

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



This institution is an equal opportunity provider

February 2019 Prairie Seeds Academy K-5 Pizza EOW Friday 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					Fresh Hot Pizza Baby Carrots & Dip Mandarin Oranges
Vegetarian Deli Sandwich Deli Salad					Cheese Pizza 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	Breaded Chicken Sandwich WG Bun & Ketchup Baby Carrots & Dip Varietal Apple	Nacho Cheese Scoops Nacho Cheese Beef, Tomatoes & Cilantro Tostitos Scoops & Sour Cream Cheesy Refried Beans Banana	Shredded BBQ Sandwich WG Bun Steamed Green Beans Applesauce Cup	Asian Meatballs Dinner Roll Mashed Potatoes Chilled Pineapple	Orange Chicken Steamed Rice Mixed Greens Salad & Dressing Mandarin Oranges
Vegetarian Deli 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 Enchiladas 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	Meatball Sub WG Hot Dog Bun Harvest Cheddar Sunchips Broccoli & Dip Varietal Apple	Creamy Mac & Cheese Steamed Green Beans Banana	Taco in a Bag Nacho Cheese Chips, Seasoned Beef Shredded Lettuce, Cheese & Cilantro Cheesy Refried Beans Applesauce Cup	Asian Chicken Leg Dinner Roll Mashed Potatoes Chilled Pineapple	Fresh Hot Pizza Baby Carrots & Dip Mandarin Oranges
Vegetarian Deli Sandwich Deli Salad	Cheese Bosco Stick & Italian Ranch Grilled Greek Chicken Bun or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Cheese Ravioli w/Red Sauce Mediterranean Egg Salad & Lettuce Bun or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Veggie Cheeseburger Sesame Chicken & Lettuce on Ciabatta or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	French Toast Sticks (6) & Syrup Chix Chutney Salad & Lettuce Sandwich or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	Cheese Pizza 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	Chicken Sandwich Pickles & CKC Fritter Sauce Mixed Greens Salad & Dressing Varietal Apple	All Beef Hot Dog Hot Dog Bun, Ketchup & Mustard Baked Beans Banana ABC Cookie	BBQ Chicken Drummy Dinner Roll Steamed Corn Applesauce Cup	Sweet & Sour Chicken Steamed Seasoned Rice Steamed Green Beans Chilled Pineapple	Beef Pho Dinner Roll Baby Carrots & Dip Mandarin Oranges
Vegetarian Deli 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 Chix & 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)	Macaroni & Cheese 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	Orange Chicken Seasoned Brown Rice Mixed Greens Salad & Dressing Varietal Apple	Cheeseburger WG Bun, Ketchup & Pickles Baked Beans Banana	CKC Coconut Curry Dinner Roll Mashed Potatoes Applesauce Cup	Golden Chicken Tenders Ketchup & Ranch Sauce Dinner Roll Steamed Green Beans Chilled Pineapple	
Vegetarian Deli 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 Chix & 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)	

Menu is subject to infrequent changes

Questions? Call 651-453-1136 or visit our website at www.ckcgoodfood.com

Skim & 1% milk choices offered daily