

Fresh, Healthy, Good Food
Every Day!



this institution is an equal opportunity provider

October 2018 PSA K-5 Menu

Week 5	Monday, October 1, 2018	Tuesday, October 2, 2018	Wednesday, October 3, 2018	Thursday, October 4, 2018	Friday, October 5, 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, October 8, 2018	Tuesday, October 9, 2018	Wednesday, October 10, 2018	Thursday, October 11, 2018	Friday, October 12, 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, October 15, 2018	Tuesday, October 16, 2018	Wednesday, October 17, 2018	Thursday, October 18, 2018	Friday, October 19, 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)
Week 2	Monday, October 22, 2018	Tuesday, October 23, 2018	Wednesday, October 24, 2018	Thursday, October 25, 2018	Friday, October 26, 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, October 29, 2018	Tuesday, October 30, 2018	Wednesday, October 31, 2018	Thursday, November 1, 2018	Friday, November 2, 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		
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)		

Menu is subject to infrequent change

Questions? Call 651-453-1136 or visit our website at www.ckcgoodfood.com

Skim & 1% Milk choices offered daily