

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



This institution is an equal opportunity provider

February 2019 MTS Secondary 9-12 Pizza Fridays Menu					
Week 4	Monday, January 28, 2019	Tuesday, January 29, 2019	Wednesday, January 30, 2019	Thursday, January 31, 2019	Friday, February 1, 2019
Hot Lunch					Fresh Hot Pizza Animal Crackers Chilled Corn Salad Fruit of the Day
Vegetarian Deli Sandwich Deli Salad					Cheese Pizza Chicken Craisin & Lettuce Sandwich or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 5	Monday, February 4, 2019	Tuesday, February 5, 2019	Wednesday, February 6, 2019	Thursday, February 7, 2019	Friday, February 8, 2019
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 & Honey Graham Cracker	Shredded BBQ Sandwich WG Bun Munchies Chilled Corn Salad Fruit of the Day	Old Fashioned Hamburger WG Bun, Ketchup, Mustard & Pickle Rounds Cheetos Cucumbers & Baby Carrots & Dip Fruit of the Day	Fresh Hot Pizza Mixed Greens Salad & Dressing Fruit of the Day ABC Crackers
Vegetarian Deli 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)	Cheese Pizza Citrus Chicken Salad w/Lettuce Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 6	Monday, February 11, 2019	Tuesday, February 12, 2019	Wednesday, February 13, 2019	Thursday, February 14, 2019	Friday, February 15, 2019
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 Cucumbers, Baby Carrots & Dip 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	Fresh Hot Pizza Mixed Greens Salad & Dressing Fruit of the Day
Vegetarian Deli 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 Chix 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, February 18, 2019	Tuesday, February 19, 2019	Wednesday, February 20, 2019	Thursday, February 21, 2019	Friday, February 22, 2019
Hot Lunch	Chicken Sandwich Pickles & CKC Fritter Sauce Baby Carrots & Dip Flamas Fruit of the Day	Southwest White Queso Nachos Shredded Lettuce, Chz, Diced Tomatoes & Cilantro Golden Corn Chips Chilled Corn Salad Fruit of the Day	Brunch Lunch French Toast Sticks w/Syrup (6) Crispy Cubes Cucumbers & Carrots w/Dip Fruit of the Day	All Beef Hot Dog Hot Dog Bun, Ketchup & Mustard Bag of Munchies CKC Baked Beans Fruit of the Day	Fresh Hot Pizza Mixed Greens Salad w/Dressing Fruit of the Day
Vegetarian Deli 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 Chix & 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)
Week 2	Monday, February 25, 2019	Tuesday, February 26, 2019	Wednesday, February 27, 2019	Thursday, February 28, 2019	Friday, March 1, 2019
Hot Lunch	Spicy Buffalo Chicken Tenders Ketchup & Ranch Sauce Garden Salsa Sunchip Baby Carrots & Dip Fruit of the Day	Cheeseburger WG Bun, Ketchup, Mustard & Pickles Flamas CKC Baked Beans Fruit of the Day	Jumbo Ravioli w/Red Sauce Dinner Roll Cucumbers & Carrots w/Dip Fruit of the Day	Orange Chicken Seasoned Brown Rice Mixed Greens Salad & Dressing Fruit of the Day	
Vegetarian Deli Sandwich Deli Salad	Pancakes & Syrup w/Veggie Sausage Chicken (No Nut Pesto) & Lettuce Bun or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Cheese Quesadilla & Cholula Hot Sauce Honey Mustard Chix & Lettuce Ciabatta or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	French Toast Sticks (6) & Syrup Turkey & Lettuce Sand or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	The Max Cheese Stick & Italian Ranch Citrus Chicken Salad w/Lettuce Bun or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	

Menu is subject to infrequent changes

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

Skim & 1% milk choices offered daily