

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>Breakfast:</b> Pancakes with syrup, Fresh mixed fruit <b>Chef kids:</b> Japanese Rice Balls Lunch: Orange chicken & rice, Diced Peaches, Broccoli <b>Snack:</b> Vanilla Wafers & Pudding
<b>4</b> <b>Breakfast:</b> Belgium Waffles, Mixed Fruit <b>Snack:</b> Diced peaches & Graham Crackers <b>Lunch:</b> Beef Veg stew with rice, Diced Pears <b>Snack:</b> Ritz Crackers, Sliced Cheese, Pepperoni  <b>No HISD School</b>	<b>5</b> <b>Breakfast:</b> Whole Wheat Toast, Fresh mixed fruit <b>Snack:</b> Granola Bars <b>Lunch:</b> Turkey Chili Dogs, Corn, Pineapples <b>Snack:</b> Pretzel sticks & cubed cheese  <b>No HISD</b>	<b>6</b> <b>Breakfast:</b> Whole Grain Cereal & Bananas <b>Snack:</b> Goldfish & Raisins <b>Lunch:</b> Chicken strips with BBQ sauce <a href="#">CN# 098832</a> , Peas, Mandarin Oranges <b>Snack:</b> Cheese Its, Applesauce  <b>No HISD</b>	<b>7</b> <b>Breakfast:</b> Scrambled Eggs, Hash Browns & Fresh mixed fruit <b>Snack:</b> Broom sticks <b>Lunch:</b> Chicken and rice casserole, Mixed Veg, Mixed Fruit <b>Snack:</b> Sliced Apples, Low Fat Vanilla Yogurt  <b>No HISD</b>	<b>8</b> <b>Breakfast:</b> Buttermilk Biscuits, Fresh mixed fruit <b>Chef Kids:</b> Soba Salad <b>Lunch:</b> Sloppy Joes, carrots & Diced Peaches <b>Snack:</b> Bananas & Animal Crackers  <b>No HISD</b>
<b>11</b> <b>Breakfast:</b> French Toast Sticks, Fresh mixed fruit <b>Snack:</b> Vanilla Wafers, pudding <b>Lunch:</b> Turkey Corn Dogs <a href="#">CN#095484</a> , Green Beans, Diced Pears <b>Snack:</b> Rice Cakes, Applesauce	<b>12</b> <b>Breakfast:</b> Buttermilk Biscuits, Fresh mixed fruit <b>Snack:</b> Nutragrain Bars <b>Lunch:</b> Chicken & Veggie Alfredo, corn, Pineapples <b>Snack:</b> Pretzels & Cube Cheese	<b>13</b> <b>Breakfast:</b> Whole Grain Cereal & Bananas <b>Snack:</b> Goldfish & Raisins <b>Lunch:</b> Turkey, cheese, crackers, peas, Mandarin Oranges <b>Snack:</b> Graham crackers, Low Fat Vanilla Yogurt	<b>14</b> <b>Breakfast:</b> Breakfast Tacos, Fresh mixed fruit <b>Snack:</b> Fall Trail Mix <b>Lunch:</b> Tator tot casserole w/ whole grain crackers, Mixed Veggies, Mixed Fruit <b>Snack:</b> Apples & sunbutter	<b>15</b> <b>Breakfast:</b> Pancakes with syrup, Fresh mixed fruit <b>Chef Kids:</b> American style dorayaki <b>Lunch:</b> Hamburgers <a href="#">CN#085257</a> , Diced Peaches, Broccoli  <b>Snack:</b> Bean Nachos
<b>18</b> <b>Breakfast:</b> Belgium Waffles, Fresh mixed fruit <b>Snack:</b> Carrots, crackers, & Ranch Dip <b>Lunch:</b> Chicken Sandwich <a href="#">CN#098832</a> , Green beans, Diced Pears <b>Snack:</b> Gold fish & Raisins	<b>19</b> <b>Breakfast:</b> Whole Wheat Cheese Toast, Fresh mixed fruit <b>Snack:</b> Granola bars <b>Lunch:</b> Beef Tacos, corn, Pineapples Chunks <b>Snack:</b> Cheerio Mix	<b>20</b> <b>Breakfast:</b> Whole Grain Cereal & Bananas <b>Snack:</b> Lady Bugs on a Raft <b>Lunch:</b> Chili & cheese over rice, peas, Mandarin Oranges <b>Snack:</b> Cheese Its, Applesauce	<b>21</b> <b>Breakfast:</b> Scrambled Eggs, Hash Browns, mixed fresh fruit <b>Snack:</b> Spiders on a log <b>Lunch:</b> Fiesta Casserole, Mixed Veggies, Mixed Fruit <b>Snack:</b> Chex Mix with raisins	<b>22</b> <b>Breakfast:</b> Buttermilk Biscuits, Fresh mixed fruit <b>Chef Kids:</b> Kid friendly sushi <b>Lunch:</b> Red Beans & rice with sausage & Diced Peaches <b>Snack:</b> Apples, & Sunbutter  <b>Chef club</b>
<b>25</b> <b>Breakfast:</b> French Toast Sticks, Fresh mixed fruit <b>Snack:</b> Pretzels & Mustard <b>Lunch:</b> Steak Fingers <a href="#">CN#096151</a> , Cauliflower Mashed Potatoes, Cream Gravy, Diced Pears <b>Snack:</b> Rice Cakes, Applesauce	<b>26</b> <b>Breakfast:</b> Buttermilk Biscuits, Fresh mixed fruit <b>Snack:</b> Nutragrain bars <b>Lunch:</b> Chicken nuggets <a href="#">CN#096402</a> , Mac-N-Cheese, Corn, Pineapples Chunks <b>Snack:</b> Chips & Salsa	<b>27</b> <b>Breakfast:</b> Whole Grain Cereal & Bananas <b>Snack:</b> Broccoli, Sour Cream Ranch Dip, Saltine Crackers <b>Lunch:</b> Cheese Pizza <a href="#">CN#093240</a> peas, Mandarin Oranges <b>Snack:</b> Graham Crackers & Yogurt	<b>28</b> <b>Breakfast:</b> Breakfast Tacos, Fresh mixed fruit <b>Snack:</b> Apple S'mores <b>Lunch:</b> Chicken parmesan, Mix Veggies, Mixed Fruit <b>Snack:</b> Chex Mix with raisins	<b>29</b> <b>Breakfast:</b> Pancakes with syrup, Fresh mixed fruit <b>Chef kids:</b> Shibuya Honey Toast Lunch: Orange chicken & rice, Diced Peaches, Broccoli <b>Snack:</b> Vanilla Wafers & Pudding

