

Fresh, Healthy, Good Food
Every Day!



this institution is an equal opportunity provider

November 2018 PSA K-5 Menu

Week 3	Monday, October 29, 2018	Tuesday, October 30, 2018	Wednesday, October 31, 2018	Thursday, November 1, 2018	Friday, November 2, 2018
Hot Lunch				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				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
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, November 12, 2018	Tuesday, November 13, 2018	Wednesday, November 14, 2018	Thursday, November 15, 2018	Friday, November 16, 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 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
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 Mandarin Oranges
Vegetarian Sandwich Deli Salad	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
Hot Lunch	Mild Chicken Fritter Sandwich CKC Fritter Sauce Mixed Greens Salad & Dressing Varietal Apple	All Beef Hot Dog Hot Dog Bun, Ketchup & Mustard Baked Beans Banana ABC Cookie	BBQ Chicken Drummy Dinner Roll Steamed Corn Applesauce Cup	Sweet & Sour Chicken Steamed Seasoned Rice Steamed Green Beans Chilled Pineapple	Beef Pho Dinner Roll Baby Carrots & Dip Mandarin Oranges
Vegetarian Sandwich Deli Salad	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

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