

| Name : September 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 V | Chef Spotlight - Barbara Reinhold (Administrative Coordinator) | | | Thursday, September 1, 2022 | Friday, September 2, 2022 |
| Hot Meal | Who said cooking is for eating? | | | Chicken Pilaf | Beef & Potatoes |
| | "Some of my favorite recipes are not actually for eating. This HOMEMADE SILLY PUTTY RECIPE is among one of my favorites. Who can resist the fun toy in the plastic egg that has annual sales that exceeds six million eggs around the world? | | | Sliced Cucumbers | Steamed Rice |
| | Cooking is about having the confidence to try new things. So Cooking is like science, you experiment with ingredients until you find or make the thing you want. - Barb" | | | Fruit of the Day | Steamed Peas |
| | Chef Barb's recipe for 'Homemade Silly Putty' is on Page 2 | | | Milk Substitute | Fruit of the Day |
| | | | | Milk Substitute | Milk Substitute |
| Week VI | Monday, September 5, 2022 | Tuesday, September 6, 2022 | Wednesday, September 7, 2022 | Thursday, September 8, 2022 | Friday, September 9, 2022 |
| Hot Meal | Chicken Fried Rice | Beef & Broccoli | Chicken Fajita w/Rice | Beef Meatballs | Chicken & Potatoes |
| | 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 |
| Week I | Monday, September 12, 2022 | Tuesday, September 13, 2022 | Wednesday, September 14, 2022 | Thursday, September 15, 2022 | Friday, September 16, 2022 |
| Hot Meal | Yummy Beef & Scallion | Chicken Sukkhar | Beef Fried Rice | Spice Rubbed Chicken Fillet | Beef Taco Meat Over Rice |
| | Golden Corn Chips | Steamed Rice | Steamed Peas | Steamed Rice | Serve Seasoned Beef on Brown Rice |
| | 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, September 19, 2022 | Tuesday, September 20, 2022 | Wednesday, September 21, 2022 | Thursday, September 22, 2022 | Friday, September 23, 2022 |
| Hot Meal | Chicken Supreme | Beef Nachos | Marinated Grilled Chicken Fillet | Chicken Pilaf | Beef & Potatoes |
| | Steamed Rice | Taco Beef & Golden Corn Chips | Brown Rice | Sliced Cucumbers | Steamed Rice |
| | 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 III | Monday, September 26, 2022 | Tuesday, September 27, 2022 | Wednesday, September 28, 2022 | Thursday, September 29, 2022 | Friday, September 30, 2022 |
| Hot Meal | Chicken Fried Rice | Beef & Broccoli | Chicken Fajita w/Rice | Beef Meatballs | Chicken & Potatoes |
| | 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 |

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.

Homemade Silly Putty - Recipe

Ingredients

Steps :

- * Large Bowl, fork / small silicone spatula
- * 1 cup Corn Starch
- * ½ cup Dish soap
- * 1 tbsps Baby oil/Cooking oil
- * 3 drops of Food coloring

1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl.
2. Add oil and food coloring, mix with fork/spatula.
3. Now for the science part --- use your hands to knead the putty until it is smooth.
4. The putty will last about an hour - if you want to save some for later seal it in an air-tight container.

October 2022 Menu (Subject to Change)

| Week IV | Monday, October 3, 2022 | Tuesday, October 4, 2022 | Wednesday, October 5, 2022 | Thursday, October 6, 2022 | Friday, October 7, 2022 |
|----------|----------------------------------|--------------------------|----------------------------|------------------------------------|-----------------------------------|
| | Yummy Beef & Scallion | Chicken Sukkhar | Beef Fried Rice | Spice Rubbed Chicken Fillet | Beef Taco Meat Over Rice |
| Hot Meal | Golden Corn Chips | Steamed Rice | Steamed Peas | Steamed Rice | Serve Seasoned Beef on Brown Rice |
| | 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 | |
|----------|--------------------------|-------------------------------|-----------------------------------------|--|
| | Chicken Supreme | Beef Nachos | Marinated Grilled Chicken Fillet | |
| Hot Meal | Steamed Rice | Taco Beef & Golden Corn Chips | Brown Rice | |
| | Fresh Baby Carrots | Black Bean & Corn | Crisp Broccoli | |
| | Fruit of the Day | Fruit of the Day | Fruit of the Day | |
| | Milk Substitute | Milk Substitute | Milk Substitute | |

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