

Menu Info		Name : January 2022 K-5 Bagged Breakfast No Cereal					
		Age Group : K-5		Meal : Breakfast		Meal Pattern : NSLP / SSO	
		Monday, January 3, 2022	Tuesday, January 4, 2022	Wednesday, January 5, 2022	Thursday, January 6, 2022	Friday, January 7, 2022	
Week I		Handmade Strawberry Boli (2 items)	Honey Bun (2 items)	Mini Cinnis (2 items)	Apple Soft Filled Oatmeal Cereal Bar (2 items)	Assorted Poptart (1 item)	
Breakfast						* Fruited Yogurt (1 item) Must add to bag*	
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)	
<i>Chef's Choice May be Offered Daily</i>							
		Monday, January 10, 2022	Tuesday, January 11, 2022	Wednesday, January 12, 2022	Thursday, January 13, 2022	Friday, January 14, 2022	
Week II		Large Assorted Brekkie (2 Items)	Apple Filled Donut (2 items)	Chocolate Chocolate Chip Muffin (2 items)	WG Glazed Honey Bun (2 items)	WG Muffin (1 Item)	
Breakfast						*String Cheese (1 item) Must add to bag*	
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)	
<i>Chef's Choice May be Offered Daily</i>							
		Monday, January 17, 2022	Tuesday, January 18, 2022	Wednesday, January 19, 2022	Thursday, January 20, 2022	Friday, January 21, 2022	
Week III		Apple Soft Filled Oatmeal Cereal Bar (2 items)	Assorted Pop Tart (1 item)	Mini Cinnis (2 items)	Fruit Frudel (2 items)	Make your own Parfait Toataly Oat Cup (1 item)	
Breakfast			Granola Bites (1 Item)			* Fruited Yogurt (1 item) Must add to bag*	
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)	
<i>Chef's Choice May be Offered Daily</i>							
		Monday, January 24, 2022	Tuesday, January 25, 2022	Wednesday, January 26, 2022	Thursday, January 27, 2022	Friday, January 28, 2022	
Week IV		Large Assorted Brekkie (2 Items)	Handmade Strawberry Boli (2 items)	Large Breakfast Bread (2 items)	Chewy Chocolate Chip Oatmeal Bar (2 items)	Assorted Poptart (1 item)	
Breakfast						*String Cheese (1 item) Must add to bag*	
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)	
<i>Chef's Choice May be Offered Daily</i>							
		Monday, January 31, 2022					
		Chef Spotlight - Joel Wight (Offsite Kitchen Manager, CKC)					
		Food & Tradition Go Hand-in-Hand					
Week V		Orange Dream Muffin (2 items)					
Breakfast			Lefse is a traditional Norwegian flatbread, which is a relatively easy recipe. If you can make mashed potatoes, you can also make Lefse! Lefse is a traditional dish, and when it comes to my family, we make it every holiday season. Thanksgiving, Christmas, no matter the occasion is, Lefse is made in our family. Lefse, however, wouldn't be complete without Grandma in Montana. Now a days 20 lbs is the limit, but I've heard stories of whole weekend adventures! One can only imagine how many pounds of potatoes that might need. We laugh, we sing, and drink mountains of tea and coffee! Gorging till we can no longer move, we feast off lefse for months to come as it also freezes great!				
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)	Lefse can be served with fruit or used to make burritos and even tacos! Our family favorite, however, is butter with cinnamon and sugar! The best part about making lefse, though, is making a mess, the fun flour fights, and just being with friends and family. So from our family to yours, enjoy this easy to make, and ever so hard to quit eating tradition! Enjoy!				
		<i>Chef's Choice May be Offered Daily</i>	-Joel				
		<i>Chef Joel's Recipe for Lefse is on Page 2.</i>					

*Skim and 1% milk choices offered daily.
*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

Lefse (Chef Joel's Recipe)

<p>Ingredients:</p> <ul style="list-style-type: none"> • 8 Cups Water • 2 1/2 Cups milk • 1 1/2 Cups butter • 8 Tbsp sugar • 8 teaspoons salt • 8 Cups potato flakes • 2-3 Cups flour <p>Makes 12 - 16 Lefse</p>	<p>Steps:</p> <ol style="list-style-type: none"> 1. In a large pot bring water to boil. Add milk, butter, sugar and salt. 2. When this comes to a boil, add potato flakes and stir until smooth. Pour the mixture into a large bowl and refrigerate. 3. When ready to make, take 2 cups of mixture at a time. Add 1 to 1 1/2 cups of flour, mix in until workable dough. 4. Flour your surface, roll dough as thin as possible. Cut into 6-8 inch circles using a pan lid and transfer to a griddle or a Lefse Grill, cook and enjoy! <p>This is our instant mashed potato recipe, if using real potatoes (my favorite) just make them like mashed potatoes and don't forget the sugar!</p>
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February 2022 Menu (Subject to Change)

Tuesday, February 1, 2022 Wednesday, February 2, 2022 Thursday, February 3, 2022 Friday, February 4, 2022

Week V		Honey Bun (2 items)	Apple Donut (2 items)	Mini Cinnis (2 items)	Corn Snackbread (1 item)
Breakfast					* Fruited Yogurt (1 item) Must add to bag*
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)
<i>Chef's Choice May be Offered Daily</i>					

Monday, February 7, 2022 Tuesday, February 8, 2022 Wednesday, February 9, 2022 Thursday, February 10, 2022 Friday, February 11, 2022

Week VI	Large Assorted Snackbread (2 Items)	Apple Filled Donut (2 items)	3 oz Breakfast Brekkie (2 items)	Fruit Frudel (2 items)	Strawberry Soft Filled Oatmeal Cereal Bar (2 items)
Breakfast					
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)
<i>Chef's Choice May be Offered Daily</i>					