

# High School Lunch Menu

## December 2011



All Menus Follow Guidelines for the Alliance for a Healthier Generation!!

ckcgoodfood.com

### Know These Important Details!

CKC Good Food: Following the Alliance for a Healthier Generation Guidelines

**WE WILL NEVER BORE YOU!**

Choose from these U.S. NSLP Healthy School Meals

Student Tested and Loved, Traditional Scratch Cooked Meals (Child Care, Main (K-6) & High School)

100% NSLP Vegetarian Menu

100% NSLP Gluten Free Menu

100% No Dairy/No Soy NSLP Menu

Fantastic, Fresh Daily NSLP Lunch Salads

Hand Carved Daily NSLP Deli Sandwich Lunches

Must Try These Fantastic World Menus created by CKC Chefs with the Traditional Cultural Background:

East African (Halal) / Hmong / Latino

Farm to School with Honest Integrity:

Options are either available or not! We denote on our menu when it is for sure! Our Farmers will be posted on our web-site for your knowing!

Whole Muscle Meats: CKC only uses fresh meats, whole muscle meats and CN Labeled Meats!

Fresh Vegetables & Fruits: CKC continues to serve 4 fresh fruit varieties during the Off-Season Months and a wide variety of fresh fruits in Season! CKC serves a balanced blend of greens and orange fresh veggies year round!

Please visit our website at:  
ckcgoodfood.com

Our Telephone #651.453.1136

Nancy Close, President (651.338.7786)

Monday	Tuesday	Wednesday	Thursday	Friday
			Spicy Buffalo Chicken Buttermilk Biscuit & Marg. Garden Greens Salad Dressing Fresh Fruit	1 Chicken Pot Pie Wheat Dinner Roll Rainbow Salad Ranch Dressing Chilled Fruit
Chicken Krunch Wrap Flour Tortilla, Chicken Tenders Shredded Lettuce, Cheese & Dip Salad Greens, Croutons Dressing Chilled Fruit	5 Cowboy Turkey Burger Wheat Burger Bun Leaf Lettuce & BBQ Sauce Boomditty Sweet Tatoes Crisp Salad Bowl, Croutons Dressing Fresh Fruit	6 Beefy Taco w/Biscuit Margarine Garden Greens Salad Dressing Fresh Fruit	7 All Beef Hot Dog Hot Dog Bun Chili Beans Pretzels Baby Carrots & Dip Fresh Fruit	8 Chicken & Cheese Enchilada Pie Wheat Dinner Roll & Margarine Taco Sauce Mixed Caesar Salad, Croutons, Black Beans & Dressing Chilled Fruit
Soft Shell Chicken Taco Flour Tortilla, Taco Meat Shredded Lettuce, Fresh Cilantro Taco Sauce Salad Greens, Croutons, Garbanzos & Dressing Chilled Fruit	12 Arroz Con Pollo Wheat Tortilla & Margarine Seasoned Green Beans Fresh Fruit	13 Island Burger Wheat Burger Bun Leaf Lettuce & CKC Island Sauce Corn Tortilla Chips Baby Carrots & Dip Fresh Fruit	14 Old Fashioned Sloppy Joe Wheat Burger Bun Pretzels Garden Greens Salad, Croutons, Garbanzos & Dressing Fresh Fruit	15 Cha-Chi Chicken Sandwich Wheat Burger Bun Shredded Lettuce & Cha-Chi Sauce Rainbow Salad, Croutons & Ranch Dressing Chilled Fruit
Breaded Chicken Patty Sand. Wheat Burger Bun Ketchup Salad Greens, Croutons, Garbanzos & Dressing Chilled Fruit	19 Chicken & Egg Fried Rice Wheat Dinner Roll Garden Greens Salad & Dressing Fresh Fruit	20 Original Walking Taco Corn Tortilla Chips, Taco Meat, Shredded Lettuce & Cheese Taco Sauce Confetti Salad Fresh Fruit	21 Old Fashioned Shepherd's Pie Wheat Dinner Roll Crisp Salad Bowl & Dressing Fresh Fruit	22 Caribbean Chicken Steamed Brown Rice Wheat Dinner Roll Mixed Caesar Salad, Croutons, Black Beans & Dressing Chilled Fruit
Italiano Meatball Sub Hot Dog Bun Pretzels Salad Greens, Croutons & Dressing Chilled Fruit	26 Supreme Nacho's Tortilla Chips, Seasoned Meat, Shredded Lettuce, Fresh Cilantro & Taco Sauce Crisp Salad Bowl, Croutons & Dressing Fresh Fruit	27 Jamaican Jerk Turkey Real Mashed Potatoes Wheat Dinner Roll Mixed Caesar Salad Croutons & Dressing Fresh Fruit	28 Make Your Own Burrito Soft Flour Tortilla, Seasoned Meat, Shredded Lettuce, Fresh Cilantro & Taco Sauce Rainbow Salad Ranch Dressing Fresh Fruit	29 Brunch: Egg & Potato Scramble Wheat Tortilla & Taco Sauce Garden Greens Salad, Croutons & Dressing Chilled Fruit
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