

Name : November 2022 K-8 Allergen Free Menu					
Age Group : K-8		Meal : Lunch		Meal Pattern : NSLP/SSO	
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 II		Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022
		Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes
Hot Meal		Taco Beef & Golden Corn Chips Black Bean & Corn Fruit of the Day Milk Substitute	Brown Rice Crisp Broccoli Fruit of the Day Milk Substitute	Sliced Cucumbers Fruit of the Day Milk Substitute	Steamed Rice Steamed Peas Fruit of the Day Milk Substitute
Week III	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/Rice	Beef Meatballs	Chicken & Potatoes
Hot Meal	Baby Carrots Fruit of the Day Corn Chips Milk Substitute	Brown Rice Steamed Corn Fruit of the Day Milk Substitute	Seasoned Chicken & Peppers Served w/ Brown Rice Black Beans Fruit of the Day & Milk Substitute	Brown Rice Steamed Green Beans Fruit of the Day Milk Substitute	Steamed Rice Crisp Broccoli Fruit of the Day Milk Substitute
Week IV	Monday, November 14, 2022	Tuesday, November 15, 2022	Wednesday, November 16, 2022	Thursday, November 17, 2022	Friday, November 18, 2022
	Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat Over Rice
Hot Meal	Golden Corn Chips Black Bean & Fresh Carrots Fruit of the Day Milk Substitute	Steamed Rice Steamed Green Beans Fruit of the Day Milk Substitute	Steamed Peas Fruit of the Day Milk Substitute	Steamed Rice Fresh Broccoli Fruit of the Day Milk Substitute	Serve Seasoned Beef on Brown Rice Black Beans & Carrots Fruit of the Day & Corn Chips Milk Substitute
Week V	Monday, November 21, 2022	Tuesday, November 22, 2022	Wednesday, November 23, 2022	Thursday, November 24, 2022	Friday, November 25, 2022
	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes
Hot Meal	Steamed Rice Fresh Baby Carrots Fruit of the Day Milk Substitute	Taco Beef & Golden Corn Chips Black Bean & Corn Fruit of the Day Milk Substitute	Brown Rice Crisp Broccoli Fruit of the Day Milk Substitute	Sliced Cucumbers Fruit of the Day Milk Substitute	Steamed Rice Steamed Peas Fruit of the Day Milk Substitute
Week VI	Monday, November 28, 2022	Tuesday, November 29, 2022	Wednesday, November 30, 2022	Chef Spotlight - Jason Wilson, Field Kitchen Supervisor, CKC Good Food	
	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/Rice	Connecting to Roots through Food	
Hot Meal	Baby Carrots Fruit of the Day Corn Chips Milk Substitute	Brown Rice Steamed Corn Fruit of the Day Milk Substitute	Seasoned Chicken & Peppers Served w/ Brown Rice Black Beans Fruit of the Day & Milk Substitute	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	
				Jason's 'Shoofly Pie Recipe' 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.

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	Beef Meatballs Brown Rice Steamed Green Beans Fruit of the Day Milk Substitute	Chicken & Potatoes Steamed Rice Crisp Broccoli Fruit of the Day Milk Substitute

Week I	Monday, December 5, 2022	Tuesday, December 6, 2022	Wednesday, December 7, 2022	Thursday, December 8, 2022	Friday, December 9, 2022
Hot Meal	Yummy Beef & Scallion Golden Corn Chips Black Bean & Fresh Carrots Fruit of the Day Milk Substitute	Chicken Sukkhar Steamed Rice Steamed Green Beans Fruit of the Day Milk Substitute	Beef Fried Rice Steamed Peas Fruit of the Day Milk Substitute	Spice Rubbed Chicken Fillet Steamed Rice Fresh Broccoli Fruit of the Day Milk Substitute	Beef Taco Meat Over Rice Serve Seasoned Beef on Brown Rice Black Beans & Carrots Fruit of the Day & Corn Chips Milk Substitute

Week II	Monday, December 12, 2022
Hot Meal	Chicken Supreme Steamed Rice Fresh Baby Carrots Fruit of the Day Milk Substitute

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