

Menu Info		Name : December 2021 Spero Academy Lunch Menu			Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads		
		Age Group : K-8	Meal : Lunch		Meal Pattern : NSLP / SSO		
		"Chef Spotlight - Laurie Yohn (General Manager, CKC)	Wednesday, December 1, 2021	Thursday, December 2, 2021	Friday, December 3, 2021		
		Memories Preserved in Food					
Week II		<p>"Cooking and baking have always been a passion of mine. Growing up in a large family with 8 siblings, our parents taught us the importance of eating healthy and caring for our bodies. We grew our own produce, picked up fresh eggs & milk from the neighbor almost daily, and our father would make Saturday morning trips to the local meat market. My mother baked fresh bread and/or cookies daily! That was our treat after walking down our mile long driveway where the bus picked and dropped us off. Both of our parents were great cooks and bakers. We neither went to restaurants nor ate convenience foods until I was age 13-14. Boil-in-a-bag dinners were the hot ticket item back in the day but we got that "treat" only on Fridays! My mother went into the work force when I was 12 and this is when I started to prepare meals for my family. I have my parents to thank, for influencing me to cook and bake and I will forever cherish the moments, spent with them in the kitchen." - Laurie</p>	Meatball Sub w/Mozzarella Ranchero Corn Salad w/ Shred Lettuce Mixed Berry Animal Crackers Chilled Grapes Choice Milk	Tex Mex Wrap Seasoned Beef, Tator Tots, Eggs & Chz WG Tortilla, Lettuce & Cheesy Refried Beans Tropical Fruit Mix & Giant Goldfish Choice Milk			
Hot Meal			Veggie Lasagna Roll	Cheese Quesadilla			
Hot Veg			Turkey & Cheese Wrap	CKC Crazy Good Chicken Bun			
Cold							
		Monday, December 6, 2021	Tuesday, December 7, 2021	Wednesday, December 8, 2021	Thursday, December 9, 2021	Friday, December 10, 2021	
Week III		Chicken Fritter Wrap w/ Youza Sauce WG Tortilla & Golden Chix Fritters w/ Shred Cheese, Lettuce, Chopped Cilantro & CKC Youza Sauce Nacho Chz Doritos w/ Creamy Refried Bean Salsa Dip Fruited Applesauce & Choice Milk	Good Ole Fashioned Hamburger w/ Pickle Rounds & Ketchup Baby Carrots & Dip WG Cool Ranch Doritos Banana & Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Mixed Garden Salad & Dressing Chilled Grapes Choice Milk	Mongolian Meatballs WG Dinner Roll Mashed Potatoes Tropical Fruit Mix & Elf Grahams Choice Milk		
Hot Meal		Bean & Cheese Burrito	Veggie Burger	Egg Fried Rice	Teriyaki Veggie Nuggets		
Hot Veg		Chicken & Cheese Torta Sandwich	Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken Sandwich w/Sauce	Chicken & Cheddar Wrap		
Cold							
		Monday, December 13, 2021	Tuesday, December 14, 2021	Wednesday, December 15, 2021	Thursday, December 16, 2021	Friday, December 17, 2021	
Week IV		Chicken Tender Dunkers w/Ranch Goldfish Pretzels Baby Carrots & Dip Fruited Applesauce Choice Milk	Tender Salisbury Steak & Gravy WG Dinner Roll Mashed Potatoes Banana Choice Milk	Stir Fry Chicken Bowl Stir Fry Chicken on Top of Rice Mixed Garden Salad & Dressing Crisp Varietal Apple & Honey Grahams Choice Milk	BBQ Roasted Chicken Drumstick Dinner Roll & CKC Baked Beans Sliced Cucumbers & Chilled Grapes Scooby Grahams Choice Milk		
Hot Meal		Pizza Crunchers & Italian Dip	Swedish Veggie Patty w/ WG Roll	Cheese Bosco Sticks w/ Marinara Sauce	Grilled cheese Sandwich		
Hot Veg		Turkey Bun	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap, Cheetos	Sesame Chicken Bun		
Cold							
		Monday, December 20, 2021	Tuesday, December 21, 2021	Wednesday, December 22, 2021	Thursday, December 23, 2021	Friday, December 24, 2021	
Week V		Mozzarella Burger WG Bakery Bun & Ketchup Sun Chips Corntastic Salad & Baby Carrots Fruited Applesauce & Choice Milk	Asian Sesame Chicken Wrap WG Tortilla, Breaded Chicken Bites Asian Slaw Mix Baby Carrots & Fortune Cookie Banana & Choice Milk	Creamy Mac & Cheese Fresh Broccoli & Dip Tropical Fruit Mix Elf Grahams Choice Milk	Walking Taco Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Lettuce, Cilantro & Boom Sauce Cheesy Refried Beans Chilled Grapes & Choice Milk		
Hot Meal		Mozzarella Veggie Burger	Twisted Cheese Breadsticks	Creamy Mac & Cheese	Cheese Quesadilla		
Hot Veg		Roast Turkey on Wheat Bread w/Mayo	Asian Chicken Sticky Bun	Chicken Caesar Wrap	CKC Crazy Good Chicken Bun		
Cold							
		Monday, December 27, 2021	Tuesday, December 28, 2021	Wednesday, December 29, 2021	Thursday, December 30, 2021	Friday, December 31, 2021	
Week VI		Premium Chicken Nuggets Ketchup Cool Ranch Doritos & Baby Carrots Fruited Applesauce Choice Milk	Build Your Own Cheesy Nachos Warm Cheddar Cheese Sauce served w/ Tortilla Chips on Beef Crumble, Sour Cream & Cilantro Mixed Salad Greens w/Dressing Banana & Choice Milk	Cheeseburger Fresh Bakery Bun, Ketchup & Pickles Steamed Corn Chilled Grapes & Elf Grahams Choice Milk	Chicken Enchilada Rice Bowl Brown Rice w/ Seasoned Chicken Shred Cheese, Lettuce & CKC Boom Sauce Seasoned Black Beans & Giant Goldfish Tropical Fruit Mix & Choice Milk		
Hot Meal		Pizza Crunchers & Italian Dip	Veggie TexMex Wrap	Garden Cheeseburger	Cheese Quesadilla		
Hot Veg		Turkey Bun w/ Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap w/ Mayo	Asian Chicken Sticky Bun		
Cold							
<i>Hot Veg and Cold meals are served with vegetables and fruit of the day</i>							
Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruits and milk)							
Days		Monday	Tuesday	Wednesday	Thursday	Friday	
Deli Salads (Vegetarian choices come with eggs in the place of chicken)		Grilled Chicken Caesar Salad Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	Grilled Chicken Asian Salad Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	Grilled Chicken Southwest Taco Salad Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	Grilled Chicken Bistro Salad Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	Grilled Chicken Power Green Salad Powerful greens like Kale and Spinach raise the bar on this super green salad, with craisins bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.	