# Chef Kids October 2021

## “A Taste of Japan”

### Suites 350- Private K participate in Chef Kids cooking class:

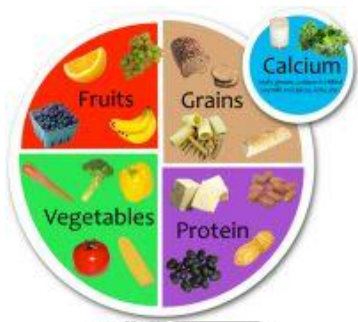
**1<sup>st</sup> Chef Kids:** Japanese Rice Balls- Steamed rice, cheese, mixed vegetables. The children will measure and combine all ingredients then mold them into a bite size ball.

**2<sup>nd</sup> Chef Kids:** Soba Salad- Pasta, cucumber, honey, soy sauce- Students will add sliced cucumber to their pasta and then drizzle honey and soy sauce. They will then mix it all up and taste the yumminess.

**3<sup>rd</sup> Chef Kids:** American Style Dorayaki-Our version of Japanese Red Bean Paste Bites- Children will trim the crust off of a slice of bread, cut bread into 4, add a bit of sun butter and then fold into a ball.

**4<sup>th</sup> Chef Kids:** Kid Friendly Sushi- Tortilla, cream cheese, cucumber- we will spread our tortilla with cream cheese and layer with cucumbers. Roll it up and enjoy!

**5<sup>th</sup> Chef Kids:** Shibuya Honey Toast- Students will spread honey on toast and sprinkle the top with strawberry bits & chocolate chips.



#### Cool Facts about Japan:

1. The Japanese name for Japan is “Nihon” or “Nippon” which means “sun origin”.
2. Japan belongs to the continent of Asia. ...
3. Japan is made up of 6,852 islands.
4. The highest point in Japan is Mount Fuji, which stands at 3,776m (12,388ft).

**nutritious snacks from the TDA** -Fruit juice; Fruit smoothie; Milk, non-fat or low-fat (plain or flavored); Bagel (1/2); Graham s; 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.

**All Breakfast & Lunches are served with milk. All snacks are served with water. All breakfasts are served with fresh fruit. 4 pm snacks for Crawlers through Musicians will be either Cheerios or Goldfish. Every Friday we have Chef Kids cooking class for 350- Priv. K! All casseroles have additional vegetables in the sauces. All Menu items meet USDA food program regulations.**