

# KRK Menu September 2020



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**All Breakfast & Lunches will include milk. Whole White, Fluid Milk will be served to all 1 year olds. 1% White, Fluid Milk will be served to all children 2 years and older. All snacks are served with water. Every Friday we have Chef Kids cooking class for Crawlers through Private Kindergarten.**

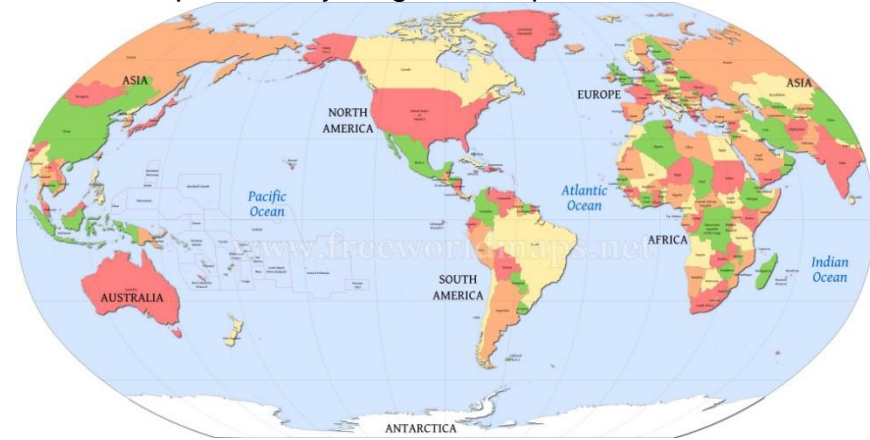
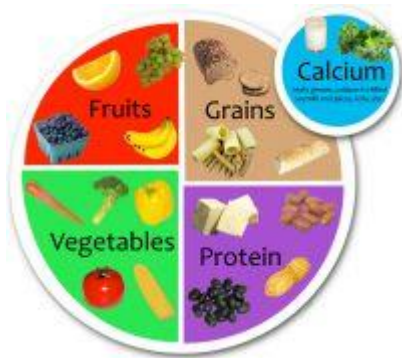
## Suites 350- Private K participate in Chef Kids cooking class ---- Cooking is Science, Math, & Art all in one!!

**1<sup>st</sup> Chef Kids:** Persian rice & raisins - steamed fluffy white rice, seasoned with salt and mixed with raisins. Students will sprinkle their desired seasonings and mix it in with their rice mixture.

**2<sup>nd</sup> Chef Kids:** Persian Chicken - chicken nuggets served with a splash of lemon and lime juice – students will drizzle a spoon of their desired amount of lemon or lime juice on their chicken as well as smelling the juice and describing what they smell.

**3<sup>rd</sup> Chef Kids:** Masto Kheiar – vanilla yogurt, sprinkled with dill and served with sliced cucumbers and crackers- Students will learn about how the dill seasoning is made from and discuss what other foods might taste good with dill seasoning.

**4<sup>th</sup> Chef Kids:** Special event: Making Smores for Camping Day! Students will practice layering the components of a s'more!



**nutritious snacks from the TDA** -Fruit juice; Fruit smoothie; Milk, non-fat or low-fat (plain or flavored); Bagel (1/2); Graham crackers; Animal crackers; Wheat crackers; English muffin (whole wheat); Rice cakes and mini rice cakes, flavored; Fig bars; Fruit or grain muffin (low-fat); Dry cereal, individual servings; Pretzels; Baked tortilla chips with salsa; Vanilla wafers; Fresh seasonal fruit; Carrots, broccoli, cauliflower with low-fat dip or salad dressing; Fruit snacks; Low-fat string cheese; Fruit/grain bars; Frozen fruit bars; 94 percent fat-free popcorn; Fruit, nut and/or grain trail mixes; Peanut butter & crackers; Fruit pico; Corn on cob with paprika or chili powder.

### Cool Facts about Persia/ Modern day Iran

- 8 million people live in Iran.
- The country has 636,296 square miles of land.
- The official language is Farsi.