*Skim and 1% milk choices offered daily.

*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

Applesauce - Using Pressure Cooker (Chef Laurie's Recipe)

Ingredients	Uses	Steps
<p>(Using a covered pan on the stove top instead of pressure cooker will work as well. Heat on medium heat until apples are soft)</p> <ul style="list-style-type: none"> - 15 -20 medium sized apples. We like Haralson - ¼ c. pure maple syrup (fresh local syrup is the best!) - 2 teaspoons ground cinnamon - ¼ teaspoon freshly grated nutmeg - 1/8 teaspoon salt - 1 cup water (may use apple cider) 	<ul style="list-style-type: none"> • In baking to replace ½ the amount of oil that the recipe calls for • Great in oatmeal • Excellent with porkchops • Top your pancakes and waffles with applesauce instead of syrup 	<ol style="list-style-type: none"> 1. Core, peel and slice apples into 8 sections 2. Place all ingredients in pressure cooker and stir until combined 3. Close pot and cook on high pressure for 5 minutes. 4. Allow to rest in pot for 10 minutes 5. After 10 minutes, slowly release the pressure and open lid 6. The applesauce should be a little chunky. Using an immersion blender (or regular blender), blend until you reach preferred consistency. We like our applesauce smooth. 7. Store in sealed jar for 7 days or freeze in small containers. <p>I hope you enjoy this simple but delicious recipe for applesauce. It is so basic and versatile and brings back many beautiful memories that I have of spending time in the kitchen with my parents. We used our senses to determine what ingredients worked well with each other and did not follow recipes. To this day, I don't use many recipes when cooking but will use as a guide when baking.</p>

Menu Info January 2022 Menu (Subject to Change)

Menu Info	Monday, January 3, 2022	Tuesday, January 4, 2022	Wednesday, January 5, 2022	Thursday, January 6, 2022	Friday, January 7, 2022
Week I	Crispy Louisiana Chicken Bun	All Beef Hot Dog	Chicken Biryani w/Yogurt Sauce	Burrito Bowl	
Hot Meal	WG Bun, Pickle Rounds w/ CKC New Orleans Sauce Cornstastic Salad & Sun Chips Fruited Applesauce & Choice Milk	WG Bun, Ketchup & Mustard Cool Ranch Doritos Grape Tomatoes Banana & Choice Milk	Crisp Mixed Salad & Dressing Lemon Blueberry Crisps Crisp Varietal Apple Choice Milk	Brown Rice topped w/Seasoned Beef Shred Chz, Lettuce & CKC Youza Sauce Chilled Black Beans & Shred Lettuce Grapes & Choice Milk	
Hot Veg	Louisiana Veggie Burger	Grilled Cheese Sandwich	Twisted Cheese Breadsticks	Cheese Quesadilla	
Cold	Turkey Bun	Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap	Chicken & Cheese Torta Sandwich	

Menu Info	Monday, January 10, 2022	Tuesday, January 11, 2022
Week II	Golden Corn Dog w/ Ketchup	Yahya! Boneless Chicken Wings
Hot Meal	Goldfish Pretzels Baby Carrots Fruited Applesauce Choice Milk	Honey Mustard Dressed Crisp Broccoli, Cucumber Slices Elf Grahams Banana & Choice Milk
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese
Cold	Wowbutter & Jelly Sandwich	Sesame Chicken Bun

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