Vegetarian Lunch Menu

February 2012

CKC GOOD FOOD

ckcgoodfood.com

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

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
		1 Supreme Black Bean Nachos Tortilla Chips, Taco Sauce Shredded Lettuce & Cheese Fresh Cilantro Rainbow Salad & Ranch Dressing Fresh Fruit	2 Hearty Cuban Rice Wheat Tortilla, Taco Sauce Fresh Cilantro Mixed Caesar Salad Croutons & Dressing Fresh Fruit	3 Italian Dunkers Marinara Sauce Garden Greens Salad Croutons & Dressing Chilled Fruit
6 Egg & Cheese Biscuit Buttermilk Biscuit, Grilled Egg Patty & Cheese Slice Salad Greens, Croutons Dressing Chilled Fruit	7 Bean & Cheese Burrito Wheat Tortilla, Taco Sauce Shredded Lettuce & Cheese Fresh Cilantro Crisp Salad Bowl, Croutons Dressing Fresh Fruit	8 Outrageous Spaghetti & Pinto Beans Wheat Dinner Roll Seasoned Green Beans Fresh Fruit 7-12: Margarine & Jelly	9 Walking Veggie Taco Tortilla Chips & Taco Stuffing Shredded Lettuce & Cheese Taco Sauce Confetti Salad Fresh Fruit	10 Italian Dunkers Marinara Sauce Rainbow Salad Ranch Dressing Chilled Fruit 7-12: Croutons
13 Garden Burger Wheat Burger Bun BBQ Sauce & Corn Tortilla Chips Salad Greens & Dressing Chilled Fruit	14 Chunky Taco Beans with Buttermilk Biscuit Shredded Cheese Crisp Salad Bowl, Croutons Dressing Fresh Fruit K-6 Only: Jelly 7-12: Margarine	15 Egg & Potato Skillet Wheat Tortilla & Taco Sauce Garden Greens Salad Croutons & Dressing Fresh Fruit 7-12: Margarine	16 Fiesta Bean & Cheese Enchilada Pie Wheat Dinner Roll Taco Sauce Confetti Salad Fresh Fruit 7-12: Margarine & Jelly	17 Italian Dunkers and Marinara Sauce Baby Carrots & Dip Chilled Fruit
20 Bean & Cheese Taco Wheat Tortilla, Taco Sauce Shredded Lettuce, Fresh Cilantro Shredded Cheese Salad Greens & Dressing Chilled Fruit K-6 Only: Croutons	21 Island Garden Burger Wheat Burger Bun Lettuce Leaf & Island Sauce Pretzels Baby Carrots Fresh Fruit 7-12: Dip w/Carrots	22 Arroz Con Huevos Delicious Vegetarian Mexican Rice Wheat Tortilla Steamed Green Beans Fresh Fruit	23 Delightful Eastern Mixed Bean with Hard Boiled Egg Wheat Dinner Roll Garden Greens Salad w/Croutons Dressing Fresh Fruit 7-12: Margarine	24 Italian Dunkers Marinara Sauce Rainbow Salad Ranch Dressing Chilled Fruit K-6 Only: Croutons
27 Garden Burger Wheat Burger Bun BBQ Sauce Salad Greens w/Garbanzos, Croutons & Dressing Chilled Fruit	28 Bean & Cheese Burrito Wheat Tortilla & Taco Sauce Fresh Cilantro, Shredded Lettuce Shredded Cheese Fresh Carrots Fresh Fruit K-6 Only: Dip w/Carrots	29 Egg Fried Rice Wheat Dinner Roll Garden Greens Salad Croutons & Dressing Fresh Fruit		