

Name : September 2022 Crown of Life School Lunch Menu	Options Provided : Hot, Hot Vegetarian, Cold Meals
Age Group : K-12	Meal : Lunch

Week V	Chef Spotlight - Barbara Reinhold (Administrative Coordinator)		Thursday, September 01, 2022	Friday, September 02, 2022
	Who said cooking is for eating?		Walking Taco	NO SCHOOL
Hot Meal	Some of my favorite recipes are not actually for eating. This HOMEMADE SILLY PUTTY RECIPE is among one of my favorites. Who can resist the fun toy in the plastic egg that has annual sales that exceeds six million eggs around the world? Cooking is about having the confidence to try new things. So Cooking is like science, you experiment with ingredients until you find or make the thing you want. - Barb		Nacho Chz Chips, Seasoned Beef w/ Shredded Chz, Cilantro Assorted Salad Bar Fruit of the Day	
Hot Veg			Veggie Nuggets w/ Ketchup & Dinner Roll	
Cold	Chef Barb's recipe for 'Homemade Silly Putty' is on Page 2		Grilled Chicken & Cheese Bun	

Week VI	Monday, September 05, 2022	Tuesday, September 06, 2022	Wednesday, September 07, 2022	Thursday, September 08, 2022	Friday, September 09, 2022
Hot Meal	NO SCHOOL LABOR DAY	Cheeseburger Fresh Bakery Bun & Ketchup Sun Chips Assorted Salad Bar Fruit of the Day	Popcorn Chicken & Ranch French Fries & Ketchup Assorted Salad Bar Fruit of the Day	Build Your Own Cheesy Nachos Seasoned Beef w/ Tortilla Chips Warm Cheddar Chz Sauce, Cilantro & Crema Assorted Salad Bar Fruit of the Day	Belgian Waffle Top with Berries, Syrup & Whip Cream Assorted Salad Bar Fruit of the Day
Hot Veg		Garden Cheeseburger	Veggie Nuggets w/ Ketchup	Warm Cheesy Nachos	Cheese Quesadilla
Cold		Honey Mustard Grilled Chicken Bun	Turkey on Ciabatta Roll w/Mayo	Grilled Chicken & Cheese Bun	Ham & Provolone on WW Bread

Week I	Monday, September 12, 2022	Tuesday, September 13, 2022	Wednesday, September 14, 2022	Thursday, September 15, 2022	Friday, September 16, 2022
Hot Meal	All Beef Hot Dog WG Bun, Ketchup & Mustard Assorted Salad Bar Fruit of the Day	Chicken Alfredo Penne Soft Dinner Roll Assorted Salad Bar Fruit of the Day	Mandarin Orange Chicken Seasoned White Rice Assorted Salad Bar Fruit of the Day	Build Your Own Burrito Wrap Tortilla, Taco Meat, Lime Cilantro Rice Sour Cream Assorted Salad Bar Fruit of the Day	Pizza Crunchers & Marinara Assorted Salad Bar Fruit of the Day
Hot Veg	Grilled Cheese Sandwich	Smothered Garden Patty w/ WG Roll	Quesadilla	Creamy Mac & Cheese	Stuffed Breadsticks w/ Sauce
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Grilled Chicken Bun	Turkey on Ciabatta Roll w/Mayo	Grilled Chicken & Cheese Bun	Ham & Provolone on WW Bread

Week II	Monday, September 19, 2022	Tuesday, September 20, 2022	Wednesday, September 21, 2022	Thursday, September 22, 2022	Friday, September 23, 2022
Hot Meal	"New" BBQ Joe Sandwich Cheetos Assorted Salad Bar Fruit of the Day	"New" Chicken Tinga Walking Taco Frito Corn Chips, Seasoned Chicken, Cilantro & Crema Assorted Salad Bar Fruit of the Day	All Beef Hamburger Bun, Juicy Burger & Ketchup French Fries Assorted Salad Bar Fruit of the Day	Sweet & Sour Chicken Steamed White Rice Assorted Salad Bar Fruit of the Day	Brunch Lunch Buttermilk Pancakes, Berries, Syrup & Margarine Assorted Salad Bar Fruit of the Day
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese & Wg Roll	Veggie Lasagna Roll	Buttermilk Pancakes & Syrup w/ Scrambled Eggs	Egg Fried Rice
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Grilled Chicken Bun	Turkey on Ciabatta Roll w/Mayo	Grilled Chicken & Cheese Bun	Ham & Provolone on WW Bread

