


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



This institution is an equal opportunity provider

March 2019 Prairie Seeds Academy 9-12 Pizza EOW Friday with Salad Bar Menu					
Week 2	Monday, February 25, 2019	Tuesday, February 26, 2019	Wednesday, February 27, 2019	Thursday, February 28, 2019	Friday, March 1, 2019
Hot Lunch					Fresh Hot Pizza Salad Bar Mixed Berry Cups & 100% Fruit Juice
Vegetarian Deli Sandwich Deli Salad					Cheese Pizza Spicy Egg Salad & Lettuce Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 3	Monday, March 4, 2019	Tuesday, March 5, 2019	Wednesday, March 6, 2019	Thursday, March 7, 2019	Friday, March 8, 2019
Hot Lunch	Corn Dog Ketchup & Mustard Cheetos Salad Bar Varietal 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 Mixed Berry Cups & 100% Fruit Juice
Vegetarian Deli Sandwich Deli Salad	Cheese Enchiladas 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 Breadsticks Mediterranean Egg Salad & Lettuce Bun or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	Veggie Cheese Burger Grilled Greek Chicken & Lettuce 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, March 11, 2019	Tuesday, March 12, 2019	Wednesday, March 13, 2019	Thursday, March 14, 2019	Friday, March 15, 2019
Hot Lunch	Pasta Alfredo Dinner Roll Salad Bar Varietal 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	Fresh Hot Pizza Salad Bar Mixed Berry Cups & 100% Fruit Juice
Vegetarian Deli Sandwich Deli Salad	Pancakes & Syrup w/Veggie Sausage Grilled Herb Chicken & Lettuce 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 Sticks & Italian Ranch Turkey & Lettuce Sand or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	Cheese Pizza Chicken Craisin & Lettuce Sandwich or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 5	Monday, March 18, 2019	Tuesday, March 19, 2019	Wednesday, March 20, 2019	Thursday, March 21, 2019	Friday, March 22, 2019
Hot Lunch	BYO Breaded Chicken & Cheese Sandwich WG Bun & Ketchup Garden Veggie Sun Chips Salad Bar Varietal Apple & 100% Fruit Juice	Nacho Cheese Scoops Nacho Cheese Chicken, Tomatoes & Cilantro Sour Cream, Cholula Hot Sauce & Tostitos Scoops Salad Bar Honey Graham Cracker and Banana & 100% Fruit Juice	Shredded BBQ Sandwich WG Bun Munchies Salad Bar Applesauce Cup & 100% Fruit Juice	Asian Meatballs Dinner Rolls & Mashed Potatoes Salad Bar Chilled Pineapple & 100% Fruit Juice	Yang's Curry Chicken Steamed Rice Salad Bar Mixed Berry Cups & 100% Fruit Juice
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 Breadsticks 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, March 25, 2019	Tuesday, March 26, 2019	Wednesday, March 27, 2019	Thursday, March 28, 2019	Friday, March 29, 2019
Hot Lunch	Meatball Sub WG Hot Dog Bun Harvest Cheddar Sunchips Salad Bar Varietal Apple & 100% Fruit Juice	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 Mixed Berry Cups & 100% Fruit Juice
Vegetarian Deli Sandwich Deli Salad	Cheese Bosco Sticks & Italian Ranch Grilled Greek Chicken Bun & Lettuce 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)

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