

Fresh, Healthy, Good Food
Every Day!



this institution is an equal opportunity provider

December 2018 PSA K-5 Menu

Week 2	Monday, December 3, 2018	Tuesday, December 4, 2018	Wednesday, December 5, 2018	Thursday, December 6, 2018	Friday, December 7, 2018
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 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 Chicken & 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, December 10, 2018	Tuesday, December 11, 2018	Wednesday, December 12, 2018	Thursday, December 13, 2018	Friday, December 14, 2018
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 Sandwich Deli Salad	Cheese Enchilada Sesame Chicken & Lettuce on Ciabatta or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Egg Fried Rice Chicken 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, December 17, 2018	Tuesday, December 18, 2018	Wednesday, December 19, 2018	Thursday, December 20, 2018	Friday, December 21, 2018
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	Fresh Hot Pizza Baby Carrots & Dip Mandarin Oranges
Vegetarian 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 Chicken & 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)	Cheese Pizza Chicken Craisin & Lettuce Sandwich or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 5	Monday, December 24, 2018	Tuesday, December 25, 2018	Wednesday, December 26, 2018	Thursday, December 27, 2018	Friday, December 28, 2018
Hot Lunch	Breaded Chicken Sandwich WG Bun & Ketchup Baby Carrots & Dip Varietal Apple	Nacho Cheese Scoops Nacho Cheese Beef, Tomatoes & Cilantro Tostitos Scoops & Sour Cream 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 Mandarin Oranges
Vegetarian 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, December 31, 2018	Tuesday, January 1, 2019	Wednesday, January 2, 2019	Thursday, January 3, 2019	Friday, January 4, 2019
Hot Lunch	Meatball Sub WG Hot Dog Bun Harvest Cheddar Sunchips Broccoli & Dip Varietal Apple				
Vegetarian Sandwich Deli Salad	Cheese Bosco Stick & Italian Ranch Grilled Greek Chicken Bun or Chz Sand Grilled Chicken Caesar (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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