

# Main Lunch Menu

## January 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 web site at:  
ckcgoodfood.com

Our Telephone #651.453.1136  
Nancy Close, President (651.338.7786)

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Tenders Ketchup Wheat Dinner Roll Salad Greens, Croutons Dressing Chilled Fruit  7-12: Margarine	Supreme Nacho's Tortilla Chips, Fresh Cilantro, Shredded Lettuce, Taco Sauce Crisp Salad Bowl & Dressing Fresh Fruit  7-12: Margarine	Outrageous Spaghetti & Meat Sauce Wheat Dinner Roll Seasoned Greens Beans Fresh Fruit	Chicken Mole Wheat Tortilla Garden Greens Salad Dressing Fresh Fruit  K-6: Croutons 7-12: Northern Beans	Cha-Chi Chicken Sandwich Wheat Burger Bun Cha-Chi Sauce & Shredded Lettuce Rainbow Salad, Ranch Dressing Chilled Fruit  7-12: Croutons & Animal Crackers
Chicken Crunch Wrap Flour Tortilla Shredded Lettuce, Cheese & Dip Salad Greens & Dressing Chilled Fruit  7-12: Croutons	Beefy Taco & Beans w/Biscuit Margarine Crisp Salad Bowl, Croutons & Dressing Fresh Fruit	Cowboy Turkey Burger Wheat Burger Bun Leaf Lettuce & BBQ Sauce Boonditty Sweet Tatoes Fresh Fruit	Chicken and Cheese Enchilada Pie Wheat Dinner Roll Taco Sauce Garden Greens Salad Dressing, Fresh Fruit  7-12: Croutons	All Beef Hot Dog Hot Dog Bun Ketchup & Mustard Pretzels Baby Carrots Chilled Fruit
Soft Shell Chicken Taco Flour Tortilla, Taco Meat, Shredded Lettuce Fresh Cilantro, Taco Sauce Salad Greens, Croutons Dressing, Chilled Fruit  7-12: Pinto Beans	Juicy Island Burger Wheat Burger Bun Leaf Lettuce & CKC Island Sauce Pretzels Baby Carrots Fresh Fruit  7-12: Dip w/Carrots	Arroz Con Pollo Wheat Tortilla Seasoned Green Beans Fresh Fruit	Roast Turkey Breast & Gravy Wheat Dinner Roll & Marg. Boonditty Sweet Tatoes Garden Greens Salad Croutons & Dressing Fresh Fruit  7-12: Garbanzo Beans	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  7-12: Pretzels	Old Fashioned Shepherd's Pie Wheat Dinner Roll Baby Carrots Fresh Fruit  7-12: Margarine & Dip w/Carrots	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	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	Brunch: Egg & Potato Scramble Wheat Tortilla & Taco Sauce Crisp Salad Bowl, Croutons, Dressing Fresh Fruit  K-6 Only: Black Beans			