

Shoofly Pie Recipe	
Ingredients Needed: 1 pie crust placed in a 9 inch pie plate (Store bought or from scratch) 1 ½ cups of flour 1 ½ cups of dark brown sugar 1 teaspoon of cinnamon ½ teaspoon of nutmeg A pinch of salt ¼ cup of cold, unsalted butter ¾ cup of molasses (light molasses is sweeter, dark molasses is less sweet, but richer) ¾ cup boiling water	Servings : 1 Pie Steps: 1. Preheat oven to 450° F. Prepare pie crust from scratch or use a store-bought one. There are two components to the filling, the molasses liquid mixture and the crumb topping. Crumb topping: 2. Combine the flour, sugar, cinnamon, nutmeg in a bowl, add a pinch of salt and mix well. Use a fork or pastry cutter to work in the butter, until you have a pebbly consistency. Filling: 3. Add the molasses and water along with baking soda, all into a mixing bowl and combine well. Pour the mixture into a prepared pie shell. Evenly sprinkle the crumb topping on top. Do not mix the crumb and filling in order to get the 'wet' pie. If you want the 'dry' pie, mix the crumb and filling together. 4. Bake in the oven for 15 minutes and then reduce the oven temperature to 350° and bake for 20 more minutes. The shoofly pie is done when it is set and firm.

December 2022 Menu (Subject to Change)

Week VI	Thursday, December 1, 2022	Friday, December 2, 2022
Hot Meal	Chicken Fritters w/ Ranch Dip Cool Ranch Doritos Assorted Salad Bar Summer Grapes Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Crisp Apple Choice Milk

Week I	Monday, December 5, 2022	Tuesday, December 6, 2022	Wednesday, December 7, 2022	Thursday, December 8, 2022	Friday, December 9, 2022
Hot Meal	All Beef Hot Dog WG Bun, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar Variety Applesauce & Choice Milk	Sweet & Sour Chicken Steamed Seasoned Brown Rice Assorted Salad Bar Tropical Fruit Mix Choice Milk	Burrito Bowl Brown Rice topped w/Seasoned Beef Shred Chz & CKC Youza Sauce Assorted Salad Bar Honey Grahams, Banana & Choice Milk	Creamy Mac & Cheese Garlic Roll Assorted Salad Bar Summer Grapes Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Crisp Apple Choice Milk

Week II	Monday, December 12, 2022
Hot Meal	BBQ Beef Sandwich Sunchips Assorted Salad Bar Variety Applesauce 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.