

Name : November 2022 K-8 Bagged Breakfast w/ No Cereal		Meal : Breakfast		Meal Pattern : NSLP			
Age Group : K-8							
Week II	Breakfast	Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022		
		<b>Apple Filled Donut (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Variety Sliced Bagel (2 items)</b>  Margarine & Jelly (1 ea)  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>WG Glazed Honey Bun (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Fruited Oatmeal Bar (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Chef's Choice may be offered</b>	
Week III	Breakfast	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022		
		<b>WG Cinnamon Roll (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>French toast Bag (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Apple Frudel (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Maple Waffle Snaps (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Assorted Large Breakfast Bread (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Chef's Choice may be offered</b>
Week IV	Breakfast	Monday, November 14, 2022	Tuesday, November 15, 2022	Wednesday, November 16, 2022	Thursday, November 17, 2022		
		<b>Honey Bun (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Strawberry Cream Cheese Stuffed Bagel (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>WG Cinnamon Roll (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Soft Fruited Oatmeal Breakfast Bar (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Banana Chocolate Chip Oatmeal Round (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Chef's Choice may be offered</b>
Week V	Breakfast	Monday, November 21, 2022	Tuesday, November 22, 2022	Wednesday, November 23, 2022	Thursday, November 24, 2022		
		<b>Apple Filled Donut (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Assorted Large Muffin (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Maple Waffle Snaps (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Honey Bun (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Strawberry Boli (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Chef's Choice may be offered</b>
Week VI	Breakfast	Monday, November 28, 2022	Tuesday, November 29, 2022	Wednesday, November 30, 2022	Chef Spotlight - Jason Wilson, Field Kitchen Supervisor, CKC Good Food		
		<b>Fruited Oatmeal Bar (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Apple Cinnamon Muffin (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Assorted Large Breakfast Bread (2 items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Connecting to Roots through Food</b>  The 'Shoofly Pie' recipe is a favorite in my family. We have longstanding roots in Pennsylvania and this dish is often associated with the Pennsylvania Dutch Amish and Mennonite Communities. There are two styles to this treat: 'Dry' which has a cake-like texture, and 'wet', which has a custard-like bottom. My family always preferred the dry method but as I've learned to make it myself, I prefer the 'wet' pie. It's great for breakfast or dessert and is shelf-stable on the countertop for 5 days (while keeping covered.) - Jason		
<b>Jason's 'Shoofly Pie Recipe' is on Page 2</b>						<b>Chef's Choice may be offered</b>	

\* 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.

Ingredients Needed:		Servings : 1 Pie	<b>Shoofly Pie Recipe</b>
1 pie crust placed in a 9 inch pie plate (Store bought or from scratch) 1 ½ cups of flour 1 ½ cups of dark brown sugar 1 teaspoon of cinnamon ½ teaspoon of nutmeg A pinch of salt ¼ cup of cold, unsalted butter ¾ cup of molasses (light molasses is sweeter, dark molasses is less sweet, but richer) ¾ cup boiling water			<b>Steps:</b> 1.Preheat oven to 450° F. Prepare pie crust from scratch or use a store-bought one.  There are two components to the filling, the molasses liquid mixture and the crumb topping.  <b>Crumb topping:</b> 2.Combine the flour, sugar, cinnamon, nutmeg in a bowl, add a pinch of salt and mix well. Use a fork or pastry cutter to work in the butter, until you have a pebbly consistency.  <b>Filling:</b> 3.Add the molasses and water along with baking soda, all into a mixing bowl and combine well. Pour the mixture into a prepared pie shell. Evenly sprinkle the crumb topping on top. Do not mix the crumb and filling in order to get the 'wet' pie. If you want the 'dry' pie, mix the crumb and filling together.  4.Bake in the oven for 15 minutes and then reduce the oven temperature to 350° and bake for 20 more minutes. The shoofly pie is done when it is set and firm.

**December 2022 Menu (Subject to Change)**

Week VI	Thursday, December 1, 2022		Friday, December 2, 2022	
Breakfast	<b>Variety Sliced Bagel (2 items)</b>		<b>Large Breakfast Brekkie (2 items)</b>	
	<i>Margarine &amp; Jelly (1 ea)</i>			
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	
Three items meet USDA Requirements (One item must be fruit)	Choice Milk & Second Fruit OVS (1 item each)		Choice Milk & Second Fruit OVS (1 item each)	
<b>Chef's Choice may be offered</b>				

Week I	Monday, December 5, 2022	Tuesday, December 6, 2022	Wednesday, December 7, 2022	Thursday, December 8, 2022	Friday, December 9, 2022
Breakfast	<b>Large Breakfast Bread (2 Items)</b>	<b>Strawberry Boli (2 Items)</b>	<b>Maple Waffle Snaps (2 items)</b>	<b>Soft Filled Oatmeal Cereal Bar (2 items)</b>	<b>WG Cinnamon Roll (2 items)</b>
	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)
Three items meet USDA Requirements (One item must be fruit)	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)
<b>Chef's Choice may be offered</b>					

Week II	Monday, December 12, 2022
Breakfast	<b>Banana Chocolate Chip Oatmeal Round (2 items)</b>
	100% 4.23 oz Fruit Juice (1 item)
Three items meet USDA Requirements (One item must be fruit)	Choice Milk & Second Fruit OVS (1 item each)
<b>Chef's Choice may be offered</b>	

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