Week III	Monday, September 26, 2022	Tuesday, September 27, 2022	Wednesday, September 28, 2022	Thursday, September 29, 2022	Friday, September 30, 2022
Hot Meal	Premium Chicken Nuggets Ketchup Cool Ranch Doritos Assorted Salad Bar Fruit of the Day	Beef Soft Shell Tacos Flour Tortilla's, Taco Beef, Shred Cheese Crema Assorted Salad Bar Fruit of the Day	Baked Cheesy Lasagna w/Red Sauce Garlic Roll Assorted Salad Bar Fruit of the Day	Orange Chicken Bowl Steamed White Rice & Soy Sauce Assorted Salad Bar Fruit of the Day	French Bread Pizza Assorted Salad Bar Fruit of the Day Lemon Blueberry Crisps
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Bean & Cheese Burrito	Grilled Cheese Sandwich	Veggie Lasagna Roll	Stuffed Breadsticks w/ Sauce
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Grilled Chicken Bun	Turkey on Ciabatta Roll w/Mayo	Grilled Chicken & Cheese Bun	Ham & Provolone on WW Bread

*** Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.

Homemade Silly Putty - Recipe	
Ingredients * Large Bowl, fork / small silicone spatula * 1 cup Corn Starch * ½ cup Dish soap * 1 tbsp Baby oil/Cooking oil * 3 drops of Food coloring	Steps : 1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl. 2. Add oil and food coloring, mix with fork/spatula. 3. Now for the science part --- use your hands to knead the putty until it is smooth. 4. The putty will last about an hour – if you want to save some for later seal it in an air-tight container.

October 2022 Menu (Subject to Change)

Week IV	Monday, October 03, 2022	Tuesday, October 04, 2022	Wednesday, October 05, 2022	Thursday, October 06, 2022	Friday, October 07, 2022
	Sheet Pan Chicken w/Veggies	Brunch Lunch	Spaghetti w/ Sauce	Crispy Chicken Patty Sandwich	Creamy Homemade Mac & Cheese
Hot Meal	Dinner Roll	French Toast Sticks, Berries & Syrup	Garlic Roll	Bakery Bun & Mayo	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	French Fries & Ketchup	Fruit of the Day
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Assorted Salad Bar	Elf Grahams
Hot Veg	Garden Cheeseburger	Cheese Quesadilla	Pizza Crunchers w/ Sauce	French Toast Sticks & Syrup	Grilled Cheese Sandwich
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Grilled Chicken Bun	Turkey on Ciabatta Roll w/Mayo	Grilled Chicken & Cheese Bun	Ham & Provolone on WW Bread

Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022	
	Mozzarella Burger	Sesame Chicken	Chicken Tenders	
Hot Meal	WG Bakery Bun & Ketchup	Steamed White Rice	Ketchup	
	Cool Ranch Doritos	Assorted Salad Bar	Sun Chips	
	Assorted Salad Bar	Fruit of the Day	Assorted Salad Bar	
	Fruit of the Day		Fruit of the Day	
Hot Veg	Mozzarella Veggie Burger	Veggie Lasagna Roll	Cheese Bites w/ Italian Dip	
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Grilled Chicken Bun	Turkey on Ciabatta Roll w/Mayo	

* Skim and 1% milk choices offered daily.
 * All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
 * All Rice/Rice Products listed in the menu are Whole-grain brown rice products.