

Fresh, Healthy, Good Food
Every Day!



this institution is an equal opportunity provider

November 2018 MTS PEASE M-TH Menu

Week 3	Monday, October 29, 2018	Tuesday, October 30, 2018	Wednesday, October 31, 2018	Thursday, November 1, 2018
Hot Lunch				Spicy Buffalo Chicken Nuggets Ketchup & Ranch Flamas Mixed Greens Salad w/Veggies & Dressing Fruit of the Day
Vegetarian Sandwich Deli Salad				Veggie Cheese Burger Grilled Greek Chicken Bun or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)
Week 4	Monday, November 5, 2018	Tuesday, November 6, 2018	Wednesday, November 7, 2018	Thursday, November 8, 2018
Hot Lunch	Sloppy Joe WG Bun Fyunys Baby Carrots & Dip Fruit of the Day	Stuffed Shells w/Red Sauce Dinner Roll Chilled Corn Salad Fruit of the Day	Brunch Lunch French Toast Sticks w/Fruit Topping & Syrup (6) Crispy Cubes Mixed Greens Salad w/Veggies & Dressing Fruit of the Day	Chicken Carnitas Taco WG Tortilla, Shredded Lettuce, Cilantro & Cheese Flamas Spicy Black Bean & Cotija Cheese Salsa Fruit of the Day
Vegetarian Sandwich Deli Salad	Pancakes & Syrup w/Veggie Sausage Grilled Herb Chicken Bun or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Cheese Quesadilla & Cholula Hot Sauce Grilled Curry Chicken & Lettuce on Ciabatta or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Egg Fried Rice Egg Salad & Lettuce Bun or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	Cheese Bosco Stick & Italian Ranch Turkey & Lettuce Sand or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)
Week 5	Monday, November 12, 2018	Tuesday, November 13, 2018	Wednesday, November 14, 2018	Thursday, November 15, 2018
Hot Lunch	Breaded Chicken & Cheese Sandwich WG Bun, Ketchup, Mayo & Pickles Garden Veggie Sun Chips Baby Carrots & Dip Fruit of the Day	Nacho Cheese Scoops Nacho Cheese Beef, Tomatoes & Cilantro Tostitos Scoops & Sour Cream & Cholula Hot Sauce Spicy Black Bean & Cotija Cheese Salsa Fruit of the Day	Shredded BBQ Sandwich WG Bun Munchies Chilled Corn Salad Fruit of the Day	Old Fashioned Hamburger WG Bun, Ketchup, Mustard & Pickle Rounds Cheetos Mixed Greens Salad w/Veggies & Dressing Fruit of the Day
Vegetarian Sandwich Deli Salad	Bean & Cheese Burrito w/Cholula Honey Mustard Chix & Lettuce Ciabatta or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Twisted Mozzarella Breadstick w/Marinara Turkey & Lettuce Sand or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Double Cheese Omelet Chicken (No Nut Pesto) & Lettuce Bun or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	Macaroni & Cheese Spicy Egg Salad w/Lettuce Sand or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)
Week 6	Monday, November 19, 2018	Tuesday, November 20, 2018	Wednesday, November 21, 2018	Thursday, November 22, 2018
Hot Lunch	Meatball Sub WG Hot Dog Bun Harvest Cheddar Sunchips Baby Carrots & Dip Fruit of the Day	Chicken Fritters Mashed Potatoes Dinner Roll Fruit of the Day	Creamy Mac & Cheese Dinner Roll Mixed Greens Salad w/Veggies & Dressing Fruit of the Day ABC Crackers	Taco in a Bag Nacho Cheese Chips, Seasoned Beef Shredded Lettuce, Cheese & Cilantro Spicy Black Bean & Cotija Cheese Salsa Fruit of the Day
Vegetarian Sandwich Deli Salad	Cheese Bosco Stick & Italian Ranch Grilled Greek Chicken Bun or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Cheese Ravioli w/Red Sauce Mediterranean Egg Salad & Lettuce Bun or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Veggie Cheeseburger Sesame Chicken & Lettuce on Ciabatta or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	French Toast Sticks (6) & Syrup Chicken Chutney Salad & Lettuce Sandwich or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)
Week 1	Monday, November 26, 2018	Tuesday, November 27, 2018	Wednesday, November 28, 2018	Thursday, November 29, 2018
Hot Lunch	Chicken Fritter Sandwich CKC Spicy Sauce Baby Carrots & Dip Flamas Fruit of the Day	Southwest White Queso Nachos Shredded Lettuce, Cheese, Diced Tomatoes & Cilantro Golden Corn Chips Chilled Corn Salad Fruit of the Day	Brunch Lunch French Toast Sticks w/Syrup (6) Crispy Cubes Mixed Greens Salad w/Veggies & Dressing Fruit of the Day	All Beef Hot Dog Hot Dog Bun, Ketchup & Mustard Bag of Munchies CKC Baked Beans Fruit of the Day
Vegetarian Sandwich Deli Salad	Double Cheese Omelet Turkey & Lettuce Sand or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Cheese Enchilada Egg Salad & Lettuce Bun or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Veggie Burger Grilled Curry Chicken & Lettuce on Ciabatta or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	Bean & Cheese Burrito w/Cholula Hot Sauce Chicken Craisin & Lettuce Sandwich or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)

Menu is subject to infrequent change

Questions? Call 651-453-1136 or visit our website at www.ckcgoodfood.com

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