

Fresh, Healthy, Good Food
Every Day!



November 2018 K-8 Pizza Friday Menu w/Salad Bar

this institution is an equal opportunity provider

Week 3	Monday, October 29, 2018	Tuesday, October 30, 2018	Wednesday, October 31, 2018	Thursday, November 1, 2018	Friday, November 2, 2018
Hot Lunch				Sweet & Sour Chicken Steamed Rice Salad Bar Fruit of the Day	Fresh Hot Pizza Salad Bar Fruit of the Day
Vegetarian Sandwich Deli Salad				Veggie Cheese Burger Grilled Greek Chicken Bun or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	Cheese Pizza Turkey & Lettuce Sand or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 4	Monday, November 5, 2018	Tuesday, November 6, 2018	Wednesday, November 7, 2018	Thursday, November 8, 2018	Friday, November 9, 2018
Hot Lunch	Stuffed Shells w/Red Sauce Salad Bar Fruit of the Day	Sloppy Joe WG Bun Funyuns Salad Bar Fruit of the Day	Brunch Lunch French Toast Sticks w/ Syrup (6) Salad Bar Fruit of the Day	Chicken Carnitas Taco WG Tortilla, Shredded Lettuce, Cilantro & Cheese Corn Chips Salad Bar Fruit of the Day	Fresh Hot Pizza Salad Bar 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)	Cheese Pizza Chicken Craisin & Lettuce Sandwich or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 5	Monday, November 12, 2018	Tuesday, November 13, 2018	Wednesday, November 14, 2018	Thursday, November 15, 2018	Friday, November 16, 2018
Hot Lunch	Breaded Chicken & Cheese Sandwich WG Bun & Ketchup Garden Veggie Sun Chips Salad Bar Fruit of the Day	Nacho Cheese Scoops Nacho Cheese Beef, Tomatoes & Cilantro Tostitos Scoops & Sour Cream & Cholula Hot Sauce Salad Bar Fruit of the Day	Shredded BBQ Sandwich WG Bun Munchies Salad Bar Fruit of the Day	Old Fashioned Hamburger WG Bun & Ketchup Cheetos Salad Bar Fruit of the Day	Fresh Hot Pizza Salad Bar 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 Egg Salad w/Lettuce Sand or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	Cheese Pizza Citrus Chicken Salad w/Lettuce Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 6	Monday, November 19, 2018	Tuesday, November 20, 2018	Wednesday, November 21, 2018	Thursday, November 22, 2018	Friday, November 23, 2018
Hot Lunch	Meatball Sub WG Hot Dog Bun Harvest Cheddar Sunchips Salad Bar Fruit of the Day	Creamy Mac & Cheese Dinner Roll Salad Bar Fruit of the Day	Taco in a Bag Nacho Cheese Chips, Seasoned Beef Shredded Lettuce, Cheese & Cilantro Salad Bar Fruit of the Day	Chicken Fritters Mashed Potatoes Dinner Roll Salad Bar Fruit of the Day	Fresh Hot Pizza Salad Bar 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)	Cheese Pizza Lime Chicken w/Lettuce Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 1	Monday, November 26, 2018	Tuesday, November 27, 2018	Wednesday, November 28, 2018	Thursday, November 29, 2018	Friday, November 30, 2018
Hot Lunch	Chicken Fritter Sandwich CKC Fritter Sauce Goldfish Pretzels Salad Bar Fruit of the Day	All Beef Hot Dog Hot Dog Bun, Ketchup & Mustard Bag of Munchies Salad Bar Fruit of the Day	Brunch Lunch French Toast Sticks w/Syrup (6) Salad Bar Fruit of the Day	Southwest White Queso Nachos Shredded Lettuce, Cheese, Diced Tomatoes & Cilantro Golden Corn Chips Salad Bar Fruit of the Day	Fresh Hot Pizza Salad Bar 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)	Cheese Pizza Grilled Herb Chicken Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)

Menu is subject to infrequent change

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

Skim & 1% Milk choices offered daily

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November 2018 K-8 C Bag Breakfast w/Cereal

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Week 3	Monday, October 29, 2018	Tuesday, October 30, 2018	Wednesday, October 31, 2018	Thursday, November 1, 2018	Friday, November 2, 2018
All Breakfast Bags, Except Yogurt & Chz Meet USDA Requirements				Pillsbury Mini Maple Waffle Madness (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Apple Jacks Cereal (1 comp) Keebler Honey Grahams (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)
				or Chef's Choice	or Chef's Choice
Week 4	Monday, November 5, 2018	Tuesday, November 6, 2018	Wednesday, November 7, 2018	Thursday, November 8, 2018	Friday, November 9, 2018
All Breakfast Bags, Except Yogurt & Chz Meet USDA Requirements	Bakecrafters WG Honey Bun (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Assorted Cereal (1 comp) * Yogurt (1 comp)/ Have Scholar Add to Bag 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Betty Crocker Oatmeal Chocolate Chip Bar (1 comp) * Chz Stick (1 comp) / Have Scholar Add to Bag 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	GNB Blueberry Muffin (1 comp) Keebler Honey Grahams (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	3 oz Breakfast Brekkie (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)
	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice
Week 5	Monday, November 12, 2018	Tuesday, November 13, 2018	Wednesday, November 14, 2018	Thursday, November 15, 2018	Friday, November 16, 2018
All Breakfast Bags, Except Yogurt & Chz Meet USDA Requirements	Assorted Cereal Bar (1 comp) * Chz Stick (1 comp) / Have Scholar Add to Bag 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	WG Single Strawberry Pop Tart (1 comp) * Yogurt (1 comp)/ Have Scholar Add to Bag 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	2 Packs Nature Valley Chocolate Crisps (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Kellogg's French Toast Mini Bites (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	2 oz Assorted Breakfast Bread (1 comp) Keebler Honey Grahams (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)
	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice
Week 6	Monday, November 19, 2018	Tuesday, November 20, 2018	Wednesday, November 21, 2018	Thursday, November 22, 2018	Friday, November 23, 2018
All Breakfast Bags, Except Yogurt & Chz Meet USDA Requirements	Bakecrafters WG Honey Bun (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Assorted Cereal (1 comp) * Chz Stick (1 comp) / Have Scholar Add to Bag 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	2 oz Assorted Breakfast Bread (1 comp) Keebler Honey Grahams (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	GNB Blueberry Muffin (1 comp) * Yogurt (1 comp)/ Have Scholar Add to Bag 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	1.5 Breakfast Brekkie (1 comp) * Chz Stick (1 comp) / Have Scholar Add to Bag 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)
	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice
Week 1	Monday, November 26, 2018	Tuesday, November 27, 2018	Wednesday, November 28, 2018	Thursday, November 29, 2018	Friday, November 30, 2018
All Breakfast Bags, Except Yogurt & Chz Meet USDA Requirements	Assorted Cereal (1 comp) Keebler Honey Grahams (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Betty Crocker Butterscotch Oatmeal Bar (1 comp) * Chz Stick (1 comp) / Have Scholar Add to Bag 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	2 oz Assorted Breakfast Bread (1 comp) * Yogurt (1 comp)/ Have Scholar Add to Bag 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Pillsbury Apple Frudel (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	3 oz Breakfast Brekkie (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)
	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice

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