

Fresh, Healthy, Good Food  
Every Day!



this institution is an equal opportunity provider

October 2018 MTS PEASE M-TH Menu

Week 5	Monday, October 1, 2018	Tuesday, October 2, 2018	Wednesday, October 3, 2018	Thursday, October 4, 2018
<b>Hot Lunch</b>	<b>Breaded Chicken &amp; Cheese Sandwich</b> WG Bun, Ketchup, Mayo & Pickles Garden Veggie Sun Chips Baby Carrots & Dip Varietal Apple & 100% Fruit Juice	<b>Nacho Cheese Scoops</b> Nacho Cheese Beef, Tomatoes & Cilantro Tostitos Scoops & Sour Cream & Cholula Hot Sauce Spicy Black Bean & Cotija Cheese Salsa Banana & 100% Fruit Juice	<b>Shredded BBQ Sandwich</b> WG Bun Munchies Chilled Corn Salad Chilled Grapes & 100% Fruit Juice	<b>Old Fashioned Hamburger</b> WG Bun, Ketchup, Mustard & Pickle Rounds Cheetos Mixed Greens Salad w/Veggies & Dressing Chilled Pineapple & 100% Fruit Juice
<b>Vegetarian Sandwich Deli Salad</b>	<b>Bean &amp; Cheese Burrito w/Cholula</b> Honey Mustard Chix & Lettuce Ciabatta or <b>Chz Sand</b> Grilled Chicken Caesar ( <b>Vegetarian Option</b> )	<b>Twisted Mozzarella Breadstick w/Marinara</b> Turkey & Lettuce Sand or <b>Chz Sand</b> Grilled Asian Chicken Salad ( <b>Vegetarian Option</b> )	<b>Double Cheese Omelet</b> Chicken (No Nut Pesto) & Lettuce Bun or <b>Chz Sand</b> Grilled Chicken Southwest Taco ( <b>Vegetarian Option</b> )	<b>Macaroni &amp; Cheese</b> Spicy Egg Salad w/Lettuce Sand or <b>Chz Sand</b> Grilled Bistro Chicken Salad ( <b>Vegetarian Option</b> )
Week 6	Monday, October 8, 2018	Tuesday, October 9, 2018	Wednesday, October 10, 2018	Thursday, October 11, 2018
<b>Hot Lunch</b>	<b>Meatball Sub</b> WG Hot Dog Bun Harvest Cheddar Sunchips Baby Carrots & Dip Varietal Apple & 100% Fruit Juice	<b>Chicken Fritters</b> Mashed Potatoes Dinner Roll Banana & 100% Fruit Juice	<b>Creamy Mac &amp; Cheese</b> Dinner Roll Mixed Greens Salad w/Veggies & Dressing Chilled Grapes & 100% Fruit Juice ABC Crackers	<b>Taco in a Bag</b> Nacho Cheese Chips, Seasoned Beef Shredded Lettuce, Cheese & Cilantro Spicy Black Bean & Cotija Cheese Salsa Chilled Pineapple & 100% Fruit Juice
<b>Vegetarian Sandwich Deli Salad</b>	<b>Cheese Bosco Stick &amp; Italian Ranch</b> Grilled Greek Chicken Bun or <b>Chz Sand</b> Grilled Chicken Caesar ( <b>Vegetarian Option</b> )	<b>Cheese Ravioli w/Red Sauce</b> Mediterranean Egg Salad & Lettuce Bun or <b>Chz Sand</b> Grilled Asian Chicken Salad ( <b>Vegetarian Option</b> )	<b>Veggie Cheeseburger</b> Sesame Chicken & Lettuce on Ciabatta or <b>Chz Sand</b> Grilled Chicken Southwest Taco ( <b>Vegetarian Option</b> )	<b>French Toast Sticks (6) &amp; Syrup</b> Chicken Chutney Salad & Lettuce Sandwich or <b>Chz Sand</b> Grilled Bistro Chicken Salad ( <b>Vegetarian Option</b> )
Week 1	Monday, October 15, 2018	Tuesday, October 16, 2018	Wednesday, October 17, 2018	Thursday, October 18, 2018
<b>Hot Lunch</b>	<b>Chicken Fritter Sandwich</b> CKC Spicy Sauce Baby Carrots & Dip Flamas Varietal Apple & 100% Fruit Juice	<b>Southwest White Queso Nachos</b> Shredded Lettuce, Cheese, Diced Tomatoes & Cilantro Golden Corn Chips Chilled Corn Salad Banana & 100% Fruit Juice	<b>Brunch Lunch</b> French Toast Sticks w/Syrup (6) Crispy Cubes Mixed Greens Salad w/Veggies & Dressing Chilled Grapes & 100% Fruit Juice	<b>All Beef Hot Dog</b> Hot Dog Bun, Ketchup & Mustard Bag of Munchies CKC Baked Beans Chilled Pineapple & 100% Fruit Juice
