


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



This institution is an equal opportunity provider

March 2019 Prairie Seeds Academy K-5 Pizza EOW Friday 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 Baby Carrots & Dip Mixed Berry Cups
Vegetarian Deli Sandwich Deli Salad					Cheese Pizza 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 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 Mixed Berry Cups
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 & 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 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	Fresh Hot Pizza Baby Carrots & Dip Mixed Berry Cups
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	Breaded Chicken Sandwich WG Bun & Ketchup Baby Carrots & Dip Varietal Apple	Nacho Cheese Scoops Nacho Cheese Chicken, Tomatoes & Cilantro Tostitos Scoops 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 Mixed Berry Cups
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, 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 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 Mixed Berry Cups
Vegetarian Deli Sandwich Deli Salad	Cheese Bosco Sticks & Italian Ranch Grilled Greek Chicken & Lettuce 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)

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