

**Name : November 2021 Liberty Classical Academy Private Menu** Options Provided : Hot & Cold Meals, Deli Salads  
Age Group : K-12 Meal : Lunch

	Monday, November 1, 2021	Tuesday, November 2, 2021	Wednesday, November 3, 2021	Thursday, November 4, 2021	Friday, November 5, 2021
<b>Week IV</b>	<b>Chick-fil-A</b>	<b>Turkey &amp; Gravy</b>	<b>Cheesy Bread Bites w/Italian Dip</b>	<b>Brunch Lunch</b>	<b>Pizza Day</b>
<b>Hot Meal</b>	Chick-fil-A Sandwich & Chips Chick-fil-A Grilled Sandwich & Chips Choice Milk	Buttered Mashed Potatoes Dinner Roll & Margarine Assorted Salad Bar & Fruit of the Day Choice Milk	Crispy Cube Potatoes w/Ketchup Assorted Salad Bar Fruit of the Day Choice Milk	French Toast Sticks & Syrup Turkey Sausage Assorted Salad Bar Fruit of the Day & Choice Milk	Pepperoni Pizza Cheese Pizza Optional Extra Slice Choice Milk
<b>Cold</b>		CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap	Sesame Chicken Bun	
<b>Salad</b>		Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	

	Monday, November 8, 2021	Tuesday, November 9, 2021	Wednesday, November 10, 2021	Thursday, November 11, 2021	Friday, November 12, 2021
<b>Week V</b>	<b>Chick-fil-A</b>	<b>Juicy Beef Hot Dag</b>	<b>Chicken Nuggets w/Ketchup</b>	<b>Homemade Macaroni &amp; Cheese</b>	<b>No School</b>
<b>Hot Meal</b>	12 Count Nuggets & Chips 5 Count Nuggets & Chips 5 Count Grilled Nuggets & Chips Choice Milk	Cool Ranch Doritos Assorted Salad Bar Fruit of the Day Choice Milk	Crispy Cubes Assorted Salad Bar Fruit of the Day Choice Milk	Fresh Bakery Roll & Margarine Assorted Salad Bar Fruit of the Day Choice Milk	
<b>Cold</b>		Asian Chicken Sticky Bun	Chicken Caesar Wrap	CKC Crazy Good Chicken Bun	
<b>Salad</b>		Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	

	Monday, November 15, 2021	Tuesday, November 16, 2021	Wednesday, November 17, 2021	Thursday, November 18, 2021	Friday, November 19, 2021
<b>Week VI</b>	<b>Chick-fil-A</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Build Your Own Burrito</b>	<b>Chicken Mashed Potato Bowl</b>	<b>Pizza Day</b>
<b>Hot Meal</b>	Chick-fil-A Sandwich & Chips Chick-fil-A Grilled Sandwich & Chips Choice Milk	Steamed Rice w/Soy Sauce Fortune Cookie Assorted Salad Bar Fruit of the Day & Choice Milk	Taco Meat, Cheese, Corn & Black Salsa Seasoned Rice, Flour Tortilla & Sour Cream Assorted Salad Bar Fruit of the Day & Choice Milk	Fresh Bakery Roll & Margarine Assorted Salad Bar Fruit of the Day Choice Milk	Pepperoni Pizza Cheese Pizza Optional Extra Slice Choice Milk
<b>Cold</b>		Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap w/Mayo	Asian Chicken Sticky Bun	
<b>Salad</b>		Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	

	Monday, November 22, 2021	Tuesday, November 23, 2021	Wednesday, November 24, 2021	Thursday, November 25, 2021	Friday, November 26, 2021
<b>Week I</b>	<b>Chick-fil-A</b>	<b>Crispy Tennessee Chicken Sandwich</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>
<b>Hot Meal</b>	12 Count Nuggets & Chips 5 Count Nuggets & Chips 5 Count Grilled Nuggets & Chips Choice Milk	Assorted Salad Bar Fruit of the Day Choice Milk			
<b>Cold</b>		Honey Mustard Chicken on WG Bun			
<b>Salad</b>		Grilled Chicken Asian Salad			

