

Name : October 2022 North Metro Flex Academy K-8 Grades Lunch Menu

Age Group : K-8 Grades

Meal : Lunch

Meal Pattern : NSLP

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	

Week I	Monday, October 24, 2022	Tuesday, October 25, 2022	Wednesday, October 26, 2022	Thursday, October 27, 2022	Friday, October 28, 2022
	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
Hot Meal	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, October 31, 2022	Chef Spotlight - Nora Martinez (Food Service Manager, CKC)			
	New" BBQ Beef Sandwich	An easy and tasty recipe for Thanksgiving, or even a barbeque night			
	Sun Chips	<p>"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.</p> <p style="text-align: center;">- Nora"☺</p>			
Hot Meal	CKC Baked Beans				
	Variety Applesauce				
	Choice Milk				
		Chef Nora's recipe for 'Loaded Potatoes' is on Page 2			

* 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

Ingredients: * 8 Potatoes *1 Cup butter *1 Cup sour cream *1/2 tsp salt *1/2 Tbls ground black pepper *1 Cup bacon bites *3 whole pickled jalapenos (chop them into little pieces) Reserve these for later *1 Cup shredded cheddar cheese *1 1/2 Cup green onions	Servings: 16	Steps: 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. 2. Once cooked, cool and scoop some flesh out of the potatoes leaving a thick shell. The shell will be used later. 3. Mash the scooped flesh and mix all other ingredients. 4. Fill the shells with the mashed potato mix and bake them for about 15-20 minutes. 5. Garnish with cheese, green onions and loaded potatoes are ready to serve.
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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	"New" Chicken Tinga Walking Taco Frito Corn Chips, Seasoned Chicken, Fresh Chopped Cilantro Crema & Corn Salsa Tropical Fruit Mix Choice Milk	Meatball Sub w/Mozzarella Crisp Salad & Dressing Banana Choice Milk	Brunch Lunch Buttermilk Pancakes & Syrup Scrambled Eggs w Cheese Celery Sticks & Summer Grapes Choice Milk	Fresh Hot Pizza Baby Carrots & Dip Crisp Apple Choice Milk	
Week III	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
Hot Meal	Chicken Nuggets w/ Ketchup Sun Chips Seasoned Black Beans Variety Applesauce Choice Milk	Cheesy Lasagna Roll WG Dinner Roll Grape Tomatoes & Dip Tropical Fruit Mix Choice Milk	Good Ole Fashioned Hamburger w/Ketchup Cinnamon Goldfish Cornnerrifica Salad Banana & Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Fresh Broccoli & Ranch Summer Grapes Choice Milk	Fresh Hot Pizza Sliced Cucumbers Crisp Apple Choice Milk

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