

This institution is an equal opportunity provider

Menu Info	<b>Name : December 2021 Liberty Classical Academy Private Menu</b>		Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads		
	Age Group : K-12		Meal : Lunch		

*Chef Spotlight - Laurie Yohn (General Manager, CKC)						
<b>Memories Preserved in Food</b>						
	Wednesday, December 1, 2021		Thursday, December 2, 2021		Friday, December 3, 2021	
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 &amp; 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.</p> <p>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>		<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			

	Monday, December 6, 2021	Tuesday, December 7, 2021	Wednesday, December 8, 2021	Thursday, December 9, 2021	Friday, December 10, 2021
Week III	<b>Chick-fil-A</b>	<b>Cheesy Lasagna w/Red Sauce</b>	<b>Walking Beef Taco w/Fixings</b>	<b>Orange Chicken Bowl</b>	<b>Pizza Day</b>
Hot Meal	12 Count Nuggets & Chips 5 Count Nuggets & Chips 5 Count Grilled Nuggets & Chips Choice Milk	Garlic Toast Assorted Salad Bar Fruit of the Day Choice Milk	Nacho Chz Chips, Beef, Shredded Cheese, Cilantro Sour Cream & Hot Sauce Assorted Salad Bar Fruit of the Day & Choice Milk	Steamed White Rice Soy Sauce Assorted Salad Bar Fruit of the Day & Choice Milk	Pepperoni Pizza Cheese Pizza Optional Extra Slice Choice Milk
Cold		Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken on WG Roll w/Sauce	Chicken & Cheddar Wrap	
Salad		Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	

	Monday, December 13, 2021	Tuesday, December 14, 2021	Wednesday, December 15, 2021	Thursday, December 16, 2021	Friday, December 17, 2021
Week IV	<b>Chick-fil-A</b>	<b>Turkey &amp; Gravy</b>	<b>Twisted Mozzarella Breadsticks w/Italian Dip</b>	<b>Brunch Lunch</b>	<b>Pizza Day</b>
Hot Meal	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
Cold		CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap	Sesame Chicken Bun	
Salad		Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	

Week V					
Hot Meal					
Cold					
Salad					

Week VI					
Hot Meal					
Hot Veg					
Salad					

*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 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"> <li>- 15 -20 medium sized apples. We like Haralson</li> <li>- ¼ c. pure maple syrup (fresh local syrup is the best!)</li> <li>- 2 teaspoons ground cinnamon</li> <li>- ¼ teaspoon freshly grated nutmeg</li> <li>- 1/8 teaspoon salt</li> <li>- 1 cup water (may use apple cider)</li> </ul>	<ul style="list-style-type: none"> <li>• In baking to replace ½ the amount of oil that the recipe calls for</li> <li>• Great in oatmeal</li> <li>• Excellent with porkchops</li> <li>• Top your pancakes and waffles with applesauce instead of syrup</li> </ul>	<ol style="list-style-type: none"> <li>1. Core, peel and slice apples into 8 sections</li> <li>2. Place all ingredients in pressure cooker and stir until combined</li> <li>3. Close pot and cook on high pressure for 5 minutes.</li> <li>4. Allow to rest in pot for 10 minutes</li> <li>5. After 10 minutes, slowly release the pressure and open lid</li> <li>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.</li> <li>7. Store in sealed jar for 7 days or freeze in small containers.</li> </ol> <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
<b>Week I</b>	<b>Chick-fil-A</b>	<b>Crispy Tennessee Chicken Sandwich</b>	<b>Combo Fried Rice w/ Soy Sauce</b>	<b>Mexi Wrap</b>	<b>Pizza Day</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	Fortune Cookie Assorted Salad Bar Fruit of the Day Choice Milk	Tater Tots, Srambled Eggs, Seasoned Beef & Cheese Flour Tortilla & Sour Cream Assorted Salad Bar Fruit of the Day & Choice Milk	Pepperoni Pizza Cheese Pizza Optional Extra Slice Choice Milk
<b>Cold</b>		Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap & Elf Grahams	Chicken & Cheese Torta Sandwich	
<b>Salad</b>		Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	

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