

Main 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 web site at:
ckcgoodfood.com

Our Telephone #651.453.1136

Nancy Close, President (651.338.7786)

Monday	Tuesday	Wednesday	Thursday	Friday
			Chicken Mole Wheat Tortilla Garden Greens Salad Croutons & Dressing Fresh Fruit K-6 Only: Croutons 7-12: Northern Beans	Cha-Chi Chicken Sandwich Wheat Burger Bun Cha-Chi Sauce & Shredded Lettuce Rainbow Salad Ranch Dressing Chilled Fruit
Chicken Krunch Wrap Flour Tortilla Shredded Lettuce, Cheese & Dip Salad Greens & Dressing Chilled Fruit	Beefy Taco & Beans w/Biscuit Margarine Crisp Salad Bowl, Croutons & Dressing Fresh Fruit	Cowboy Turkey Burger Wheat Burger Bun Leaf Lettuce & BBQ Sauce Boomditty Sweet Tatoes Fresh Fruit	Chicken and Cheese Enchilada Pie Wheat Dinner Roll Taco Sauce Garden Greens Salad & Dressing Fresh Fruit	All Beef Hot Dog Hot Dog Bun Ketchup & Mustard Pretzels Baby Carrots Chilled Fruit
Soft Shell Chicken Taco Flour Tortilla, Taco Meat, Shredded Lettuce Shredded Cheese (K-6 Only) Fresh Cilantro, Taco Sauce Salad Greens, Croutons & Dressing Chilled Fruit 7-12: Pinto Beans w/Salad	Juicy Island Burger Wheat Burger Bun Leaf Lettuce & CKC Island Sauce Pretzels Baby Carrots Fresh Fruit 7-12: Dip w/Baby Carrots	Arroz Con Pollo Wheat Tortilla Seasoned Green Beans Fresh Fruit	Roast Turkey Breast & Gravy Wheat Dinner Roll & Marg. Boomditty Sweet Tatoes Garden Greens Salad, Croutons & Dressing Fresh Fruit 7-12: Garbanzos w/Salad	Kid's Favorite Sloppy Joe Wheat Burger Bun Rainbow Salad Croutons, Ranch Dressing Chilled Fruit
Grilled Chicken Sandwich Wheat Burger Bun Lite Mayonnaise Salad Greens, Croutons, Garbanzos & Dressing Chilled Fruit	Old Fashioned Shepherd's Pie Wheat Dinner Roll & Marg. Baby Carrots & Ranch Dip Fresh Fruit	CKC Egg Fried Rice Wheat Dinner Roll Garden Greens Salad Croutons & Dressing Fresh Fruit	Walking Taco Corn Tortilla Chips, Taco Meat, Shredded Lettuce & Cheese Taco Sauce Crisp Salad Bowl & Dressing Fresh Fruit 7-12: Pinto Beans & Croutons w/Salad	Caribbean Chicken Steamed Brown Rice Mixed Caesar Salad, Croutons, Black Beans & Dressing Chilled Fruit
Italiano Meatball Sub Hot Dog Bun Pretzels Salad Greens, Croutons & Dressing Chilled Fruit 7-12: Shredded Cheese w/Sub	Brunch: Egg & Potato Scramble Wheat Tortilla & Taco Sauce Crisp Salad Bowl, Croutons & Dressing Fresh Fruit K-6 Only: Black Beans w/Salad	Creamy Buffalo Chicken Filet Wheat Dinner Roll Rainbow Salad Ranch Dressing Fresh Fruit	Jamaican Jerk Turkey Real Mashed Potatoes Wheat Dinner Roll Mixed Caesar & Dressing Fresh Fruit K-6 Only: Margarine & Croutons	Chicken Pot Pie Wheat Dinner Roll Garden Greens Salad Dressing Chilled Fruit 7-12: Margarine