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CKC Good Food

This institution is an equal opportunity provider

651-453-1136

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Name : September 2022 New Millennium Academy Breakfast Menu

Age Group : K-8 | **Meal : Breakfast** | **Meal Pattern : NSLP**

Week V	Chef Spotlight - Barbara Reinhold (Administrative Coordinator)	Thursday, September 1, 2022	Friday, September 2, 2022
Breakfast	**Who said cooking is for eating?**	**Hot Breakfast**	**Assorted Single Bowl Cereal (1 item)**
	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? 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	**Breakfast Pizza (2 items)**	**Fruited Yogurt Cup (1 item)**
Three items meet USDA Requirements (One item must be fruit)		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
		Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
	Chef Barb's recipe for 'Homemade Silly Putty' is on Page 2	Chef's Choice may be offered	

Week VI	Monday, September 5, 2022	Tuesday, September 6, 2022	Wednesday, September 7, 2022	Thursday, September 8, 2022	Friday, September 9, 2022
Breakfast	**Hot Breakfast**	**Hot Breakfast**	**Hot Breakfast**	**Hot Breakfast**	**WG Chocolate Crescent Roll (2 items)**
	Breakfast Egg Fried Rice (2 items)	**Breakfast Cheesy French Bread (2 items)**	**Egg, Turkey Sausage Burrito (2 items)**	**Whole Grain Pancakes & Syrup (2 Items)**	
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
	Chef's Choice may be offered				

Week I	Monday, September 12, 2022	Tuesday, September 13, 2022	Wednesday, September 14, 2022	Thursday, September 15, 2022	Friday, September 16, 2022
Breakfast	**Hot Breakfast**	**Hot Breakfast**	**Hot Breakfast**	**Hot Breakfast : Make your Own Breakfast Sandwich**	**Assorted Big Bowl Cereal (2 Items)**
	Maple Waffle Chicken Sandwich (2 items)	**French Toast Sticks & Syrup (2 items)**	**Breakfast Pizza (2 items)**	**Biscuit, Egg Patty & Cheese Slice**	
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
	Chef's Choice may be offered				

Week II	Monday, September 19, 2022	Tuesday, September 20, 2022	Wednesday, September 21, 2022	Thursday, September 22, 2022	Friday, September 23, 2022
Breakfast	**Hot Breakfast**	**Hot Breakfast**	**Hot Breakfast**	**Hot Breakfast**	**Apple Filled Donut (2 items)**
	Pancake Sausage on a Stick w/Syrup (2 items)	**Waffle & Syrup (2 items)**	**Breakfast Rice Soup (2 items)**	**Turkey Egg Cheese Bites (2 items)**	
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
	Chef's Choice may be offered				

Week III	Monday, September 26, 2022	Tuesday, September 27, 2022	Wednesday, September 28, 2022	Thursday, September 29, 2022	Friday, September 30, 2022
Breakfast	**Hot Breakfast**	**Hot Breakfast**	**Hot Breakfast**	**Hot Breakfast**	**Assorted Large Breakfast Bread (2 items)**
	Breakfast Egg Fried Rice (2 items)	**WG Pancakes & Syrup (2 items)**	**Scrambled Eggs & Cheese (1 item) & Small Assorted Muffin (1 item)**	**Breakfast Cheesy French Bread (2 items)**	
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
	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.*

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Menu is subject to infrequent changes

Homemade Silly Putty - Recipe

Ingredients	Steps :
* Large Bowl, fork / small silicone spatula * 1 cup Corn Starch * ½ cup Dish soap * 1 tbsp 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
Breakfast	**Hot Breakfast** **Pancake Turkey Sausage Wrap w/Syrup (2 items)**	**Hot Breakfast : Make your Own Breakfast Sandwich** **Biscuit, Egg Patty & Cheese Slice**	**Hot Breakfast** **Waffle Eggoji w/Syrup (2 items)**	**Hot Breakfast** **Egg, Turkey Sausage Burrito (2 items)**	**Strawberry Cream Cheese Stuffed Bagel (2 items)**
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
	Chef's Choice may be offered				

Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022
Breakfast	**Hot Breakfast** **Maple Waffle Chicken Sandwich (2 items)**	**Hot Breakfast** **Turkey Egg Cheese Bites (2 items)**	**Hot Breakfast** **French Toast Sticks & Syrup (2 items)**
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
	Chef's Choice may be offered		

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