

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

	Tuesday, February 1, 2022	Wednesday, February 2, 2022	Thursday, February 3, 2022	Friday, February 4, 2022
Week V		Juicy Beef Hot Dag	Chicken Nuggets w/Ketchup	Homemade Macaroni & Cheese
Hot Meal		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
Hot Veg		Asian Chicken Sticky Bun	Chicken Caesar Wrap	CKC Crazy Good Chicken Bun
Salad		Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad

	Monday, February 7, 2022	Tuesday, February 8, 2022	Wednesday, February 9, 2022	Thursday, February 10, 2022	Friday, February 11, 2022
Week VI		Sweet & Sour Chicken	Build Your Own Burrito	Chicken Mashed Potato Bowl	Pizza Day
Hot Meal	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
Cold		Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap w/Mayo	Asian Chicken Sticky Bun	
Salad		Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	

	Monday, February 14, 2022	Tuesday, February 15, 2022	Wednesday, February 16, 2022	Thursday, February 17, 2022	Friday, February 18, 2022
Week I		Crispy Tennessee Chicken Sandwich	Combo Fried Rice w/ Soy Sauce	Mexi Wrap	
Hot Meal	Chick-fil-A 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	
Cold		Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap & Elf Grahams	Chicken & Cheese Torta Sandwich	
Salad		Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	

	Monday, February 21, 2022	Tuesday, February 22, 2022	Wednesday, February 23, 2022	Thursday, February 24, 2022	Friday, February 25, 2022
Week II		Italian Dunkers w/Marinara	Mongolian Meatballs	Boneless Chicken Wings & BBQ Sauce	
Hot Meal		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	
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, February 28, 2022	Chef Spotlight - Wolfgang Mayr (Procurement/Offsite Manager, CKC)			
Week III		A Little Time and Effort Goes A long way!			
Hot Meal	Chick-fil-A 12 Count Nuggets & Chips 5 Count Nuggets & Chips 5 Count Grilled Nuggets & Chips Choice Milk	Cooking has always been an adventure to me, of course being a chef. Raising children and trying to appease to their palates adds more challenge. Good old hearty food on a cold winter's day can be nothing more than inviting even for the pickiest eater! Braised meats take a long time to cook, but in the end, it's worth all the effort. With a nice crusty baguette to top up the sauce, what more can the kids want?			
Cold		Bon Appetit Wolfgang			
Salad		Chef Wolfgang's Recipe for Potroast 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.

Boneless Short Rib Pot Roast (Chef Wolfgang's Recipe)

Ingredients:		Steps:
<ul style="list-style-type: none"> • 3-4lb Boneless beef short ribs or thick beef chunk • 1 tsp Kosher salt • 1 tsp Fresh ground black pepper • 2 Tbsp canola oil • 3 cups chopped onion • 2 cups peeled chopped carrots • 2 washed & chopped celery stalks • 2 sprigs fresh thyme • 2 sprigs fresh rosemary, stems removed 	<ul style="list-style-type: none"> • Zest of 1 lemon • 3 Tbsp tomato paste • 2 cups red wine (cabernet) • 3 1/2 cups beef broth (low salt) • 2 large potatoes peeled and quartered • 1 1/2 cups carrot slims • Kosher salt and pepper to taste to finish <p>Makes 4 servings</p>	<ol style="list-style-type: none"> 1. Cut beef into manageable pieces, season with salt and pepper. 2. Turn burner on high and add oil to a two-quart pot. When it is smoking, take tongs and gently place beef in the oil very slowly to prevent splashing. Cover the pot and brown the beef. Carefully take the lid off and repeat for the other side of beef. Once the beef is browned, remove and set on a plate. 3. Place the chopped carrots, celery and onions in the pot and sauté until lightly cooked, then place beef back into the pot with herbs, lemon zest and tomato paste and slowly add red wine. Bring to a boil. 4. After 5 minutes, add the beef broth and bring to a boil. Cover the pot and lower the heat to simmer lightly, and not boiling. 5. Check after 3 hours for the tenderness of the beef, if it's still tough continue cooking for another 1/2 hour (I take tongs and bend the beef, should start to rip). 6. Remove the beef and thyme stems from the pot. Reserve beef on a plate and discard thyme stems. With an immersion blender puree cooked vegetables in broth, then add carrot slims, potatoes and the beef. Remove lid and simmer an additional half an hour until veggies are tender and sauce has thickened. 7. Portion into 4 bowls, the beef should be tender enough to pull apart, then ladle sauce over. Serve with a nice crusty baguette and enjoy.

Menu Info						March 2022 Menu (Subject to Change)			
		Tuesday, March 1, 2022		Wednesday, March 2, 2022		Thursday, March 3, 2022		Friday, March 4, 2022	
Week III		Cheesy Lasagna w/Red Sauce		Walking Beef Taco w/Fixings		Orange Chicken Bowl		Pizza Day	
Hot Meal		Garlic Toast		Nacho Chz Chips, Beef, Shredded Cheese, Cilantro		Steamed White Rice		Pepperoni Pizza	
		Assorted Salad Bar		Sour Cream & Hot Sauce		Soy Sauce		Cheese Pizza	
		Fruit of the Day		Assorted Salad Bar		Assorted Salad Bar		Optional Extra Slice	
		Choice Milk		Fruit of the Day & Choice Milk		Fruit of the Day & Choice Milk		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			

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