

Menu Info		Name : September 2021 Child care #1 Main Menu - with Steamed Veggies			Options Provided : Hot, Hot Vegetarian, Cold & Cold Vegetarian Meals		
Age Group : Childcare (Ages 3-5)		Meal : Lunch		Meal Pattern : CACFP			
CKC Chef Spotlight - CEO & Chef Nancy Close		Wednesday, September 1, 2021		Thursday, September 2, 2021		Friday, September 3, 2021	
"My, What Tasty Hands You Have"							
Week I	<p>" My dad was born and raised in Kabul, the capital city of Afghanistan. Oh, what an amazing and funny storyteller he was! Many a times, he would be laughing so hard during his story telling, it would took forever to get the story out.</p> <p>One of the things, I loved hearing my dad say was, "My, what tasty hands you have". He was an outstanding chef. He could pretty much make 'sticks and stone' soup and it would be delicious to the last drop. I have always loved to cook for my dad, watch him take that first taste and tell me what tasty hands I have. He was very honest and I loved getting that treasured compliment. One of my recipes, which my dad loved, is a Curried Mango Chicken Salad. It is simple and delicious and can be served many ways! "</p> <p style="text-align: right;">- Chef Nancy</p>	Orange Chicken Steamed Rice Steamed Sweet Peas Fruit of the Day		Brunch Lunch Buttermilk Pancake & Syrup Sausage Patties Steamed Carrots Fruit of the Day		Cheese Pizza Veggies Fruit	
Hot Meal							
Hot Veg		Wild Mikes Cheese Bites		Bean & Cheese Burrito		Sweet & Sour Veggie Nuggets	
Cold							
Monday, September 6, 2021		Tuesday, September 7, 2021		Wednesday, September 8, 2021		Thursday, September 9, 2021	
Week II	BBQ Meatballs Corn Muffin CKC Baked Beans Fruit of the Day		Wild Mikes Cheese Bites Italian Dippin Sauce Steamed Carrots & Peas Fruit of the Day		Soft Shell Beef Taco WG Tortilla, Seasoned Beef & Cheese Steamed Mixed Vegetable Fruit of the Day		Tater Tots Casserole Tater Tots served over hot dish Dinner Roll Fruit of the Day
Hot Meal							
Hot Veg	BBQ Garden Burger		Cheesy Pull Apart Bread		Veggie Lasagna Roll		
Cold					Pancake & Syrup w/ Yogurt Cup & Cheese Stick		
Monday, September 13, 2021		Tuesday, September 14, 2021		Wednesday, September 15, 2021		Thursday, September 16, 2021	
Week III	Meatball Mac & Cheese Steamed Peas Fruit of the Day		Hamburger w/ Ketchup Beef Patty, WG Bun & Ketchup Steamed Mixed Veggies Fruit of the Day		Italian Dunkers Dippin' Sauce Steamed Green Beans Fruit of the Day		Mongolian Meatballs WG Roll Steamed Carrots Fruit of the Day
Hot Meal							
Hot Veg	Bean & Cheese Burrito		Veggie Burger		Veggie Lasagna Roll		
Cold					Teriyaki Veggie Nuggets & Cinnamon Goldfish		
Monday, September 20, 2021		Tuesday, September 21, 2021		Wednesday, September 22, 2021		Thursday, September 23, 2021	
Week IV	Old Fashioned Sloppy Joe Whole Grain Bun Steamed Mixed Veggies Fruit of the Day		Chicken Taco WG Tortilla, Chicken & Cheese Cheesy Refried Beans Fruit of the Day		Swedish Salisbury Steak Mashed Sweet Potatoes Whole Grain Bakery Roll Fruit of the Day		Premium Chicken Nuggets Ketchup Steamed Green Beans Fruit of the Day
Hot Meal							
Hot Veg	Pizza Crunchers & Italian Dip		Colby Cheese Omelet & WG Muffin		Cheese Bosco Sticks w/ Marinara Sauce		
Cold					French Toast Sticks w/ Syrup & Yogurt		
Monday, September 27, 2021		Tuesday, September 28, 2021		Wednesday, September 29, 2021		Thursday, September 30, 2021	
Week V	Golden Chicken Patty Sandwich WG Bakery Bun & Ketchup Steamed Mixed Vegetable Fruit of the Day		Brunch Lunch Waffle & Syrup Turkey Sausage Patty Tator Tots w/ Ketchup Fruit of the Day		Sweet & Sour Chicken Wheat Dinner Roll Steamed Green Beans Fruit of the Day		Creamy Swedish Meatballs Dinner Roll Mashed Sweet Potatoes Fruit of the Day
Hot Meal							
Hot Veg	Mozzarella Veggie Burger		Wild Mikes Cheese Bites		Creamy Mac & Cheese		
Cold					Waffles w/Syrup & Yogurt Cup & Chz Stick		
<i>Hot Veg and Cold meals are served with vegetables and fruit of the day</i>							
Cold Vegetarian meals (Served with Veggie & Fruit of the Day)							
	Monday	Tuesday	Wednesday	Thursday	Friday		
Cold Veg Weeks I, III, V	Cheese Bun	Yogurt Cup, Cheese Stick & Muffin	WG Bagel & Wow Butter Cup Cheese Stick	Cheese Sandwich on Wheat Bread	Yogurt Cup, Cheese Stick & Cinnamon Goldfish		
Cold Veg Weeks II, IV, VI	Stuffed Cream Chz Bagel, Yogurt & Cheese Cubes	WG Tortilla w/ Cheese Cup, String Cheese	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Egg Salad & Dinner Roll		

