

This institution is an equal opportunity provider

Menu Info		Name : June 2022 Cesar Chavez K-8 Hot & Cold Breakfast Menu				
		Age Group : K-8		Meal : Breakfast	Meal Pattern : NSLP / SSO	
		Chef Spotlight - Edward Harr (Offsite Food Service Manager)		Wednesday, June 1, 2022	Thursday, June 2, 2022	Friday, June 3, 2022
Week IV	Families Bonded Through Kitchen One meal I like to make, that everyone in my household enjoys, is a big pot of Chili. It's a simple dish, but so delicious with your choice of meat and various combination of vegetables, to let simmer allowing all those flavors to fuse together. I always make sure to cook enough so that I can send some to other family members to enjoy. I don't follow an exact recipe so the flavor is different for each batch that I make but nevertheless tasty each time. I love spicy foods so when I make chili, I always make a separate small pot for myself which almost always has added Habaneros, Jalapenos, and Carolina Reaper powder.			Large Breakfast Bread (2 items)	Hot Breakfast	Hot Breakfast
Breakfast					Maple Waffle Chicken Sandwich (2 items)	Cheesy Breakfast Bread (2 items)
Three items meet USDA Requirements (One item must be fruit)				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)
		- Ed Harr		<i>Chef's Choice May be Offered Daily</i>		
		Monday, June 6, 2022	Tuesday, June 7, 2022	Wednesday, June 8, 2022	Thursday, June 9, 2022	Friday, June 10, 2022
Week V		Chocolate Chip Muffin (2 items)	Hot Breakfast	Apple Filled Donut(2 Items)	Hot Breakfast	Hot Breakfast
Breakfast			Mini Breakfast Bagels (2 items)		Turkey Egg Cheese Big Bite (2 items)	French Toast Sticks & Syrup (2 items)
Three items meet USDA Requirements (One item must be fruit)		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, June 13, 2022	Tuesday, June 14, 2022	Wednesday, June 15, 2022	Thursday, June 16, 2022	Friday, June 17, 2022
Week VI						
Breakfast						
Three items meet USDA Requirements (One item must be fruit)						
		<i>Chef's Choice May be Offered Daily</i>				
		Monday, June 20, 2022	Tuesday, June 21, 2022	Wednesday, June 22, 2022	Thursday, June 23, 2022	Friday, June 24, 2022
Week I						
Breakfast						
Three items meet USDA Requirements (One item must be fruit)						
		<i>Chef's Choice May be Offered Daily</i>				
		Monday, June 27, 2022	Tuesday, June 28, 2022	Wednesday, June 29, 2022	Thursday, June 30, 2022	
Week II						Chef Edward Harr's Chili recipe is on Page 2
Breakfast						
Three items meet USDA Requirements (One item must be fruit)						
		<i>Chef's Choice May be Offered Daily</i>				

* Skim and 1% milk choices offered daily.
 * All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
 * All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

Ched Edward Harr's Chili Recipe

<p>Ingredients</p> <p>Servings : 6 to 8</p> <p>(My ingredients keep changing every time I cook, so I am trying to capture the most basic version here)</p> <p>Main Batch:</p> <ol style="list-style-type: none"> 1. Ground Beef or Shredded Chicken – 2 Pounds 2. Kidney Bean / Pinto Bean – 1 can drained and rinsed 3. Whole Kernel Corn – 1 can drained and rinsed 4. Diced Red and Green Bell Peppers – About 1 cup chopped 5. Diced Tomatoes – 2 medium sized, chopped 6. Diced Red Onion – 1/2 medium sized, diced 7. Chopped Cilantro – 1/2 cup finely chopped 8. Variety of Seasonings (Your Choice...my choice of seasonings ranges anywhere from garlic powder 2 tsp, cumin powder 2 tsp, chili powder 1 Tbls, salt 1 Tbls) 9. Optional Toppings include Shred cheese, Sour cream, saltine crackers etc. 	<p>Ingredients (Continued)</p> <p>Spicy Batch: (Including the main batch Ingredients)</p> <ol style="list-style-type: none"> 1. Diced Habanero - 1 tsp 2. Diced Jalapeno - 1 tsp 3. Carolina Reaper Powder (Just a pinch) <p>Steps:</p> <ul style="list-style-type: none"> * Heat a large skillet over medium heat until hot. Add diced red onion and sauté for a few minutes till lightly golden. * Add chopped bell peppers next and continue to sauté for about 2 minutes. Add ground beef/shredded chicken; cook for 8 to 10 minutes. * Stir occasionally, until browned. If using beef crumble, break into crumbles while stirring. * Stir in the other ingredients (except toppings) and bring to a boil. (Cilantro is best added at the end if you enjoy fresh flavor. If you add it while cooking it loses a lot of the flavor people love about cilantro) * Reduce heat and simmer for about 20 minutes, uncovered, stirring occasionally.
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Menu Info July 2022 Menu (Subject to Change)

					Friday, July 1, 2022
Week II					
Breakfast					
Three items meet USDA Requirements (One item must be fruit)					<i>Chef's Choice May be Offered Daily</i>
Monday, July 4, 2022 Tuesday, July 5, 2022 Wednesday, July 6, 2022 Thursday, July 7, 2022 Friday, July 8, 2022					
Week III					
Breakfast					
Three items meet USDA Requirements (One item must be fruit)					<i>Chef's Choice May be Offered Daily</i>
Monday, July 11, 2022 Tuesday, July 12, 2022					
Week IV					
Breakfast					
Three items meet USDA Requirements (One item must be fruit)			<i>Chef's Choice May be Offered Daily</i>		

* Skim and 1% milk choices offered daily.
* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.