


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



*This institution is an equal opportunity provider*

March 2019 Prairie Seeds Academy 6-8 Pizza EOW Fridays with Salad Bar					
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>Fresh Hot Pizza</b> Salad Bar Mixed Berry Cup
Vegetarian Deli Sandwich Deli Salad					Cheese Pizza Egg Salad & Lettuce Bun or <b>Chz Sand</b> Grilled Chicken Power Salad ( <b>Vegetarian Option</b> )
Week 3	Monday, March 4, 2019	Tuesday, March 5, 2019	Wednesday, March 6, 2019	Thursday, March 7, 2019	Friday, March 8, 2019
Hot Lunch	<b>Corn Dog</b> Ketchup & Mustard Cheetos Salad Bar Varietal Apple	<b>Spicy Chicken Nuggets</b> Ketchup & Ranch Salad Bar Banana	<b>Hmong Sausage</b> Steamed Seasoned Rice Salad Bar Applesauce Cups	<b>Hamburger</b> Flamas Salad Bar Chilled Pineapple	<b>Shredded BBQ Chicken Mashed Potato Boat</b> BBQ Shredded Chicken & Mashed Potatoes Biscuit & Margarine Salad Bar Mixed Berry Cup
Vegetarian Deli Sandwich Deli Salad	<b>Cheese Enchilada</b> Sesame Chicken & Lettuce on Ciabatta or <b>Chz Sand</b> Grilled Chicken Caesar ( <b>Vegetarian Option</b> )	<b>Egg Fried Rice</b> Chix Chutney Salad & Lettuce Sandwich or <b>Chz Sand</b> Grilled Asian Chicken Salad ( <b>Vegetarian Option</b> )	<b>Garlic Twisted Mozzarella Stuffed Breadsticks</b> Mediterranean Egg Salad & Lettuce Bun or <b>Chz Sand</b> Grilled Chicken Southwest Taco ( <b>Vegetarian Option</b> )	<b>Veggie Cheese Burger</b> Grilled Greek Chicken & Lettuce Bun or <b>Chz Sand</b> Grilled Bistro Chicken Salad ( <b>Vegetarian Option</b> )	<b>Cheese Ravioli w/Red Sauce</b> Turkey & Lettuce Sand or <b>Chz Sand</b> Grilled Chicken Power Salad ( <b>Vegetarian Option</b> )
Week 4	Monday, March 11, 2019	Tuesday, March 12, 2019	Wednesday, March 13, 2019	Thursday, March 14, 2019	Friday, March 15, 2019
Hot Lunch	<b>Pasta Alfredo</b> Salad Bar Varietal Apple	<b>Sloppy Joe</b> WG Bun Funyuns Salad Bar Banana	<b>Hmong Chicken &amp; Pepper Sauce</b> Steamed Seasoned Rice Salad Bar Applesauce Cup	<b>Chicken Carnitas Taco</b> WG Tortilla, Shredded Lettuce, Cilantro & Cheese Corn Chips Salad Bar Chilled Pineapple	<b>Fresh Hot Pizza</b> Salad Bar Mixed Berry Cup
Vegetarian Deli Sandwich Deli Salad	<b>Pancakes &amp; Syrup w/Veggie Sausage</b> Grilled Herb Chicken & Lettuce Bun or <b>Chz Sand</b> Grilled Chicken Caesar ( <b>Vegetarian Option</b> )	<b>Cheese Quesadilla &amp; Cholula Hot Sauce</b> Grilled Curry Chix & Lettuce on Ciabatta or <b>Chz Sand</b> Grilled Asian Chicken Salad ( <b>Vegetarian Option</b> )	<b>Egg Fried Rice</b> Egg Salad & Lettuce Bun or <b>Chz Sand</b> Grilled Chicken Southwest Taco ( <b>Vegetarian Option</b> )	<b>Cheese Bosco Stick &amp; Italian Ranch</b> Turkey & Lettuce Sand or <b>Chz Sand</b> Grilled Bistro Chicken Salad ( <b>Vegetarian Option</b> )	<b>Cheese Pizza</b> Chicken Craisin & Lettuce Sandwich or <b>Chz Sand</b> Grilled Chicken Power Salad ( <b>Vegetarian Option</b> )
