

Menu Info	Name : January 2022 Liberty Classical Academy Private Menu				Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads	
	Age Group : K-12				Meal : Lunch	

	Monday, January 3, 2022	Tuesday, January 4, 2022	Wednesday, January 5, 2022	Thursday, January 6, 2022	Friday, January 7, 2022
Week I	<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>
Hot Meal	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
Cold		Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap & Elf Grahams	Chicken & Cheese Torta	
Salad		Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	

	Monday, January 10, 2022	Tuesday, January 11, 2022	Wednesday, January 12, 2022	Thursday, January 13, 2022	Friday, January 14, 2022
Week II	<b>Chick-fil-A</b>	<b>Italian Dunkers w/Marinara</b>	<b>Mongolian Meatballs</b>	<b>Boneless Chicken Wings &amp; BBQ Sauce</b>	<b>Pizza Day</b>
Hot Meal	Chick-fil-A Sandwich & Chips Chick-fil-A Grilled Sandwich & Chips Choice Milk	Assorted Salad Bar Fruit of the Day Choice Milk	Steamed Rice Soy Sauce Assorted Salad Bar Fruit of the Day & Choice Milk	Dinner Roll & Steamed Corn Assorted Salad Bar Fruit of the Day Choice Milk	Pepperoni Pizza Cheese Pizza Optional Extra Slice Choice Milk
Cold		Sesame Chicken Bun	Turkey & Cheese Wrap w/Mayo	CKC Crazy Good Chicken Bun	
Salad		Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	

	Monday, January 17, 2022	Tuesday, January 18, 2022	Wednesday, January 19, 2022	Thursday, January 20, 2022	Friday, January 21, 2022
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		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, January 24, 2022	Tuesday, January 25, 2022	Wednesday, January 26, 2022	Thursday, January 27, 2022	Friday, January 28, 2022
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	

	Monday, January 31, 2022	Chef Spotlight - Joel Wight (Offsite Kitchen Manager, CKC) <b>FOOD &amp; TRADITION GO HAND-IN-HAND</b>			
Week V	<b>Chick-fil-A</b>	<p>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!</p> <p>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 <del>over so hard to quit eating traditional!</del> Enjoy!</p> <p><i>Chef Joel's Recipe for Lefse is on Page 2.</i></p> <p><i>Hot Veg and Cold meals are served with vegetables and fruit of the day</i></p>			
Hot Meal	12 Count Nuggets & Chips 5 Count Nuggets & Chips 5 Count Grilled Nuggets & Chips Choice Milk				
Cold					
Salad					

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.

**Lefse (Chef Joel's Recipe)**

**Ingredients:**

- 3 Cups Water
- 2 1/2 Cups milk
- 1 1/2 Cups butter
- 2 Tbsp sugar
- 3 teaspoons salt
- 2 Cups potato flakes
- 2-3 Cups flour

Makes 12 - 16 Lefse

**Steps:**

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!

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!

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

Menu Info		Tuesday, February 1, 2022	Wednesday, February 2, 2022	Thursday, February 3, 2022	Friday, February 4, 2022
Week V		<b>Juicy Beef Hot Dag</b>	<b>Chicken Nuggets w/Ketchup</b>	<b>Homemade Macaroni &amp; Cheese</b>	<b>Pizza Day</b>
Hot Meal		Cool Ranch Doritos	Crispy Cubes	Fresh Bakery Roll & Margarine	Pepperoni Pizza
		Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Cheese Pizza
		Fruit of the Day	Fruit of the Day	Fruit of the Day	Optional Extra Slice
		Choice Milk	Choice Milk	Choice Milk	Choice Milk
Cold		<b>Asian Chicken Sticky Bun</b>	<b>Chicken Caesar Wrap</b>	<b>CKC Crazy Good Chicken Bun</b>	
Cold		Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	

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