

Fresh, Healthy, Good Food  
Every Day!



this institution is an equal opportunity provider

November 2018 PSA 9-12th Pizza EOW Lunch Menu

Week 3	Monday, October 29, 2018	Tuesday, October 30, 2018	Wednesday, October 31, 2018	Thursday, November 1, 2018	Friday, November 2, 2018
<b>Hot Lunch</b>				Hamburger Flamas Salad Bar Chilled Pineapple & 100% Fruit Juice	Shredded BBQ Chicken Mashed Potato Boat BBQ Shredded Chicken & Mashed Potatoes Biscuit & Margarine Salad Bar Mandarin Oranges & 100% Fruit Juice
<b>Vegetarian Sandwich Deli Salad</b>				Veggie Cheese Burger Grilled Greek Chicken Bun or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	Cheese Pizza Turkey & Lettuce Sand or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 4	Monday, November 5, 2018	Tuesday, November 6, 2018	Wednesday, November 7, 2018	Thursday, November 8, 2018	Friday, November 9, 2018
<b>Hot Lunch</b>	Stuffed Shells w/Red Sauce Dinner Roll Salad Bar Varietal Apple & 100% Fruit Juice	Sloppy Joe WG Bun Funyuns Salad Bar Banana & 100% Fruit Juice	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 Mandarin Oranges & 100% Fruit Juice
<b>Vegetarian Sandwich Deli Salad</b>	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, November 12, 2018	Tuesday, November 13, 2018	Wednesday, November 14, 2018	Thursday, November 15, 2018	Friday, November 16, 2018
<b>Hot Lunch</b>	Breaded Chicken & Cheese Sandwich WG Bun & Ketchup Garden Veggie Sun Chips Salad Bar Varietal Apple & 100% Fruit Juice	Nacho Cheese Scoops Nacho Cheese Beef, Tomatoes & Cilantro Tostitos Scoops & Sour Cream & Cholula Hot Sauce Salad Bar 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 Mandarin Oranges & 100% Fruit Juice
<b>Vegetarian Sandwich Deli Salad</b>	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 Pizza Citrus Chicken Salad w/Lettuce Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 6	Monday, November 19, 2018	Tuesday, November 20, 2018	Wednesday, November 21, 2018	Thursday, November 22, 2018	Friday, November 23, 2018
<b>Hot Lunch</b>	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 Mandarin Oranges & 100% Fruit Juice
<b>Vegetarian Sandwich Deli Salad</b>	Cheese Bosco Stick & Italian Ranch Grilled Greek Chicken 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 Chicken 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, November 26, 2018	Tuesday, November 27, 2018	Wednesday, November 28, 2018	Thursday, November 29, 2018	Friday, November 30, 2018
<b>Hot Lunch</b>	Spicy Chicken Fritter Sandwich CKC Fritter Sauce Goldfish Pretzels Salad Bar Varietal Apple & 100% Fruit Juice	All Beef Hot Dog Hot Dog Bun, Ketchup & Mustard Bag of Munchies Salad Bar Banana & 100% Fruit Juice	BBQ Chicken Drummy Dinner Roll Salad Bar Applesauce Cup & 100% Fruit Juice	General TSO's Chicken Steamed Seasoned Rice Salad Bar Chilled Pineapple & 100% Fruit Juice	Beef Pho Dinner Roll Salad Bar Mandarin Oranges & 100% Fruit Juice
<b>Vegetarian Sandwich Deli Salad</b>	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 Chicken & 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)	Cheese Pizza Grilled Herb Chicken Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)

Menu is subject to infrequent change

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

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