

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



This institution is an equal opportunity provider

January 2019 Prairie Seeds Academy 9-12 Pizza EOW Friday with Salad Bar Menu

Week 6	Monday, December 31, 2018	Tuesday, January 1, 2019	Wednesday, January 2, 2019	Thursday, January 3, 2019	Friday, January 4, 2019
Hot Lunch		Creamy Mac & Cheese Dinner Roll Salad Bar Banana & 100% Fruit Juice	Taco in a Bag Nacho Cheese Chips, Seasoned Beef Shredded Lettuce, Cheese & Cilantro Salad Bar Applesauce Cup & 100% Fruit Juice	Asian Chicken Leg Dinner Roll Mashed Potatoes Salad Bar Chilled Pineapple & 100% Fruit Juice	Fresh Hot Pizza Salad Bar Mandarin Oranges & 100% Fruit Juice
Vegetarian Deli Sandwich Deli Salad		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, January 7, 2019	Tuesday, January 8, 2019	Wednesday, January 9, 2019	Thursday, January 10, 2019	Friday, January 11, 2019
Hot Lunch	Chicken Sandwich Pickles & CKC Fritter Sauce Goldfish Pretzels Salad Bar Variatel 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 Applesauce Cup & 100% Fruit Juice	General TSO's Chicken Steamed Seasoned Rice Salad Bar Chilled Pineapple & 100% Fruit Juice	Beef Pho Dinner Roll Salad Bar Mandarin Oranges & 100% Fruit Juice
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, January 14, 2019	Tuesday, January 15, 2019	Wednesday, January 16, 2019	Thursday, January 17, 2019	Friday, January 18, 2019
Hot Lunch	Orange Chicken Seasoned Brown Rice Salad Bar Variatel 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 Applesauce Cup & 100% Fruit Juice	Golden Chicken Tenders Ketchup & Ranch Sauce Dinner Roll Salad Bar Chilled Pineapple & 100% Fruit Juice	Fresh Hot Pizza Salad Bar Mandarin Oranges & 100% Fruit Juice
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)	Cheese Pizza Spicy Egg Salad & Lettuce Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 3	Monday, January 21, 2019	Tuesday, January 22, 2019	Wednesday, January 23, 2019	Thursday, January 24, 2019	Friday, January 25, 2019
Hot Lunch	Corn Dog Ketchup & Mustard Cheetos Salad Bar Variatel Apple & 100% Fruit Juice	Spicy Chicken Nuggets Ketchup & Ranch Dinner Roll Salad Bar Banana & 100% Fruit Juice	Hmong Sausage Steamed Seasoned Rice Salad Bar Applesauce Cup & 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 Mandarin Oranges & 100% Fruit Juice
Vegetarian Deli Sandwich Deli Salad	Cheese Enchilada Sesame Chicken & Lettuce on Ciabatta or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Egg Fried Rice Chix 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 Ravioli w/Red Sauce Turkey & Lettuce Sand or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 4	Monday, January 28, 2019	Tuesday, January 29, 2019	Wednesday, January 30, 2019	Thursday, January 31, 2019	Friday, February 1, 2019
Hot Lunch	Stuffed Shells w/Red Sauce Dinner Roll Salad Bar Variatel Apple & 100% Fruit Juice	Sloppy Joe WG Bun Funyuns Salad Bar, Banana & 100% Juice Honey Graham Cracker	Hmong Chicken & Pepper Sauce Steamed Seasoned Rice Salad Bar Applesauce Cup & 100% Fruit Juice	Chicken Carnitas Taco WG Tortilla, Shredded Lettuce, Cilantro & Cheese Corn Chips Salad Bar Chilled Pineapple & 100% Fruit Juice	
Vegetarian Deli 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 Chix & 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)	

Menu is subject to infrequent change

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

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