

<b>Name : October 2022 K-8 Allergen Free Menu</b>					
<b>Age Group : K-8</b>		<b>Meal : Lunch</b>		<b>Meal Pattern : NSLP/SSO</b>	
		No Dairy No Gluten (No Wheat) No Egg No Soy No Fish		No Shell Fish No Sesame (Seeds & Oil) No Peanuts No Tree Nuts No Sunflower (Seeds, Oil & Butter)	
Week IV	Monday, October 3, 2022	Tuesday, October 4, 2022	Wednesday, October 5, 2022	Thursday, October 6, 2022	Friday, October 7, 2022
	<b>Yummy Beef &amp; Scallion</b>	<b>Chicken Sukkhar</b>	<b>Beef Fried Rice</b>	<b>Spice Rubbed Chicken Fillet</b>	<b>Beef Taco Meat Over Rice</b>
	Golden Corn Chips	Steamed Rice	Steamed Peas	Steamed Rice	Serve Seasoned Beef on Brown Rice
Hot Meal	Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day	Fresh Broccoli	Black Beans & Carrots
	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	Fruit of the Day & Corn Chips
	Milk Substitute	Milk Substitute		Milk Substitute	Milk Substitute
Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022	Thursday, October 13, 2022	Friday, October 14, 2022
	<b>Chicken Supreme</b>	<b>Beef Nachos</b>	<b>Marinated Grilled Chicken Fillet</b>	<b>Chicken Pilaf</b>	<b>Beef &amp; Potatoes</b>
	Steamed Rice	Taco Beef & Golden Corn Chips	Brown Rice	Sliced Cucumbers	Steamed Rice
Hot Meal	Fresh Baby Carrots	Black Bean & Corn	Crisp Broccoli	Fruit of the Day	Steamed Peas
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day
	Milk Substitute	Milk Substitute	Milk Substitute		Milk Substitute
Week VI	Monday, October 17, 2022	Tuesday, October 18, 2022	Wednesday, October 19, 2022	Thursday, October 20, 2022	Friday, October 21, 2022
	<b>Chicken Fried Rice</b>	<b>Beef &amp; Broccoli</b>	<b>Chicken Fajita w/Rice</b>	<b>Beef Meatballs</b>	<b>Chicken &amp; Potatoes</b>
	Baby Carrots	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice
Hot Meal	Fruit of the Day	Steamed Corn	Served w/ Brown Rice	Steamed Green Beans	Crisp Broccoli
	Corn Chips	Fruit of the Day	Black Beans	Fruit of the Day	Fruit of the Day
	Milk Substitute	Milk Substitute	Fruit of the Day & Milk Substitute	Milk Substitute	Milk Substitute
Week I	Monday, October 24, 2022	Tuesday, October 25, 2022	Wednesday, October 26, 2022	Thursday, October 27, 2022	Friday, October 28, 2022
	<b>Yummy Beef &amp; Scallion</b>	<b>Chicken Sukkhar</b>	<b>Beef Fried Rice</b>	<b>Spice Rubbed Chicken Fillet</b>	<b>Beef Taco Meat Over Rice</b>
	Golden Corn Chips	Steamed Rice	Steamed Peas	Steamed Rice	Serve Seasoned Beef on Brown Rice
Hot Meal	Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day	Fresh Broccoli	Black Beans & Carrots
	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	Fruit of the Day & Corn Chips
	Milk Substitute	Milk Substitute		Milk Substitute	Milk Substitute
Week II	Monday, October 31, 2022	Chef Spotlight - Nora Martinez (Food Service Manager, CKC) <b>An easy and tasty recipe for Thanksgiving, or even a barbeque night</b>			
	<b>Chicken Supreme</b>	"I love cooking for family and friends. Cooking this recipe together as a team with my children for Thanksgiving brings me memories of when I was younger and helped my mother to prepare this special dish. Now that I grew up, I enjoy cooking special meals that my mother used to prepare for our family. Loaded potatoes was a favorite dish on our plate for Thanksgiving and we enjoy every bite of it with special memories.  - Nora "			
	Steamed Rice				
Hot Meal	Fresh Baby Carrots				
	Fruit of the Day				
	Milk Substitute				
		Chef Nora's recipe for 'Loaded Potatoes' is on Page 2			
Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Participants ) etc					

\* 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.

**Loaded Potatoes - Recipe**

<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>* 8 Potatoes</li> <li>*1 Cup butter</li> <li>*1 Cup sour cream</li> <li>*1/2 tsp salt</li> <li>*1/2 Tbls ground black pepper</li> <li>*1 Cup bacon bites</li> <li>*3 whole pickled jalapenos (chop them into little pieces)</li> </ul> <p><u>Reserve these for later</u></p> <ul style="list-style-type: none"> <li>*1 Cup shredded cheddar cheese</li> <li>*1 1/2 Cup green onions</li> </ul>	<p><b>Servings: 16</b></p>	<p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Wash the potatoes, dry them and cut them in half. Wrap them in thin foil with both slices together and place it on an oven pan. Bake @375 degrees for about 45 minutes.</li> <li>2. Once cooked, cool and scoop some flesh out of the potatoes leaving a thick shell. The shell will be used later.</li> <li>3. Mash the scooped flesh and mix all other ingredients.</li> <li>4. Fill the shells with the mashed potato mix and bake them for about 15-20 minutes.</li> <li>5. Garnish with cheese, green onions and loaded potatoes are ready to serve.</li> </ol>
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**November 2022 Menu (Subject to Change)**

Week II	Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022	
Hot Meal	<b>Beef Nachos</b>	<b>Marinated Grilled Chicken Fillet</b>	<b>Chicken Pilaf</b>	<b>Beef &amp; Potatoes</b>	
	Taco Beef & Golden Corn Chips	Brown Rice	Sliced Cucumbers	Steamed Rice	
	Black Bean & Corn	Crisp Broccoli	Fruit of the Day	Steamed Peas	
	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	
	Milk Substitute	Milk Substitute		Milk Substitute	
Week III	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
Hot Meal	<b>Chicken Fried Rice</b>	<b>Beef &amp; Broccoli</b>	<b>Chicken Fajita w/Rice</b>	<b>Beef Meatballs</b>	<b>Chicken &amp; Potatoes</b>
	Baby Carrots	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice
	Fruit of the Day	Steamed Corn	Served w/ Brown Rice	Steamed Green Beans	Crisp Broccoli
	Corn Chips	Fruit of the Day	Black Beans	Fruit of the Day	Fruit of the Day
	Milk Substitute	Milk Substitute	Fruit of the Day & Milk Substitute	Milk Substitute	Milk Substitute

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