

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



This institution is an equal opportunity provider

January 2019 Prairie Seeds Academy K-5 Pizza EOW Friday 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 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 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 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, 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 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	Fresh Hot Pizza Baby Carrots & Dip Mandarin Oranges
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 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 Cheetos Baked Beans Varietal Apple	Premium Chicken Nuggets Ketchup & Ranch Baby Carrots & Dip Banana	Hmong Sausage Steamed Seasoned Rice Steamed Green Beans Applesauce Cup	Hamburger WG Bun & Ketchup Mixed Greens Salad & Dressing Chilled Pineapple Keebler Grahams	Shredded BBQ Chicken Mashed Potato Boat BBQ Shredded Chicken & Mashed Potatoes Dinner Roll Mandarin Oranges
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 Chilled Sesame Broccoli Varietal Apple	Sloppy Joe WG Bun Steamed Corn Banana	Hmong Chicken & Pepper Sauce Steamed Seasoned Rice Mixed Greens Salad & Dressing Applesauce Cup	Chicken Carnitas Taco WG Tortilla, Shredded Lettuce, Cilantro & Cheese Cheesy Refried Beans Chilled Pineapple	
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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