*Skim and 1% milk choices offered daily.
*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

Curried Mango Chicken Salad (Chef Nancy's Recipe)

<p>Ingredients</p> <ul style="list-style-type: none"> - 1 Lb Cooked Diced Chicken Breast (canned chicken works great too) - 1/8 Cup Finely Diced Red Onion - 3/4 Cup Frozen Green Peas, Thawed - 1/8 Cup Mayo - 1/8 Cup Sour Cream 	<p>Serves 4 People</p> <ul style="list-style-type: none"> - 1/2 Cup Mango Chutney (can be substituted with apricot preserves) - 1 TBL Sugar - 1 TSP Salt - 1 TSP Curry Powder (let sit for an hour or two before adding more) - 1 TSP Cayenne Pepper (may use more if you like spicy) 	<ul style="list-style-type: none"> - Mix all ingredients together and keep refrigerated for at least 2 hours before serving. It would taste even better the next day. - Serve as a salad alone or with pita bread/pita chips. - Serve as a sandwich, using the salad as a filling. - To make a hot pasta dish, cook the pasta and stir in the mixed mango chicken salad. Heat till hot and serve immediately. <p style="text-align: right;"><i>To all the tasty hands out there...Cheers!</i></p>
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October 2021 Menu (Subject to Change)					
					Friday, October 1, 2021
Week V					Bosco Stuffed Breadstick
Hot Meal					Italian Dip Steamed Broccoli Fruit of the Day
Hot Veg					<i>Cheese Quesadilla</i>
Cold					Chicken & Cheese Torta Sandwich
Monday, October 4, 2021		Tuesday, October 5, 2021	Wednesday, October 6, 2021	Thursday, October 7, 2021	Friday, October 8, 2021
Week VI	Popcorn Chicken	Brunch Lunch	Mac & Cheese	All Beef Hamburger	Cheese Quesadilla
Hot Meal	Ranch Dip Dinner Roll Steamed Mixed Veggies Fruit of the Day	French Toast Sticks & Syrup Yogurt Cup Tater Tots w/Ketchup Fruit of the Day	Fresh Bakery Roll Steamed Sweet Peas Fruit of the Day	WG Bun & Ketchup Steamed Carrots Fruit of the Day	Steamed Green Beans Fruit of the Day
Hot Veg	<i>Pizza Crunchers & Italian Dip</i>	<i>Veggie TexMex Wrap</i>	<i>Garden Cheeseburger</i>	<i>Cheese Quesadilla</i>	<i>Swedish Veggie Patty w/ Wg Roll</i>
Cold	Turkey Bun w/Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap	Asian Chicken Sticky Bun	Teriyaki Chicken Bun
Monday, October 11, 2021		Tuesday, October 12, 2021			
Week I	Premium Chicken Tenders	Meatball Sub			
Hot Meal	Ketchup CKC Baked Beans Fruit of the Day	Whole Grain Hot Dog Bun Steamed Mixed Vegetable Fruit of the Day			
Hot Veg	<i>Louisiana Veggie Burger</i>	<i>Grilled Cheese Sandwich</i>			
Cold	Turkey Bun w/Mayo	Honey Mustard Chicken on WG Bun			

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