

Name: September 2022 Academia Cesar Chavez Grades K-8 School Lunch Menu					
Age Group: K-8		Meal: Lunch		Meal Pattern: NSLP	
Week V Chef Spotlight - Barbara Reinhold (Administrative Coordinator)					
Hot Meal	<b>Who said cooking is for eating?</b>			<b>Sesame Chicken</b>	<b>Fresh Hot Delivered Pizza</b>
	"Some of my favorite recipes are not actually for eating. This <b>HOMEMADE SILLY PUTTY RECIPE</b> is among one of my favorites. Who can resist the fun toy in the plastic egg that has annual sales that exceeds six million eggs around the world?"			Steamed Seasoned Rice	Assorted Salad Bar
	Cooking is about having the confidence to try new things. So Cooking is like science, you experiment with ingredients until you find or make the thing you want.			Assorted Salad Bar	Crisp Apple
	- Barb"			Summer Grapes	Choice Milk
Chef Barb's recipe for 'Homemade Silly Putty' is on Page 2				Elf Grahams & Choice Milk	
Week VI					
Hot Meal	Monday, September 5, 2022	Tuesday, September 6, 2022	Wednesday, September 7, 2022	Thursday, September 8, 2022	Friday, September 9, 2022
	<b>Golden Corn Dog w/ Ketchup</b>	<b>"New" Roasted Curry Chicken Drumstick</b>	<b>Build Your Own Cheesy Nachos</b>	<b>Chicken Fritters w/ Ranch Dip</b>	<b>Fresh Hot Delivered Pizza</b>
	Goldfish Pretzels	Old Fashioned Biscuit	Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips	Cool Ranch Doritos	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Crisp Apple
Variety Applesauce	Tropical Fruit Mix	Banana	Summer Grapes	Choice Milk	
Choice Milk	Choice Milk	Elf Grahams & Choice Milk	Choice Milk		
Week I					
Hot Meal	Monday, September 12, 2022	Tuesday, September 13, 2022	Wednesday, September 14, 2022	Thursday, September 15, 2022	Friday, September 16, 2022
	<b>All Beef Hot Dog</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Burrito Bowl</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Fresh Hot Delivered Pizza</b>
	WG Bun, Ketchup & Mustard	Steamed Seasoned Brown Rice	Brown Rice topped w/Seasoned Beef	Garlic Roll	Assorted Salad Bar
	Cool Ranch Doritos	Assorted Salad Bar	Shred Chz & CKC Youza Sauce	Assorted Salad Bar	Crisp Apple
Assorted Salad Bar	Tropical Fruit Mix	Assorted Salad Bar	Summer Grapes	Choice Milk	
Variety Applesauce & Choice Milk	Choice Milk	Honey Grahams, Banana & Choice Milk	Choice Milk		
Week II					
Hot Meal	Monday, September 19, 2022	Tuesday, September 20, 2022	Wednesday, September 21, 2022	Thursday, September 22, 2022	Friday, September 23, 2022
	<b>"New" BBQ Beef Sandwich</b>	<b>"New" Chicken Tinga Walking Taco</b>	<b>Wild Mikes Cheese Bites w/Marinara</b>	<b>Brunch Lunch</b>	<b>Fresh Hot Delivered Pizza</b>
	Sunchips	Seasoned Chicken, Fresh Chopped Cilantro	Assorted Salad Bar	Buttermilk Pancakes & Syrup	Assorted Salad Bar
	Assorted Salad Bar	Crema & Frito Corn Chips	Banana	Scrambled Eggs w/ Cheese	Crisp Apple
Variety Applesauce	Assorted Salad Bar	Choice Milk	Assorted Salad Bar	Choice Milk	
Choice Milk	Tropical Fruit Mix & Choice Milk	Cinnamon Goldfish	Summer Grapes & Choice Milk		
Week III					
Hot Meal	Monday, September 26, 2022	Tuesday, September 27, 2022	Wednesday, September 28, 2022	Thursday, September 29, 2022	Friday, September 30, 2022
	<b>Premium Chicken Nuggets</b>	<b>Mandarin Orange Chicken</b>	<b>Good Ole Fashioned Hamburger</b>	<b>Cheesy Lasagna Roll</b>	<b>Fresh Hot Delivered Pizza</b>
	Ketchup	Steamed Brown Rice	w/ Pickle Rounds & Ketchup	Garlic Dinner Roll	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Crisp Apple
Cool Ranch Doritos	Tropical Fruit Mix	Baked Cheetos	Summer Grapes	Choice Milk	
Variety Applesauce & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk		

\* 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.

**Homemade Silly Putty - Recipe**

<b>Ingredients</b>  * Large Bowl, fork / small silicone spatula * 1 cup Corn Starch * ½ cup Dish soap * 1 tbsps Baby oil/Cooking oil * 3 drops of Food coloring	<b>Steps :</b>  1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl. 2. Add oil and food coloring, mix with fork/spatula. 3. Now for the science part --- use your hands to knead the putty until it is smooth. 4. The putty will last about an hour – if you want to save some for later seal it in an air-tight container.
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**October 2022 Menu (Subject to Change)**

Week IV	Monday, October 3, 2022	Tuesday, October 4, 2022	Wednesday, October 5, 2022	Thursday, October 6, 2022	Friday, October 7, 2022
	<b>Queso Meatball Sub</b>	<b>Breaded Chicken Patty Sandwich</b>	<b>Beef Taco</b>	<b>Brunch Lunch</b>	<b>Fresh Hot Delivered Pizza</b>
	WG Bun & Cilantro	Bakery Bun & Ketchup	WG Tortilla, Seasoned Beef, Cheese	French Toast Sticks w/ Syrup	Assorted Salad Bar
Hot Meal	Nacho Cheese Doritos	Assorted Salad Bar	Cilantro & Crema	Assorted Salad Bar	Crisp Apple
	Assorted Salad Bar	Tropical Fruit Mix	Assorted Salad Bar	Summer Grapes	Choice Milk
	Variety Applesauce & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	
Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022	Thursday, October 13, 2022	Friday, October 14, 2022
	<b>Mozzarella Burger</b>	<b>Dry Rub Roasted Chicken Drumstick</b>	<b>Walking Taco</b>	<b>Sesame Chicken</b>	<b>Fresh Hot Delivered Pizza</b>
	WG Bakery Bun & Ketchup	Garlic Dinner Roll	Nacho Chz Doritos, Seasoned Beef	Steamed Seasoned Rice	Assorted Salad Bar
Hot Meal	Cool Ranch Doritos	Assorted Salad Bar	w/ Shred Chz & Cilantro	Assorted Salad Bar	Crisp Apple
	Assorted Salad Bar	Tropical Fruit Mix	Assorted Salad Bar	Summer Grapes	Choice Milk
	Variety Applesauce & Choice Milk	Choice Milk	Giant Goldfish, Banana & Choice Milk	Elf Grahams & Choice Milk	

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