	Monday, November 29, 2021	Tuesday, November 30, 2021	CKC Chef Spotlight - Chef Brandon (Kitchen Manager, CKC)		
<b>Week II</b>	<b>Chick-fil-A</b>	<b>Cheese Pizza Crunchers w/Marinara</b>	<b>A Family that dines together, stays together</b>		
<b>Hot Meal</b>	Chick-fil-A Sandwich & Chips Chick-fil-A Grilled Sandwich & Chips Choice Milk	Ice Cream Cup Assorted Salad Bar Fruit of the Day Choice Milk	Any recipe is a great recipe when it becomes a family favorite. And when it is comforting, flavorful and of lip-smacking taste, it elevates the cooking and dining experience to another level. This Stew recipe is one such for my family. This recipe is fondly tied to my memories, as my sons enjoyed having it so often when they were young.  With an awesome baker (my wife) in the house, I am the one who holds the position of chef. My amazing oven and I make an awesome team. Together, we never cease to excite the taste buds of my family.  - Brandon		
<b>Cold</b>		Sesame Chicken Bun			
<b>Salad</b>		Grilled Chicken Asian Salad	Brandon's "North African Chicken Stew" recipe suggestion is on Page 2		

*Hot Veg and Cold meals are served with vegetables and fruit of the day*

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 Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	
		Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	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.	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.	

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

**North African Chicken Stew (Chef Brandon's Recipe Suggestion)**

<b>Ingredients</b>	<b>4 Servings</b>	<b>Method:</b>
<ul style="list-style-type: none"> <li>- Chicken Broth - 1.5 Cups</li> <li>- Uncooked Couscous - 1 Cup</li> <li>- Boneless, skinless chicken thighs quartered - 6</li> <li>- Ground Cumin - 1 Tsp</li> <li>- Paprika, preferably Spanish pimenton - 1 Tsp</li> <li>- Carrots, sliced 1/4th inch thick - 2</li> <li>- Small red onion, halved and sliced - 1</li> </ul>	<ul style="list-style-type: none"> <li>- Kosher salt - 4 Tsp</li> <li>- Freshly ground black pepper - to taste</li> <li>- Unsalted Butter - 1 Tbsp</li> <li>- Vegetable oil - 1 Tbsp</li> <li>- Chicken Broth - 1 2/3 Cups</li> <li>- Grated lemon zest</li> <li>- Apple cider vinegar - 1/4 Cup</li> <li>- Tunisian Pesto - 1/3rd cup</li> </ul>	<ul style="list-style-type: none"> <li>- Bring the 1.5 cups chicken broth to a boil in a medium size sauce pan over high heat. Stir in the couscous, 1 tsp salt and pepper to taste. Cover and set aside while you make the stew.</li> <li>- Heat the oil and butter in a Dutch oven. Season the chicken with the remaining salt, cumin, paprika and pepper to taste; add to the pot.</li> <li>- Cook until browned all over, stirring occasionally for about 5 mins. Add the sliced carrots, onion, 1 2/3 cup chicken broth, vinegar, lemon zest, bring to boil.</li> <li>- Adjust the heat to maintain a brisk simmer, cover and cook just until the chicken is firm to the touch and the carrots are tender, about 8 minutes.</li> <li>- Stir the pesto into the stew. Fluff the couscous with a fork and mound it in 4 soup bowls. Spoon some chicken stew over each portion and serve.</li> </ul>

Menu Info		December 2021 Menu (Subject to Change)		
		Wednesday, December 1, 2021	Thursday, December 2, 2021	Friday, December 3, 2021
Week II		<b>Mongolian Meatballs</b>	<b>Boneless Chicken Wings &amp; BBQ Sauce</b>	<b>Pizza Day</b>
Hot Meal		Steamed Rice	Dinner Roll & Steamed Corn	Pepperoni Pizza
		Soy Sauce	Assorted Salad Bar	Cheese Pizza
		Assorted Salad Bar	Fruit of the Day	Optional Extra Slice
		Fruit of the Day & Choice Milk	Choice Milk	Choice Milk
Cold		Turkey & Cheese Wrap w/Mayo	CKC Crazy Good Chicken Bun	
Salad		Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	

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