

Fresh, Healthy, Good Food
Every Day!



this institution is an equal opportunity provider

September 2018 PSA 9-12th 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
Hot Lunch	Spicy Chicken Fritter Sandwich CKC Fritter Sauce Goldfish Pretzels Salad Bar Varietal Apple & 100% Fruit Juice	All Beef Hot Dog Hot Dog Bun, Ketchup & Mustard Bag of Munchies Salad Bar Banana & 100% Fruit Juice	BBQ Chicken Drummy Dinner Roll Salad Bar Chilled Grapes & 100% Fruit Juice	General TSO's Chicken Steamed Seasoned Rice Salad Bar Chilled Pineapple & 100% Fruit Juice	Beef Pho Dinner Roll Salad Bar Fresh Oranges & 100% Fruit Juice
Vegetarian Sandwich Deli Salad	Double Cheese Omelet Turkey & Lettuce Sand or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Cheese Enchilada Egg Salad & Lettuce Bun or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Veggie Burger Grilled Curry Chicken & Lettuce on Ciabatta or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	Bean & Cheese Burrito w/Cholula Hot Sauce Chicken Craisin & Lettuce Sandwich or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	Cheese Pizza 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
Hot Lunch	Orange Chicken Seasoned Brown Rice Salad Bar Varietal Apple & 100% Fruit Juice	Cheeseburger WG Bun, Ketchup, Mustard & Pickles Funyuns Salad Bar Banana & 100% Fruit Juice	CKC Coconut Curry Dinner Rolls & Mashed Potatoes Salad Bar Chilled Grapes & 100% Fruit Juice	Golden Chicken Tenders Ketchup & Ranch Sauce Dinner Roll Salad Bar Chilled Pineapple & 100% Fruit Juice	Homemade Pizza Salad Bar Fresh Oranges & 100% Fruit Juice
Vegetarian Sandwich Deli Salad	Pancakes & Syrup w/Veggie Sausage Chicken (No Nut Pesto) & Lettuce Bun or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Cheese Quesadilla & Cholula Hot Sauce Honey Mustard Chicken & Lettuce Ciabatta or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	French Toast Sticks (6) & Syrup Turkey & Lettuce Sand or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	The Max Cheese Stick & Italian Ranch Citrus Chicken Salad w/Lettuce Bun or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	Cheese Pizza 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
Hot Lunch	Corn Dog Ketchup & Mustard Cheetos Salad Bar Varietal Apple & 100% Fruit Juice	Spicy Chicken Nuggets Ketchup & Ranch Dinner Roll Salad Bar Banana & 100% Fruit Juice	Hmong Sausage Steamed Seasoned Rice Salad Bar Chilled Grapes & 100% Fruit Juice	Hamburger Flamas Salad Bar Chilled Pineapple & 100% Fruit Juice	Shredded BBQ Chicken Mashed Potato Boat BBQ Shredded Chicken & Mashed Potatoes Biscuit & Margarine Salad Bar Fresh Oranges & 100% Fruit Juice
Vegetarian Sandwich Deli Salad	Cheese Enchilada Sesame Chicken & Lettuce on Ciabatta or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Egg Fried Rice Chicken Chutney Salad & Lettuce Sandwich or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Garlic Twisted Mozzarella Stuffed Breadstick Mediterranean Egg Salad & Lettuce Bun or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	Veggie Cheese Burger Grilled Greek Chicken Bun or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	Cheese Pizza 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
Hot Lunch	Chicken Satay Bowl Creamy Nut Free Chicken Satay w/Red Peppers & Cilantro. Serve over Brown Rice Salad Bar Varietal Apple & 100% Fruit Juice	Sloppy Joe WG Bun Funyuns Salad Bar Banana & 100% Fruit Juice	Hmong Chicken & Pepper Sauce Steamed Seasoned Rice Salad Bar Chilled Grapes & 100% Fruit Juice	Chicken Carnitas Taco WG Tortilla, Shredded Lettuce, Cilantro & Cheese Corn Chips Salad Bar Chilled Pineapple & 100% Fruit Juice	Homemade Pizza Salad Bar Fresh Oranges & 100% Fruit Juice
Vegetarian Sandwich Deli Salad	Pancakes & Syrup w/Veggie Sausage Grilled Herb Chicken Bun or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Cheese Quesadilla & Cholula Hot Sauce Grilled Curry Chicken & Lettuce on Ciabatta or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Egg Fried Rice Egg Salad & Lettuce Bun or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	Cheese Bosco Stick & Italian Ranch Turkey & Lettuce Sand or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	Cheese Pizza 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
Hot Lunch	Breaded Chicken & Cheese Sandwich WG Bun & Ketchup Garden Veggie Sun Chips Salad Bar Varietal Apple & 100% Fruit Juice	Nacho Cheese Scoops Nacho Cheese Beef, Tomatoes & Cilantro Tostitos Scoops & Sour Cream & Cholula Hot Sauce Salad Bar Banana & 100% Fruit Juice	Shredded BBQ Sandwich WG Bun Munchies Salad Bar Chilled Grapes & 100% Fruit Juice	Asian Meatballs Dinner Rolls & Mashed Potatoes Salad Bar Chilled Pineapple & 100% Fruit Juice	Yang's Curry Chicken Steamed Rice Salad Bar Fresh Oranges & 100% Fruit Juice
Vegetarian Sandwich Deli Salad	Bean & Cheese Burrito w/Cholula Honey Mustard Chix & Lettuce Ciabatta or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Twisted Mozzarella Breadstick w/Marinara Turkey & Lettuce Sand or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Double Cheese Omelet Chicken (No Nut Pesto) & Lettuce Bun or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	Macaroni & Cheese Egg Salad & Lettuce Bun or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	Cheese Pizza 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

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