

Menu Info					
Name : January 2022 Academia Cesar Chavez Pre-K Pizza Fridays Lunch Menu					
Age Group : Childcare (Ages 3-5)		Meal : Lunch		Meal Pattern : CACFP	
Monday, January 3, 2022		Tuesday, January 4, 2022		Wednesday, January 5, 2022	
Thursday, January 6, 2022		Friday, January 7, 2022			
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, January 10, 2022		Tuesday, January 11, 2022		Wednesday, January 12, 2022	
Thursday, January 13, 2022		Friday, January 14, 2022			
Week II	Popcorn Chicken w/ Ketchup	Yahya! Boneless Chicken Wings	Meatball & Marinara	Taco Rice Bowl	Fresh Hot Delivered Pizza
Hot Meal	Goldfish Pretzels	Honey Mustard	Dinner Roll	Brown Rice topped w/Seasoned Beef	Steamed Mixed Veggies
	Steamed Peas	Steamed Green Beans	Mashed Potatoes	Shredded Cheese & Cilantro	Fresh Citrus Fruit
	Crisp Varietal Apple	Cinnamon Goldfish	Chilled Peaches	Steamed Carrots	Choice Milk
	Choice Milk	Banana & Choice Milk	Choice Milk	Tropical Fruit Mix & Choice Milk	
Monday, January 17, 2022		Tuesday, January 18, 2022		Wednesday, January 19, 2022	
Thursday, January 20, 2022		Friday, January 21, 2022			
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		
Monday, January 24, 2022		Tuesday, January 25, 2022		Wednesday, January 26, 2022	
Thursday, January 27, 2022		Friday, January 28, 2022			
Week IV	Chicken Tender Dunkers w/Ranch	Sweet & Sour Chicken	Italian Dunkers w/ Dippin' Sauce	Mongolian Meatballs	Fresh Hot Delivered Pizza
Hot Meal	Goldfish Pretzels	WG Dinner Roll	Steamed Mixed Veggies	Dinner Roll	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, January 31, 2022		Chef Spotlight - Joel Wight (Offsite Kitchen Manager, CKC)			
Week V	Mozzarella Burger	Food & Tradition Go Hand-in-Hand			
Hot Meal	WG Bakery Bun & Ketchup	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!			
	CKC Baked Beans	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!			
	Crisp Varietal Apple	-Joel			
	Choice Milk	Chef Joel's Recipe for Lefse is on Page 2.			

Lefse (Chef Joel's Recipe)

Ingredients:

- 3 Cups Water
- 1/2 Cups milk
- 1/2 Cups butter
- 1 Tbsp sugar
- 3 teaspoons salt
- 1/2 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!

February 2022 Menu (Subject to Change)

Tuesday, February 1, 2022 Wednesday, February 2, 2022 Thursday, February 3, 2022 Friday, February 4, 2022

Week V		Popcorn Chicken w/ Ketchup	Creamy Mac & Cheese	Waffles & yogurt Cup	Fresh Hot Delivered Pizza
Hot Meal		Wg Roll	Steamed Green Beans	WG Waffle w/Syrup	Steamed Peas
		Steamed Mixed Veggies	Tropical Fruit Mix	Fruited Yogurt Cup & Cheese Stick	Fruited Applesauce
		Banana	Choice Milk	Steamed Peas	Choice Milk
		Choice Milk		Chilled Peaches & Choice Milk	

Monday, February 7, 2022 Tuesday, February 8, 2022 Wednesday, February 9, 2022 Thursday, February 10, 2022 Friday, February 11, 2022

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	

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