

# Vegetarian 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 website at:  
ckcgoodfood.com

Our Telephone #651.453.1136

Nancy Close, President (651.338.7786)

Monday	Tuesday	Wednesday	Thursday	Friday
Egg & Cheese Biscuit Grilled Egg Patty & Cheese Slice Salad Greens, Croutons Dressing Chilled Fruit	Bean & Cheese Burrito Wheat Tortilla, Taco Sauce Shredded Lettuce & Cheese Fresh Cilantro Crisp Salad Bowl, Croutons Dressing Fresh Fruit	Outrageous Spaghetti & Pinto Beans Wheat Dinner Roll Seasoned Green Beans Fresh Fruit  7-12: Margarine & Jelly	Walking Veggie Taco Tortilla Chips & Taco Stuffing Shredded Lettuce & Cheese Taco Sauce Confetti Salad Fresh Fruit	Italian Dunkers and Marinara Sauce Rainbow Salad Ranch Dressing Chilled Fruit
Garden Burger Wheat Burger Bun BBQ Sauce & Corn Tortilla Chips Salad Greens & Dressing Chilled Fruit	Chunky Taco Beans with Buttermilk Biscuit Shredded Cheese Crisp Salad Bowl, Croutons Dressing Fresh Fruit K-6 Only: Jelly 7-12: Margarine	Egg & Potato Skillet Wheat Tortilla & Taco Sauce Garden Greens Salad Croutons & Dressing Fresh Fruit  7-12: Margarine	Fiesta Bean & Cheese Enchilada Pie Wheat Dinner Roll Taco Sauce Confetti Salad Fresh Fruit  7-12: Margarine & Jelly	Italian Dunkers and Marinara Sauce Baby Carrots & Dip Chilled Fruit
Bean & Cheese Taco Wheat Tortilla, Taco Sauce Shredded Lettuce, Fresh Cilantro Shredded Cheese Salad Greens & Dressing Chilled Fruit	Island Garden Burger Wheat Burger Bun Lettuce Leaf & Island Sauce Pretzels Baby Carrots & Ranch Dip Fresh Fruit	Arroz Con Huevos Delicious Vegetarian Mexican Rice Wheat Tortilla Steamed Green Beans Fresh Fruit	Delightful Eastern Mixed Beans with Hard Boiled Egg Wheat Dinner Roll & Marg. Garden Greens Salad w/Croutons Dressing Fresh Fruit	Italian Dunkers and Marinara Sauce Rainbow Salad Ranch Dressing Chilled Fruit
Garden Burger Wheat Burger Bun BBQ Sauce Salad Greens w/Garbanzos, Croutons & Dressing Chilled Fruit	Bean & Cheese Burrito Wheat Tortilla & Taco Sauce Fresh Cilantro, Shredded Lettuce Shredded Cheese Fresh Carrots Fresh Fruit  K-6 Only: Ranch Dip	Egg Fried Rice Wheat Dinner Roll Garden Greens Salad Croutons & Dressing Fresh Fruit	Walking Veggie Taco Tortilla Chips & Taco Stuffing Shredded Lettuce & Cheese Taco Sauce Confetti Salad Fresh Fruit	Italian Dunkers and Marinara Sauce Rainbow Salad Croutons & Ranch Dressing Chilled Fruit
Veggie Garden Burger Wheat Burger Bun Ketchup & Mustard Pretzels Salad Greens & Dressing Chilled Fruit	Egg & Potato Skillet Wheat Tortilla & Taco Sauce Crisp Salad Bowl, Croutons Dressing Fresh Fruit  7-12: Margarine			