

Name : November 2022 Academia Cesar Chavez PreK Hot & Cold Breakfast Menu						
Age Group : Childcare (Ages 3-5)		Meal : Breakfast		Meal Pattern : Preschool		
Week II	Breakfast	Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022	
		<b>Hot Breakfast</b>  <b>Waffle &amp; Syrup (1 item)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>Breakfast Cheese Calzone (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>Turkey Egg Cheese Bites (2 items)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>French Toast Sticks &amp; Syrup (1 item)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	Three items meet USDA Requirements (One item must be fruit)
Chef's Choice may be offered						
Week III	Breakfast	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	
		<b>Assorted Small Breakfast Bread (1 item)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>WG Pancake &amp; Syrup (1 item)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>Scrambled Eggs &amp; Cheese (1 item) &amp; Small Assorted Muffin (1 item)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>Breakfast Cheesy French Bread (2 items)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>Warm Croissant &amp; Fruit Jelly (1 item)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)
Chef's Choice may be offered						
Week IV	Breakfast	Monday, November 14, 2022	Tuesday, November 15, 2022	Wednesday, November 16, 2022	Thursday, November 17, 2022	
		<b>Strawberry Cream Cheese Stuffed Bagel (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>Hot Breakfast : Breakfast Sandwich</b>  <b>Croissant, Egg Patty, Cheese Slice w/Ketchup</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>Waffle Eggoji w/Syrup (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>Egg, Turkey Sausage Burrito (2 items)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>WG Pancake w/Syrup (1 item)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)
Chef's Choice may be offered						
Week V	Breakfast	Monday, November 21, 2022	Tuesday, November 22, 2022	Wednesday, November 23, 2022	Thursday, November 24, 2022	
		<b>Assorted Low Sugar Bowl Cereal (1 item)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>Warm Cinnamon Roll (2 items)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>French Toast Sticks &amp; Syrup (1 item)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>Breakfast Cheesy Calzone (2 items)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>Maple Waffle Chicken Sandwich (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)
Chef's Choice may be offered						
Week VI	Breakfast	Monday, November 28, 2022	Tuesday, November 29, 2022	Wednesday, November 30, 2022	Chef Spotlight - Jason Wilson, Field Kitchen Supervisor, CKC Good Food	
		<b>WG Chocolate Crescent Roll (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>Breakfast Cheesy French Bread (2 items)</b>  Applesauce Cup (1 item)  Milk (1 Item)	<b>Hot Breakfast</b>  <b>Turkey Egg Cheese Burrito (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Milk (1 Item)	<b>Connecting to Roots through Food</b>  The 'Shoofly Pie' recipe is a favorite in my family. We have longstanding roots in Pennsylvania and this dish is often associated with the Pennsylvania Dutch Amish and Mennonite Communities. There are two styles to this treat: 'Dry' which has a cake-like texture, and 'wet', which has a custard-like bottom. My family always preferred the dry method but as I've learned to make it myself, I prefer the 'wet' pie. It's great for breakfast or dessert and is shelf-stable on the countertop for 5 days (while keeping covered.) - Jason	
<b>Jason's 'Shoofly Pie Recipe' is on Page 2</b> Chef's Choice may be offered						

\* 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.

Ingredients Needed:		Servings : 1 Pie	<b>Shoofly Pie Recipe</b>
<p>1 pie crust placed in a 9 inch pie plate (Store bought or from scratch)</p> <p>1 ½ cups of flour</p> <p>1 ½ cups of dark brown sugar</p> <p>1 teaspoon of cinnamon</p> <p>½ teaspoon of nutmeg</p> <p>A pinch of salt</p> <p>¼ cup of cold, unsalted butter</p> <p>¾ cup of molasses (light molasses is sweeter, dark molasses is less sweet, but richer)</p> <p>¾ cup boiling water</p>			<p><b>Steps:</b></p> <p>1. Preheat oven to 450° F. Prepare pie crust from scratch or use a store-bought one.</p> <p>There are two components to the filling, the molasses liquid mixture and the crumb topping.</p> <p><b>Crumb topping:</b></p> <p>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.</p> <p><b>Filling:</b></p> <p>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.</p> <p>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.</p>

**December 2022 Menu (Subject to Change)**

Week VI	Thursday, December 1, 2022		Friday, December 2, 2022	
Breakfast	<b>Hot Breakfast</b>		<b>Hot Breakfast</b>	
Three items meet USDA Requirements (One item must be fruit)	<b>Warm Honey Bun (2 items)</b>		<b>Whole Grain Pancake &amp; Syrup (1 Item)</b>	
	Applesauce Cup (1 item)	Milk (1 Item)	100% 4.23 oz Fruit Juice (1 item)	Milk (1 Item)
Chef's Choice may be offered				

Week I	Monday, December 5, 2022	Tuesday, December 6, 2022	Wednesday, December 7, 2022	Thursday, December 8, 2022	Friday, December 9, 2022
Breakfast	<b>Assorted Low Sugar Bowl Cereal (1 item)</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast</b>	<b>Hot Breakfast : Breakfast Sandwich</b>
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	<b>French Toast Sticks &amp; Syrup (1 item)</b>	<b>Warm Croissant &amp; Fruit Jelly (1 item)</b>	<b>Maple Waffle Chicken Sandwich (2 items)</b>	<b>Croissant, Egg Patty, Cheese Slice w/Ketchup</b>
	Milk (1 Item)	Applesauce Cup (1 item)	100% 4.23 oz Fruit Juice (1 item)	Applesauce Cup (1 item)	100% 4.23 oz Fruit Juice (1 item)
		Milk (1 Item)	Milk (1 Item)	Milk (1 Item)	Milk (1 Item)
Chef's Choice may be offered					

Week II	Monday, December 12, 2022
Breakfast	<b>Assorted Low Sugar Bowl Cereal (1 item)</b>
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)
	Milk (1 Item)
Chef's Choice may be offered	

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\* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.