

Name : September 2022 North Metro Flex Academy K-8 Grades Lunch Menu					
Age Group : K-8 Grades		Meal : Lunch		Meal Pattern : NSLP	
Week V	Chef Spotlight - Barbara Reinhold (Administrative Coordinator)			Thursday, September 1, 2022	Friday, September 2, 2022
Hot Meal	<p align="center">Who said cooking is for eating?</p> <p>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?</p> <p>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.</p> <p align="center">- Barb</p>				
Week VI	Monday, September 5, 2022	Tuesday, September 6, 2022	Wednesday, September 7, 2022	Thursday, September 8, 2022	Friday, September 9, 2022
Hot Meal		"New" Roasted Curry Chicken Drumstick	Classic Hamburger	Chicken Fritters w/ Ranch Dip	Fresh Hot Pizza
		Old Fashioned Biscuit	Fresh Bakery Bun & Ketchup	Cool Ranch Doritos	Mixed Salad Greens & Dressing
		Creamy Mashed Potatoes	Coleslaw	Seasoned Black Beans	Crisp Apple
		Tropical Fruit Mix	Banana	Summer Grapes	Choice Milk
		Choice Milk	Choice Milk	Choice Milk	
Week I	Monday, September 12, 2022	Tuesday, September 13, 2022	Wednesday, September 14, 2022	Thursday, September 15, 2022	Friday, September 16, 2022
Hot Meal	All Beef Hot Dog	Sweet & Sour Chicken	"New" Creamy Chicken Pasta	Burrito Bowl	Fresh Hot Pizza
	WG Bun, Ketchup & Mustard	Steamed Seasoned Brown Rice	Soft Dinner Roll	Brown Rice topped w/Seasoned Beef	Sliced Cucumbers
	Cool Ranch Doritos	Crisp Broccoli & Dip	Fresh Baby Carrots	Shred Chz, Lettuce & CKC Youza Sauce	Crisp Apple
	Baked Beans & Variety Applesauce	Tropical Fruit Mix	Banana	Corn Ranchero, Summer Grapes	Choice Milk
	Choice Milk	Choice Milk	Choice Milk	Choice Milk	
Week II	Monday, September 19, 2022	Tuesday, September 20, 2022	Wednesday, September 21, 2022	Thursday, September 22, 2022	Friday, September 23, 2022
Hot Meal	New" BBQ Beef Sandwich	"New" Chicken Tinga Walking Taco	Meatball Sub w/Mozzarella	Brunch Lunch	Fresh Hot Pizza
	Sun Chips	Frito Corn Chips, Seasoned Chicken, Fresh Chopped Cilantro	Crisp Salad & Dressing	Buttermilk Pancakes & Syrup	Baby Carrots & Dip
	CKC Baked Beans	Crema & Corn Salsa	Banana	Scrambled Eggs w Cheese	Crisp Apple
	Variety Applesauce	Tropical Fruit Mix	Choice Milk	Celery Sticks & Summer Grapes	Choice Milk
	Choice Milk	Choice Milk	Choice Milk		
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 Nuggets w/ Ketchup	Cheesy Lasagna Roll	Good Ole Fashioned Hamburger	Mandarin Orange Chicken	Fresh Hot Pizza
	Sun Chips	WG Dinner Roll	w/Ketchup	Steamed Brown Rice	Sliced Cucumbers
	Seasoned Black Beans	Grape Tomatoes & Dip	Cinnamon Goldfish	Fresh Broccoli & Ranch	Crisp Apple
	Variety Applesauce	Tropical Fruit Mix	Cornerrifica Salad	Summer Grapes	Choice Milk
	Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	

* 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

<p>Ingredients</p> <ul style="list-style-type: none"> * 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 	<p>Steps :</p> <ol style="list-style-type: none"> 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.
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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
	Queso Meatball Sub	Brunch Lunch	"New" Greek Nachos ****(Student Favorite)****	Chicken Patty Sandwich	Fresh Hot Pizza
	WG Bun & Cilantro	French Toast Sticks & Syrup	Seasoned Meat, Corn Tortilla Chips	Bakery Bun, Ketchup	Mixed Greens Salad & Dressing
Hot Meal	Nacho Chz Doritos & Chzy Refried Beans	Baby Carrots w/ Ranch	Tatziki Sauce & Corn Salsa	Sliced Cucumbers	Crisp Apple
	Variety Applesauce	Tropical Fruit Mix	Banana	Summer Grapes	Choice Milk
	Choice Milk	Choice Milk	Choice Milk	Choice Milk	
Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022	Thursday, October 13, 2022	Friday, October 14, 2022
	Mozzarella Burger	Creamy Mac & Cheese	Sesame Chicken	Walking Taco	Fresh Hot Pizza
	WG Bakery Bun & Ketchup	Vanilla Wafers	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	Baby Carrots
Hot Meal	Cool Ranch Doritos	Fresh Broccoli & Dip	Sliced Cucumbers	w/ Shredded Chz, Lettuce, Cilantro	Crisp Apple
	Cornerrific Salad	Tropical Fruit Mix	Banana	Chzy Refried Beans & Summer Grapes	Choice Milk
	Variety Applesauce & Choice Milk	Choice Milk	Fortune Cookie & Choice Milk	Choice Milk	
Week VI	Monday, October 17, 2022	Tuesday, October 18, 2022	Wednesday, October 19, 2022	Thursday, October 20, 2022	Friday, October 21, 2022
	Golden Corn Dog w/ Ketchup	"New" Roasted Curry Chicken Drumstick	Classic Hamburger	Chicken Fritters w/ Ranch Dip	Fresh Hot Pizza
	Goldfish Pretzels	Old Fashioned Biscuit	Fresh Bakery Bun & Ketchup	Cool Ranch Doritos	Mixed Salad Greens & Dressing
Hot Meal	Baby Carrots	Creamy Mashed Potatoes	Coleslaw	Seasoned Black Beans	Crisp Apple
	Variety Applesauce	Tropical Fruit Mix	Banana	Summer Grapes	Choice Milk
	Choice Milk	Choice Milk	Choice Milk	Choice Milk	

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