon and sugar! The best part about making lefse, though, is making a mess, the fun flour fights, and just being with friends and family. So from our family to yours, enjoy this easy to make, and ever so hard to quit eating tradition! Enjoy!</p> <p style="text-align: right;">-Joel</p>			
Breakfast	100% Fruit Juice Box (1 Item)				
Three items meet USDA Requirements (One item must be fruit)	Choice Milk Offered (1 Item)				
<i>Chef's Choice May be Offered Daily</i>		<i>Chef Joel's Recipe for Lefse is on Page 2.</i>			

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

**Lefse (Chef Joel's Recipe)**

**Ingredients:**

- 8 Cups Water
- 2 1/2 Cups milk
- 1 1/2 Cups butter
- 8 Tbsp sugar
- 8 teaspoons salt
- 8 Cups potato flakes
- 2-3 Cups flour

Makes 12 - 16 Lefse

**Steps:**

1. In a large pot bring water to boil. Add milk, butter, sugar and salt.
2. When this comes to a boil, add potato flakes and stir until smooth. Pour the mixture into a large bowl and refrigerate.
3. When ready to make, take 2 cups of mixture at a time. Add 1 to 1 1/2 cups of flour, mix in until workable dough.
4. Flour your surface, roll dough as thin as possible. Cut into 6-8 inch circles using a pan lid and transfer to a griddle or a Lefse Grill, cook and enjoy!

This is our instant mashed potato recipe, if using real potatoes (my favorite) just make them like mashed potatoes and don't forget the sugar!

Menu Info		February 2022 Menu (Subject to Change)				
		Tuesday, February 1, 2022	Wednesday, February 2, 2022	Thursday, February 3, 2022	Friday, February 4, 2022	
Week V		2 oz Muffin (1 Item)	Rice Chex Cereal Bowl (GF) (1 Item)	Fruited Yogurt Cup (1 Item)	Corn Snackbread (1 Item)	
Breakfast		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)	
<i>Chef's Choice May be Offered Daily</i>						
		Monday, February 7, 2022	Tuesday, February 8, 2022	Wednesday, February 9, 2022	Thursday, February 10, 2022	Friday, February 11, 2022
Week VI		Cheerios Cereal Bowl (GF) (1 Item)	Blueberry Muffin (1 Item)	Kix Cereal Bowl (1 Item)	2 oz Assorted Breakfast Bread (1 Item)	Fruited Yogurt Cup (1 Item)
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>						

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