Fresh, Healthy, Good Food Every Day!

CKC GOOD FOOD

This institution is an equal opportunity provider

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

Week 3	Monday, March 4, 2019	Tuesday, March 5, 2019	Wednesday, March 6, 2019	Thursday, March 7, 2019
Hot Lunch	**General TSO's Chicken** Steamed Rice Asian Broccoli & Carrots w/Dip Fruit of the Day	**Loaded Cheddar Queso Nacho's** Corn Tortilla Chips, Sour Cream & Cholula Hot Sauce Shredded Lettuce & Cilantro, Cheese & Tomatoes Spicy Black Bean & Cotija Cheese Salsa Fruit of the Day	**Pasta Alfredo** Dinner Roll Mixed Greens Salad & Dressing Fruit of the Day	**Chicago Footlong Hotdog** Ketchup & Mustard Cheetos Chilled Boomba Corn Salad & Baby Carrots w/Dip Fruit of the Day
Vegetarian	Cheese Enchilada	Egg Fried Rice	Garlic Twisted Mozzarella Stuffed Breadstick	Veggie Cheese Burger
Deli Sandwich	Sesame Chicken & Lettuce on Ciabatta or Chz Sand	Chix Chutney Salad & Lettuce Sandwich or Chz Sand	Mediterranean Egg Salad & Lettuce Bun or Chz Sand	Grilled Greek Chicken Bun or Chz Sand
Deli Salad	Grilled Chicken Caesar (Vegetarian Option)	Grilled Asian Chicken Salad (Vegetarian Option)	Grilled Chicken Southwest Taco (Vegetarian Option)	Grilled Bistro Chicken Salad (Vegetarian Option)
Week 4	**Monday, March 11, 2019**	**Tuesday, March 12, 2019**	**Wednesday, March 13, 2019**	**Thursday, March 14, 2019**
Hot Lunch	**Sloppy Joe** WG Bun Funyuns Baby Carrots & Dip Fruit of the Day	**Spicy Buffalo Chicken Nuggets** Ketchup & Ranch Flamas Garden Greens Salad w/Dressing Fruit of the Day	**Old Fashioned Soft Shell Beef Taco** WG Tortilla. Shredded Lettuce & Cheese Sour Cream & Cholula Hot Sauce Chilled Boomba Corn Salad & Yowza Coleslaw Fruit of the Day & Mini Chocolate Gripz	**Shredded BBQ Chicken Sandwich** WG Bun Munchies CKC Baked Beans & Baby Carrots w/Dip Fruit of the Day
Vegetarian	Pancakes & Syrup w/Veggie Sausage	Cheese Quesadilla & Cholula Hot Sauce	Egg Fried Rice	Cheese Bosco Stick & Italian Ranch
Deli Sandwich	Grilled Herb Chicken Bun or Chz Sand	Grilled Curry Chicken & Lettuce Ciabatta or Chz Sand	Egg Salad & Lettuce Bun or Chz Sand	Turkey & Lettuce Sand or Chz Sand
Deli Salad	Grilled Chicken Caesar (Vegetarian Option)	Grilled Asian Chicken Salad (Vegetarian Option)	Grilled Chicken Southwest Taco (Vegetarian Option)	Grilled Bistro Chicken Salad (Vegetarian Option)
Week 5	**Monday, March 18, 2019**	**Tuesday, March 19, 2019**	**Wednesday, March 20, 2019**	**Thursday, March 21, 2019**
Hot Lunch	**BYO Breaded Chicken & Cheese Sandwich** WG Bun, Ketchup, Mayo & Pickles Garden Veggie Sun Chips Garden Salad & Baby Carrots w/Dressing Fruit of the Day	**Nacho Cheese Scoops** Nacho Cheese Chicken, Tomatoes & Cilantro Tostitos Scoops & Sour Cream & Cholula Hot Sauce Spicy Black Bean & Cotija Cheese Salsa Fruit of the Day & Honey Graham Cracker	**Creamy Mac & Cheese** Dinner Roll Cucumbers, Baby Carrots & Dip Fruit of the Day	**Old Fashioned Hamburger** WG Bun, Ketchup, Mustard & Pickle Rounds Cheetos Chilled Boomba Corn Salad Fruit of the Day
Vegetarian	Bean & Cheese Burrito w/Cholula	Twisted Mozzarella Breadstick w/Marinara	Double Cheese Omelet	Macaroni & Cheese
Deli Sandwich	Honey Mustard Chix & Lettuce Ciabatta or Chz Sand	Turkey & Lettuce Sand or Chz Sand	Chicken (No Nut Pesto) & Lettuce Bun or Chz Sand	Spicy Egg Salad w/Lettuce Sand or Chz Sand
Deli Salad	Grilled Chicken Caesar (Vegetarian Option)	Grilled Asian Chicken Salad (Vegetarian Option)	Grilled Chicken Southwest Taco(Vegetarian Option)	Grilled Bistro Chicken Salad (Vegetarian Option)
Week 6	**Monday, March 25, 2019**	**Tuesday, March 26, 2019**	**Wednesday, March 27, 2019**	**Thursday, March 28, 2019**
Hot Lunch	**Meatball Sub** WG Hot Dog Bun Harvest Cheddar Sunchips Baby Carrots & Dip Fruit of the Day	**Chicken Fritter & Crispy Cube Wrap** WG Tortilla, Shredded Boomba Cabbage & Cheese Crispy Cubes Fruit of the Day Strawberry Chex Mix	**Taco in a Bag** Nacho Cheese Chips, Seasoned Beef Shredded Lettuce, Cheese & Cilantro Spicy Black Bean & Cotija Cheese Salsa Fruit of the Day	**Mediterranean Rice Pilaf** Garden Salad & Baby Carrots w/Dressing Fruit of the Day
Vegetarian	Cheese Bosco Stick & Italian Ranch	Cheese Ravioli w/Red Sauce	Veggie Cheeseburger	French Toast Sticks (6) & Syrup
Deli Sandwich	Grilled Greek Chicken Bun or Chz Sand	Mediterranean Egg Salad & Lettuce Bun or Chz Sand	Sesame Chicken & Lettuce on Ciabatta or Chz Sand	Chix Chutney Salad & Lettuce Sandwich or Chz Sand
Deli Salad	Grilled Chicken Caesar (Vegetarian Option)	Grilled Asian Chicken Salad (Vegetarian Option)	Grilled Chicken Southwest Taco (Vegetarian Option)	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