Week 5	Monday, March 18, 2019	Tuesday, March 19, 2019	Wednesday, March 20, 2019	Thursday, March 21, 2019	Friday, March 22, 2019
Hot Lunch	<b>BYO Breaded Chicken &amp; Cheese Sandwich</b> WG Bun & Ketchup Garden Veggie Sun Chips Salad Bar Varietal Apple	<b>Nacho Cheese Scoops</b> Nacho Cheese Chicken, Tomatoes & Cilantro Sour Cream, Cholula Hot Sauce & Tostitos Scoops Salad Bar Banana	<b>Shredded BBQ Sandwich</b> WG Bun Munchies Salad Bar Applesauce Cup	<b>Asian Meatballs</b> Dinner Roll & Mashed Potatoes Salad Bar Chilled Pineapple	<b>Yang's Curry Chicken</b> Steamed Rice Salad Bar Mixed Berry Cup
Vegetarian Deli Sandwich Deli Salad	<b>Bean &amp; Cheese Burrito w/Cholula</b> Honey Mustard Chix & Lettuce Ciabatta or <b>Chz Sand</b> Grilled Chicken Caesar ( <b>Vegetarian Option</b> )	<b>Twisted Mozzarella Breadstick w/Marinara</b> Turkey & Lettuce Sand or <b>Chz Sand</b> Grilled Asian Chicken Salad ( <b>Vegetarian Option</b> )	<b>Double Cheese Omelet</b> Chicken (No Nut Pesto) & Lettuce Bun or <b>Chz Sand</b> Grilled Chicken Southwest Taco ( <b>Vegetarian Option</b> )	<b>Macaroni &amp; Cheese</b> Egg Salad & Lettuce Bun or <b>Chz Sand</b> Grilled Bistro Chicken Salad ( <b>Vegetarian Option</b> )	<b>Cheese Enchiladas</b> Citrus Chicken Salad w/Lettuce Bun or <b>Chz Sand</b> Grilled Chicken Power Salad ( <b>Vegetarian Option</b> )
Week 6	Monday, March 25, 2019	Tuesday, March 26, 2019	Wednesday, March 27, 2019	Thursday, March 28, 2019	Friday, March 29, 2019
Hot Lunch	<b>Meatball Sub</b> WG Hot Dog Bun Harvest Cheddar Sunchips Salad Bar Varietal Apple	<b>Creamy Mac &amp; Cheese</b> Dinner Roll Salad Bar Banana	<b>Taco in a Bag</b> Nacho Cheese Chips, Seasoned Beef Shredded Lettuce, Cheese & Cilantro Salad Bar Applesauce Cup	<b>Asian Chicken Leg</b> Dinner Roll Mashed Potatoes Salad Bar Chilled Pineapple	<b>Fresh Hot Pizza</b> Salad Bar Mixed Berry Cup
Vegetarian Deli Sandwich Deli Salad	<b>Cheese Bosco Sticks &amp; Italian Ranch</b> Grilled Greek Chicken & Lettuce Bun or <b>Chz Sand</b> Grilled Chicken Caesar ( <b>Vegetarian Option</b> )	<b>Cheese Ravioli w/Red Sauce</b> Mediterranean Egg Salad & Lettuce Bun or <b>Chz Sand</b> Grilled Asian Chicken Salad ( <b>Vegetarian Option</b> )	<b>Veggie Cheeseburger</b> Sesame Chicken & Lettuce on Ciabatta or <b>Chz Sand</b> Grilled Chicken Southwest Taco ( <b>Vegetarian Option</b> )	<b>French Toast Sticks (6) &amp; Syrup</b> Chix Chutney Salad & Lettuce Sandwich or <b>Chz Sand</b> Grilled Bistro Chicken Salad ( <b>Vegetarian Option</b> )	<b>Cheese Pizza</b> Lime Chicken w/Lettuce Bun or <b>Chz Sand</b> Grilled Chicken Power Salad ( <b>Vegetarian Option</b> )

Menu is subject to infrequent changes

Questions? Call 651-453-1136 or visit our website at [www.ckcgoodfood.com](http://www.ckcgoodfood.com)

Skim & 1% milk choices offered daily