

Name: September 2022 Academia Caesar Chavez Grades K-8 Breakfast Menu					
Age Group: K-8		Meal: Breakfast		Meal Pattern: NSLP	
Week V	Chef Spotlight - Barbara Reinhold (Administrative Coordinator)			Thursday, September 1, 2022	Friday, September 2, 2022
Breakfast	<b>Who said cooking is for eating?</b>			<b>Hot Breakfast</b>	<b>Hot Breakfast</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?			<b>Breakfast Cheese Calzone (2 items)</b>	<b>Maple Waffle Chicken Sandwich (2 items)</b>
	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. - Barb			100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
Three items meet USDA Requirements (One item must be fruit)	Choice Milk & Second Fruit OVS (1 item each)			Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
Chef Barb's recipe for 'Homemade Silly Putty' is on Page 2			<b>Chef's Choice may be offered</b>		
Week VI	Monday, September 5, 2022	Tuesday, September 6, 2022	Wednesday, September 7, 2022	Thursday, September 8, 2022	Friday, September 9, 2022
Breakfast	<b>WG Chocolate Crescent Roll (2 items)</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>
		<b>Breakfast Cheesy French Bread (2 items)</b>	<b>Turkey Egg Cheese Burrito (2 items)</b>	<b>Large Warm Biscuit (2 items) w/ Margarine &amp; Jelly</b>	<b>Whole Grain Pancakes &amp; Syrup (2 Items)</b>
	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)
Three items meet USDA Requirements (One item must be fruit)	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)
<b>Chef's Choice may be offered</b>					
Week I	Monday, September 12, 2022	Tuesday, September 13, 2022	Wednesday, September 14, 2022	Thursday, September 15, 2022	Friday, September 16, 2022
Breakfast	<b>Assorted Big Bowl Cereal (2 Items)</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast : Make your Own Breakfast Sandwich</b>
		<b>French Toast Sticks &amp; Syrup (2 items)</b>	<b>Breakfast Pizza (2 items)</b>	<b>Maple Waffle Chicken Sandwich (2 items)</b>	<b>Biscuit, Egg Patty &amp; Cheese Slice</b>
	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)
Three items meet USDA Requirements (One item must be fruit)	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)
<b>Chef's Choice may be offered</b>					
Week II	Monday, September 19, 2022	Tuesday, September 20, 2022	Wednesday, September 21, 2022	Thursday, September 22, 2022	Friday, September 23, 2022
Breakfast	<b>Sliced Bagel (2 items)</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>
	<i>Margarine &amp; Jelly</i>	<b>Waffle &amp; Syrup (2 items)</b>	<b>Breakfast Cheese Calzone (2 items)</b>	<b>Turkey Egg Cheese Bites (2 items)</b>	<b>Pancake Sausage on a Stick w/ Syrup (2 items)</b>
	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)
Three items meet USDA Requirements (One item must be fruit)	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)
<b>Chef's Choice may be offered</b>					
Week III	Monday, September 26, 2022	Tuesday, September 27, 2022	Wednesday, September 28, 2022	Thursday, September 29, 2022	Friday, September 30, 2022
Breakfast	<b>Assorted Breakfast Bread (2 items)</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>
		<b>WG Pancakes &amp; Syrup (2 items)</b>	<b>Scrambled Eggs &amp; Cheese (1 item) &amp; Small Assorted Muffin (1 item)</b>	<b>Breakfast Cheesy French Bread (2 items)</b>	<b>Large Warm Biscuit (2 items) w/ Margarine &amp; Jelly</b>
	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)
Three items meet USDA Requirements (One item must be fruit)	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)
<b>Chef's Choice may be offered</b>					

\* 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**

Ingredients	Steps :
<ul style="list-style-type: none"> <li>* Large Bowl, fork / small silicone spatula</li> <li>* 1 cup Corn Starch</li> <li>* ½ cup Dish soap</li> <li>* 1 tbsp Baby oil/Cooking oil</li> <li>* 3 drops of Food coloring</li> </ul>	<ol style="list-style-type: none"> <li>1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl.</li> <li>2. Add oil and food coloring, mix with fork/spatula.</li> <li>3. Now for the science part --- use your hands to knead the putty until it is smooth.</li> <li>4. The putty will last about an hour – if you want to save some for later seal it in an air-tight container.</li> </ol>

**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
Breakfast	<b>Strawberry Cream Cheese Stuffed Bagel (2 items)</b>	<b>Hot Breakfast : Make your Own Breakfast Sandwich</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>
		<b>Biscuit, Egg Patty &amp; Cheese Slice</b>	<b>Waffle Eggoji w/Syrup (2 items)</b>	<b>Egg, Turkey Sausage Burrito (2 items)</b>	<b>Pancake Turkey Sausage Wrap w/Syrup (2 items)</b>
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)
<b>Chef's Choice may be offered</b>					

Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022	Thursday, October 13, 2022	Friday, October 14, 2022
Breakfast	<b>Assorted Big Bowl Cereal (2 items)</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>
		<b>Breakfast Pizza (2 items)</b>	<b>French Toast Sticks &amp; Syrup (2 items)</b>	<b>Breakfast Cheese Calzone (2 items)</b>	<b>Maple Waffle Chicken Sandwich (2 items)</b>
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)
<b>Chef's Choice may be offered</b>			<b>Chef's Choice may be offered</b>		

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