

**Fresh, Healthy, Good Food  
Every Day!**



*This institution is an equal opportunity provider*

**February 2019 MTS P.E.A.S.E. Academy M-Th Menu**

Week 5	Monday, February 4, 2019	Tuesday, February 5, 2019	Wednesday, February 6, 2019	Thursday, February 7, 2019
Hot Lunch	<b>Breaded Chicken &amp; Cheese Sandwich</b> WG Bun, Ketchup, Mayo & Pickles Garden Veggie Sun Chips Baby Carrots & Dip Fruit of the Day	<b>Nacho Cheese Scoops</b> Nacho Cheese Beef, Tomatoes & Cilantro Tostitos Scoops & Sour Cream & Cholula Hot Sauce Spicy Black Bean & Cotija Cheese Salsa Fruit of the Day	<b>Shredded BBQ Sandwich</b> WG Bun Munchies Chilled Corn Salad Fruit of the Day	<b>Old Fashioned Hamburger</b> WG Bun, Ketchup, Mustard & Pickle Rounds Cheetos Mixed Greens Salad w/Veggies & Dressing Fruit of the Day
Vegetarian Deli Sandwich Deli Salad	<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, February 11, 2019	Tuesday, February 12, 2019	Wednesday, February 13, 2019	Thursday, February 14, 2019
Hot Lunch	<b>Meatball Sub</b> WG Hot Dog Bun Harvest Cheddar Sunchips Baby Carrots & Dip Fruit of the Day	<b>Chicken Fritters</b> Mashed Potatoes Dinner Roll Fruit of the Day	<b>Creamy Mac &amp; Cheese</b> Dinner Roll Mixed Greens Salad w/Veggies & Dressing Fruit of the Day ABC Crackers	<b>Taco in a Bag</b> Nacho Cheese Chips, Seasoned Beef Shredded Lettuce, Cheese & Cilantro Spicy Black Bean & Cotija Cheese Salsa Fruit of the Day
Vegetarian Deli Sandwich Deli Salad	<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, February 18, 2019	Tuesday, February 19, 2019	Wednesday, February 20, 2019	Thursday, February 21, 2019
Hot Lunch	<b>Spicy Chicken Sandwich</b> CKC Spicy Sauce Baby Carrots & Dip Flamas Fruit of the Day	<b>Southwest White Queso Nachos</b> Shredded Lettuce, Cheese, Diced Tomatoes & Cilantro Golden Corn Chips Chilled Corn Salad Fruit of the Day	<b>Brunch Lunch</b> French Toast Sticks w/Syrup (6) Crispy Cubes Mixed Greens Salad w/Veggies & Dressing Fruit of the Day	<b>All Beef Hot Dog</b> Hot Dog Bun, Ketchup & Mustard Bag of Munchies CKC Baked Beans Fruit of the Day
Vegetarian Deli Sandwich Deli Salad	<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, February 25, 2019	Tuesday, February 26, 2019	Wednesday, February 27, 2019	Thursday, February 28, 2019
Hot Lunch	<b>Spicy Buffalo Chicken Tenders</b> Ketchup & Ranch Sauce Garden Salsa Sunchip Baby Carrots & Dip Fruit of the Day	<b>Cheeseburger</b> WG Bun, Ketchup, Mustard & Pickles Flamas CKC Baked Beans Fruit of the Day	<b>Jumbo Ravioli w/Red Sauce</b> Dinner Roll Mixed Greens Salad w/Veggies & Dressing Fruit of the Day	<b>Orange Chicken</b> Seasoned Brown Rice Chilled Corn Salad Fruit of the Day
Vegetarian Deli Sandwich Deli Salad	<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> )

Menu is subject to infrequent changes

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

Skim & 1% Milk Offered Daily