

Menu Info		Name : April 2022 Liberty Classical Academy Private Menu				Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads	
		Age Group : K-12				Meal : Lunch	
		Chef Spotlight - Oscar Yangari (Offsite Kitchen Manager)				Friday, April 1, 2022	
Week I	<p>Food is not just about eating for Energy; It's something to Experience</p> <p>If you know how to cut a whole chicken into pieces, you can make 'Seco de pollo' in just a few steps! This traditional family recipe has been in the family for decades and inherited by young generations, inspiring what to cook on the fly, when you have guests unexpected. My short personal experience:</p> <p>One day, I had my significant other over for dinner and my menu for that day was shrimp ceviche (another typical delicious dish). I had everything ready and was ready to serve when she arrives. My luck (or the opposite), I totally forgot that my then roommate was allergic to shrimp even by the smell. My roommate was out that morning and I remembered this allergy only after he reached home. Immediately, I got so nervous not knowing what to do for plan B because she was on her way already! What could I cook on the fly? And this recipe flashed in my mind. Right away I asked my roommate, "Do you have chicken?". Luckily, he did! I was thinking to myself "No matter how it turns out it, I am cooking it". I started cutting the whole chicken into pieces, shaking and nervous! By the time she got home I had the rice going and the chicken in process, but I was so nervous because I told her that the dinner was ready and to not be late, lol! Somehow, I did it fast and she just waited 15 minutes while she was watching me cooking nervous! I still remember those intense moments, as if it</p> <p><i>Chef Oscar's recipe 'Seco De Pollo' is on Page 2</i></p>					<p>Pizza Day</p> <p>Pepperoni Pizza</p> <p>Cheese Pizza</p> <p>Optional Extra Slice</p> <p>Choice Milk</p>	
Hot Meal							
Hot Veg							
Cold							
		Monday, April 4, 2022	Tuesday, April 5, 2022	Wednesday, April 6, 2022	Thursday, April 7, 2022	Friday, April 8, 2022	
Week II	Chick-fil-A	Italian Dunkers w/Marinara	Mongolian Meatballs	Boneless Chicken Wings & BBQ Sauce	Pizza Day		
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, April 11, 2022	Tuesday, April 12, 2022	Wednesday, April 13, 2022	Thursday, April 14, 2022	Friday, April 15, 2022	
Week III	Chick-fil-A	Cheesy Lasagna w/Red Sauce	Walking Beef Taco w/Fixings	Orange Chicken Bowl	No School		
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			
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, April 18, 2022	Tuesday, April 19, 2022	Wednesday, April 20, 2022	Thursday, April 21, 2022	Friday, April 22, 2022	
Week IV	Chick-fil-A	Turkey & Gravy	Twisted Mozzarella Breadsticks w/Italian Dip	Brunch Lunch	Pizza Day		
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, Berries & 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, April 25, 2022	Tuesday, April 26, 2022	Wednesday, April 27, 2022	Thursday, April 28, 2022	Friday, April 29, 2022	
Week V	Chick-fil-A	Juicy Beef Hot Dog	Chicken Nuggets w/Ketchup	Homemade Macaroni & Cheese	Pizza Day		
Hot Meal	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	Pepperoni Pizza Cheese Pizza Optional Extra Slice Choice Milk		
Cold		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			
<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 Asian Salad	Grilled Chicken Southwest Taco 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.	Grilled Chicken Southwest Taco 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.		

*Skim and 1% milk choices offered daily.

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

Seco De Pollo (Ecuadorian Chicken Stew) (Chef Oscar's Recipe)

<u>Ingredients:</u>	<u>Ingredients to Blend</u>	<u>Steps:</u>
<ul style="list-style-type: none"> * 3.3 Lbs Mix of Chicken Legs & Thighs * 1 Tsp Cumin * 1 Tsp Paprika (or 1 Tsp Achiote) * 1 Tbsp Vegetable Oil * Salt & Pepper To taste <p>Prep Time : 30 Minutes Cook Time : 60 Minutes Servings 5</p>	<ul style="list-style-type: none"> * 3 Large Tomatoes Cut into chunks * 1 Bell Pepper. Deseeded and cut into small pieces (reserve half to add to the stew) * 1 Yellow onion peeled and cut into chunks * 5 Cloves of garlic, peeled * 1 Bunch Parsley (reserve some leaves to garnish) * 2 Thai chilis (optional) or add chili powder to taste * Juice of 1/2 orange * 1 Cup chicken stock 	<ul style="list-style-type: none"> ** Rub the chicken with cumin and paprika, and set it aside to marinate for about 30 minutes while you work on the other ingredients. ** Place the tomatoes, bell pepper, onions, garlic, parsley, chilis, orange juice into a food processor. Blend together to a thick chunky sauce. ** Heat some vegetable oil in a large pot and brown the chicken. ** Pour the blended sauce over the chicken and bring to a boil. Add the other chopped half of the bell pepper into the pot. ** Reduce the heat to low, cover and simmer for an hour. ** After an hour, remove the chicken and if you prefer a chunkier sauce, cook it for another 15 minutes to reduce it down. Add salt & pepper to taste. Sprinkle finely chopped fresh parsley on top of the stew. ** Enjoy it with brown rice, pickled red onions and fried plantains.

Menu Info May 2022 Menu (Subject to Change)

Menu Info	Monday, May 2, 2022	Tuesday, May 3, 2022	Wednesday, May 4, 2022	Thursday, May 5, 2022	Friday, May 6, 2022
Week VI	Chick-fil-A	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	

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