

**Fresh, Healthy, Good Food  
Every Day!**



*This institution is an equal opportunity provider*

February 2019 Prairie Seeds Academy 9-12 Pizza EOW Friday with Salad Bar Menu					
Week 4	Monday, January 28, 2019	Tuesday, January 29, 2019	Wednesday, January 30, 2019	Thursday, January 31, 2019	Friday, February 1, 2019
Hot Lunch					<b>Fresh Hot Pizza</b> Salad Bar Mandarin Oranges & 100% Fruit Juice
Vegetarian Deli Sandwich Deli Salad					Chicken Craisin & Lettuce Sandwich or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 5	Monday, February 4, 2019	Tuesday, February 5, 2019	Wednesday, February 6, 2019	Thursday, February 7, 2019	Friday, February 8, 2019
Hot Lunch	<b>BYO Breaded Chicken &amp; Cheese Sandwich</b> WG Bun & Ketchup Garden Veggie Sun Chips Salad Bar Varietal Apple & 100% Fruit Juice	<b>Nacho Cheese Scoops</b> Nacho Cheese Beef, Tomatoes & Cilantro Tostitos Scoops & Sour Cream & Cholula Hot Sauce Salad Bar Banana & 100% Fruit Juice	<b>Shredded BBQ Sandwich</b> WG Bun Munchies Salad Bar Applesauce Cup & 100% Fruit Juice	<b>Asian Meatballs</b> Dinner Rolls & Mashed Potatoes Salad Bar Chilled Pineapple & 100% Fruit Juice	<b>Yang's Curry Chicken</b> Steamed Rice Salad Bar Mandarin Oranges & 100% Fruit Juice
Vegetarian Deli Sandwich Deli Salad	<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 Enchilada</b> Citrus Chicken Salad w/Lettuce Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 6	Monday, February 11, 2019	Tuesday, February 12, 2019	Wednesday, February 13, 2019	Thursday, February 14, 2019	Friday, February 15, 2019
Hot Lunch	<b>Meatball Sub</b> WG Hot Dog Bun Harvest Cheddar Sunchips Salad Bar Varietal Apple & 100% Fruit Juice	<b>Creamy Mac &amp; Cheese</b> Dinner Roll Salad Bar Banana & 100% Fruit Juice	<b>Taco in a Bag</b> Nacho Cheese Chips, Seasoned Beef Shredded Lettuce, Cheese & Cilantro Salad Bar Applesauce Cup & 100% Fruit Juice	<b>Asian Chicken Leg</b> Dinner Roll Mashed Potatoes Salad Bar Chilled Pineapple & 100% Fruit Juice	<b>Fresh Hot Pizza</b> Salad Bar Mandarin Oranges & 100% Fruit Juice
Vegetarian Deli Sandwich Deli Salad	<b>Cheese Bosco Stick &amp; Italian Ranch</b> Grilled Greek Chicken Bun or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	<b>Cheese Ravioli w/Red Sauce</b> Mediterranean Egg Salad & Lettuce Bun or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	<b>Veggie Cheeseburger</b> Sesame Chicken & Lettuce on Ciabatta or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	<b>French Toast Sticks (6) &amp; Syrup</b> Chix Chutney Salad & Lettuce Sandwich or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	<b>Cheese Pizza</b> Lime Chicken w/Lettuce Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 1	Monday, February 18, 2019	Tuesday, February 19, 2019	Wednesday, February 20, 2019	Thursday, February 21, 2019	Friday, February 22, 2019
Hot Lunch	<b>Chicken Sandwich</b> Pickles & CKC Fritter Sauce Goldfish Pretzels Salad Bar Varietal Apple & 100% Fruit Juice	<b>All Beef Hot Dog</b> Hot Dog Bun, Ketchup & Mustard Bag of Munchies Salad Bar Banana & 100% Fruit Juice	<b>BBQ Chicken Drummy</b> Dinner Roll Salad Bar Applesauce Cup & 100% Fruit Juice	<b>General TSO's Chicken</b> Steamed Seasoned Rice Salad Bar Chilled Pineapple & 100% Fruit Juice	<b>Beef Pho</b> Dinner Roll Salad Bar Mandarin Oranges & 100% Fruit Juice
Vegetarian Deli Sandwich Deli Salad	<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 Chix & 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>Macaroni &amp; Cheese</b> Grilled Herb Chicken Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 2	Monday, February 25, 2019	Tuesday, February 26, 2019	Wednesday, February 27, 2019	Thursday, February 28, 2019	Friday, March 1, 2019
Hot Lunch	<b>Orange Chicken</b> Seasoned Brown Rice Salad Bar Varietal Apple & 100% Fruit Juice	<b>Cheeseburger</b> WG Bun, Ketchup, Mustard & Pickles Funiyuns Salad Bar Banana & 100% Fruit Juice	<b>CKC Coconut Curry</b> Dinner Rolls & Mashed Potatoes Salad Bar Applesauce Cup & 100% Fruit Juice	<b>Golden Chicken Tenders</b> Ketchup & Ranch Sauce Dinner Roll Salad Bar Chilled Pineapple & 100% Fruit Juice	
Vegetarian Deli Sandwich Deli Salad	<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 Chix & 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)	
Menu is subject to infrequent changes					
Questions? Call 651-453-1136 or visit our website at <a href="http://www.ckcgoodfood.com">www.ckcgoodfood.com</a>			Skim & 1% milk choices offered daily		