<b>Vegetarian Sandwich Deli Salad</b>	<b>Double Cheese Omelet</b> Turkey & Lettuce Sand or <b>Chz Sand</b> Grilled Chicken Caesar ( <b>Vegetarian Option</b> )	<b>Cheese Enchilada</b> Egg Salad & Lettuce Bun or <b>Chz Sand</b> Grilled Asian Chicken Salad ( <b>Vegetarian Option</b> )	<b>Veggie Burger</b> Grilled Curry Chicken & Lettuce on Ciabatta or <b>Chz Sand</b> Grilled Chicken Southwest Taco ( <b>Vegetarian Option</b> )	<b>Bean &amp; Cheese Burrito w/Cholula Hot Sauce</b> Chicken Craisin & Lettuce Sandwich or <b>Chz Sand</b> Grilled Bistro Chicken Salad ( <b>Vegetarian Option</b> )
Week 2	Monday, October 22, 2018	Tuesday, October 23, 2018	Wednesday, October 24, 2018	Thursday, October 25, 2018
<b>Hot Lunch</b>	<b>Spicy Buffalo Chicken Tenders</b> Ketchup & Ranch Sauce Garden Salsa Sunchip Baby Carrots & Dip Varietal Apple & 100% Fruit Juice	<b>Cheeseburger</b> WG Bun, Ketchup, Mustard & Pickles Flamas CKC Baked Beans Banana & 100% Fruit Juice	<b>Creamy Mac &amp; Cheese</b> Biscuit w/Margarine Mixed Greens Salad w/Veggies & Dressing Chilled Grapes & 100% Fruit Juice	<b>Orange Chicken</b> Seasoned Brown Rice Chilled Corn Salad Chilled Pineapple & 100% Fruit Juice
<b>Vegetarian Sandwich Deli Salad</b>	<b>Pancakes &amp; Syrup w/Veggie Sausage</b> Chicken (No Nut Pesto) & Lettuce Bun or <b>Chz Sand</b> Grilled Chicken Caesar ( <b>Vegetarian Option</b> )	<b>Cheese Quesadilla &amp; Cholula Hot Sauce</b> Honey Mustard Chicken & Lettuce Ciabatta or <b>Chz Sand</b> Grilled Asian Chicken Salad ( <b>Vegetarian Option</b> )	<b>French Toast Sticks (6) &amp; Syrup</b> Turkey & Lettuce Sand or <b>Chz Sand</b> Grilled Chicken Southwest Taco ( <b>Vegetarian Option</b> )	<b>The Max Cheese Stick &amp; Italian Ranch</b> Citrus Chicken Salad w/Lettuce Bun or <b>Chz Sand</b> Grilled Bistro Chicken Salad ( <b>Vegetarian Option</b> )
Week 3	Monday, October 29, 2018	Tuesday, October 30, 2018	Wednesday, October 31, 2018	Thursday, November 1, 2018
<b>Hot Lunch</b>	<b>General TSO's Chicken</b> Steamed Rice Baby Carrots & Dip Varietal Apple & 100% Fruit Juice	<b>Beef &amp; Bean Cheddar Queso Nacho's</b> Corn Tortilla Chips, Sour Cream & Cholula Hot Sauce Shredded Lettuce & Cilantro, Cheese & Tomatoes Spicy Black Bean & Cotija Cheese Salsa Banana & 100% Fruit Juice	<b>Corn Dog</b> Ketchup & Mustard Cheetos Chilled Corn Salad Chilled Grapes & 100% Fruit Juice	
<b>Vegetarian Sandwich Deli Salad</b>	<b>Cheese Enchilada</b> Sesame Chicken & Lettuce on Ciabatta or <b>Chz Sand</b> Grilled Chicken Caesar ( <b>Vegetarian Option</b> )	<b>Egg Fried Rice</b> Chicken Chutney & Lettuce Sandwich or <b>Chz Sand</b> Grilled Asian Chicken Salad ( <b>Vegetarian Option</b> )	<b>Garlic Twisted Mozzarella Stuffed Breadstick</b> Mediterranean Egg Salad & Lettuce Bun or <b>Chz Sand</b> Grilled Chicken Southwest Taco ( <b>Vegetarian Option</b> )	

Menu is subject to infrequent change

Questions? Call 651-453-1136 or visit our website at [www.ckcgoodfood.com](http://www.ckcgoodfood.com)

Skim & 1% Milk choices offered daily