

High School Lunch Menu

February 2012



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 |
|--|---|--|---|--|
| | | Jamacian Jerk Turkey Real Mashed Potatoes Wheat Dinner Roll Mixed Caesar Salad Croutons & Dressing Fresh Fruit | 1 Make Your Own Burrito Flour Tortilla, Seasoned Meat Shredded Lettuce, Fresh Cilantro Taco Sauce Rainbow Salad Ranch Dressing Fresh Fruit | 2 Egg & Potato Scramble Wheat Tortilla Taco Sauce Garden Green Salad Croutons & Dressing Chilled Fruit |
| Poncho's Chicken Mole Spanish Rice Salad Greens, Croutons Dressing Chilled Fruit | 6 Outrageous Spaghetti & Meat Sauce Wheat Dinner Roll Seasoned Green Beans Fresh Fruit | 7 Chicken Tenders BBQ Sauce Corn Tortilla Chips Crisp Salad Bowl Dressing Fresh Fruit | 8 Spicy Buffalo Chicken Buttermilk Biscuit Garden Greens Salad Dressing Fresh Fruit | 9 Chicken Pot Pie Wheat Dinner Roll Rainbow Salad Croutons & Ranch Dressing Chilled Fruit |
| Chicken Krunch Wrap Flour Tortilla, Chicken Tenders Shredded Lettuce, Cheese & Dip Salad Greens, Croutons Dressing Chilled Fruit | 13 Cowboy Turkey Burger Wheat Burger Bun Leaf Lettuce & BBQ Sauce Boonditty Sweet Tatoes Crisp Salad Bowl, Croutons Dressing Fresh Fruit | 14 Beefy Taco w/Biscuit Margarine Garden Greens Salad Dressing Fresh Fruit | 15 All Beef Hot Dog Hot Dog Bun Chili Beans Pretzels Baby Carrots & Dip Fresh Fruit | 16 Chicken & Cheese Enchilada Pie Wheat Dinner Roll & Marg. 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 | 20 Arroz Con Pollo Wheat Tortilla Seasoned Green Beans Fresh Fruit | 21 Island Burger Wheat Burger Bun Leaf Lettuce & CKC Island Sauce Corn Tortilla Chips Baby Carrots & Dip Fresh Fruit | 22 Old Fashioned Sloppy Joe Wheat Burger Bun Pretzels Garden Greens Salad Croutons, Garbanzos Dressing Fresh Fruit | 23 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 | 27 Chicken & Egg Fried Rice Wheat Dinner Roll Garden Greens Salad & Dressing Fresh Fruit | 28 Original Walking Taco Corn Tortilla Chips, Taco Meat, Shredded Lettuce & Cheese Taco Sauce Confetti Salad Fresh Fruit | 29 | |