

Fresh, Healthy, Good Food  
Every Day!



this institution is an equal opportunity provider

September 2018 PSA 6-8 Pizza EOW Lunch Menu

Week 1	Monday, September 3, 2018	Tuesday, September 4, 2018	Wednesday, September 5, 2018	Thursday, September 6, 2018	Friday, September 7, 2018
<b>Hot Lunch</b>	<b>Spicy Chicken Fritter Sandwich</b> CKC Fritter Sauce Goldfish Pretzels Salad Bar Varietal Apple	<b>All Beef Hot Dog</b> Hot Dog Bun, Ketchup & Mustard Bag of Munchies Salad Bar Banana	<b>BBQ Chicken Drummy</b> Dinner Roll Salad Bar Chilled Grapes	<b>General TSO's Chicken</b> Steamed Seasoned Rice Salad Bar Chilled Pineapple	<b>Beef Pho</b> Dinner Roll Salad Bar Fresh Oranges
<b>Vegetarian Sandwich Deli Salad</b>	<b>Double Cheese Omelet</b> Turkey & Lettuce Sand or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	<b>Cheese Enchilada</b> Egg Salad & Lettuce Bun or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	<b>Veggie Burger</b> Grilled Curry Chicken & Lettuce on Ciabatta or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	<b>Bean &amp; Cheese Burrito w/Cholula Hot Sauce</b> Chicken Craisin & Lettuce Sandwich or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	<b>Cheese Pizza</b> Grilled Herb Chicken Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 2	Monday, September 10, 2018	Tuesday, September 11, 2018	Wednesday, September 12, 2018	Thursday, September 13, 2018	Friday, September 14, 2018
<b>Hot Lunch</b>	<b>Orange Chicken</b> Seasoned Brown Rice Salad Bar Varietal Apple	<b>Cheeseburger</b> WG Bun, Ketchup, Mustard & Pickles Funyuns Salad Bar Banana	<b>CKC Coconut Curry</b> Dinner Rolls & Mashed Potatoes Salad Bar Chilled Grapes	<b>Golden Chicken Tenders</b> Ketchup & Ranch Sauce Dinner Roll Salad Bar Chilled Pineapple	<b>Homemade Pizza</b> Salad Bar Fresh Oranges
<b>Vegetarian Sandwich Deli Salad</b>	<b>Pancakes &amp; Syrup w/Veggie Sausage</b> Chicken (No Nut Pesto) & Lettuce Bun or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	<b>Cheese Quesadilla &amp; Cholula Hot Sauce</b> Honey Mustard Chicken & Lettuce Ciabatta or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	<b>French Toast Sticks (6) &amp; Syrup</b> Turkey & Lettuce Sand or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	<b>The Max Cheese Stick &amp; Italian Ranch</b> Citrus Chicken Salad w/Lettuce Bun or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	<b>Cheese Pizza</b> Egg Salad & Lettuce Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 3	Monday, September 17, 2018	Tuesday, September 18, 2018	Wednesday, September 19, 2018	Thursday, September 20, 2018	Friday, September 21, 2018
<b>Hot Lunch</b>	<b>Corn Dog</b> Ketchup & Mustard Cheetos Salad Bar Varietal Apple	<b>Spicy Chicken Nuggets</b> Ketchup & Ranch Salad Bar Banana	<b>Hmong Sausage</b> Steamed Seasoned Rice Salad Bar Chilled Grapes	<b>Hamburger</b> Flamas Salad Bar Chilled Pineapple	<b>Shredded BBQ Chicken Mashed Potato Boat</b> BBQ Shredded Chicken & Mashed Potatoes Biscuit & Margarine Salad Bar Fresh Oranges
<b>Vegetarian Sandwich Deli Salad</b>	<b>Cheese Enchilada</b> Sesame Chicken & Lettuce on Ciabatta or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	<b>Egg Fried Rice</b> Chicken Chutney Salad & Lettuce Sandwich or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	<b>Garlic Twisted Mozzarella Stuffed Breadstick</b> Mediterranean Egg Salad & Lettuce Bun or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	<b>Veggie Cheese Burger</b> Grilled Greek Chicken Bun or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	<b>Cheese Pizza</b> Turkey & Lettuce Sand or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 4	Monday, September 24, 2018	Tuesday, September 25, 2018	Wednesday, September 26, 2018	Thursday, September 27, 2018	Friday, September 28, 2018
<b>Hot Lunch</b>	<b>Chicken Satay Bowl</b> Creamy Nut Free Chicken Satay w/Red Peppers & Cilantro. Serve over Brown Rice Salad Bar Varietal Apple	<b>Sloppy Joe</b> WG Bun Funyuns Salad Bar Banana	<b>Hmong Chicken &amp; Pepper Sauce</b> Steamed Seasoned Rice Salad Bar Chilled Grapes	<b>Chicken Carnitas Taco</b> WG Tortilla, Shredded Lettuce, Cilantro & Cheese Corn Chips Salad Bar Chilled Pineapple	<b>Homemade Pizza</b> Salad Bar Fresh Oranges
<b>Vegetarian Sandwich Deli Salad</b>	<b>Pancakes &amp; Syrup w/Veggie Sausage</b> Grilled Herb Chicken Bun or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	<b>Cheese Quesadilla &amp; Cholula Hot Sauce</b> Grilled Curry Chicken & Lettuce on Ciabatta or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	<b>Egg Fried Rice</b> Egg Salad & Lettuce Bun or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	<b>Cheese Bosco Stick &amp; Italian Ranch</b> Turkey & Lettuce Sand or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	<b>Cheese Pizza</b> Chicken Craisin & Lettuce Sandwich or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 5	Monday, October 1, 2018	Tuesday, October 2, 2018	Wednesday, October 3, 2018	Thursday, October 4, 2018	Friday, October 5, 2018
<b>Hot Lunch</b>	<b>Breaded Chicken &amp; Cheese Sandwich</b> WG Bun & Ketchup Garden Veggie Sun Chips Salad Bar Varietal Apple	<b>Nacho Cheese Scoops</b> Nacho Cheese Beef, Tomatoes & Cilantro Tostitos Scoops & Sour Cream & Cholula Hot Sauce Salad Bar Banana	<b>Shredded BBQ Sandwich</b> WG Bun Munchies Salad Bar Chilled Grapes	<b>Asian Meatballs</b> Dinner Rolls & Mashed Potatoes Salad Bar Chilled Pineapple	<b>Yang's Curry Chicken</b> Steamed Rice Salad Bar Fresh Oranges
<b>Vegetarian Sandwich Deli Salad</b>	<b>Bean &amp; Cheese Burrito w/Cholula</b> Honey Mustard Chix & Lettuce Ciabatta or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	<b>Twisted Mozzarella Breadstick w/Marinara</b> Turkey & Lettuce Sand or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	<b>Double Cheese Omelet</b> Chicken (No Nut Pesto) & Lettuce Bun or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	<b>Macaroni &amp; Cheese</b> Egg Salad & Lettuce Bun or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	<b>Cheese Pizza</b> Citrus Chicken Salad w/Lettuce Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)

Menu is subject to infrequent change

Questions? Call 651-453-1136 or visit our website at [www.ckcgoodfood.com](http://www.ckcgoodfood.com)

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