Fresh, Healthy, Good Food Every Day!!!

CKC GOOD FOOD

This institution is an equal opportunity provider

651-453-1136

www.ckcgoodfood.com

January 2020 MTS Secondary - Grade 9-12 - Lunch Menu

Week 4	Monday, December 30, 2019	Tuesday, December 31, 2019	Wednesday, January 1, 2020	Thursday, January 2, 2020	Friday, January 3, 2020
Hot Lunch			**Swedish Meatballs & Gravy** Creamy Mashed Potatoes Dinner Rolls & Margarine Cup Fruit of the Day	**Nacho Cheese Scoops** Nacho Cheese Chicken, Tomatoes & Cilantro Tostitos Scoops & Sour Cream & Cholula Hot Sauce Red Pepper & Cabbage Slaw Fruit of the Day & Honey Graham Cracker	**Fresh Hot Delivered Pizza** Caesar Salad & Dressing Hot Cheetos Fruit of the Day
Veg Lunch			**Grilled Cheese Sandwich**	**Veggie Pizza Pack (Like a Lunchable)**	**Cheese Pizza**
Cold Lunch			**Turkey & Cheese Lunch Box Pack**	**Sunbutter & Jelly Sandwiches**	**Fresh Herb Chicken Croissant Sandwich**
Veg Cold Lunch			**Cheese Sandwich**	**Cheese Sandwich**	**Cheese Sandwich**
Deli Salad			**Grilled Chix Southwest Taco Salad or Veg Taco Salad**	**Grilled Bistro Chicken Salad or Veg Bistro Salad**	**Grilled Chicken Power Salad or Veg Power Salad**

Week 5	Monday, January 6, 2020	Tuesday, January 7, 2020	Wednesday, January 8, 2020	Thursday, January 9, 2020	Friday, January 10, 2020
Hot Lunch	**Breaded Chicken & Cheese Sandwich** WG Bun, Ketchup, Mayo & Pickles Harvest Cheddar Sun Chips Baby Carrots & Dip Fruit of the Day	**Old Fashioned Soft Shell Beef Taco** WG Tortilla. Seasoned Beef, Lettuce & Cheese Sour Cream & Cholula Hot Sauce Tortilla Chips & Refried Bean Dip Baby Carrots & Dip, Fruit of the Day	**Creamy Mac & Cheese** Dinner Roll Cucumbers, Baby Carrots & Dip Fruit of the Day	**Old Fashioned Hamburger** WG Bun, Ketchup, Mustard & Pickle Rounds Doritos Sweet Chili Corneriffic Salad Fruit of the Day	**Fresh Hot Delivered Pizza** Mixed Greens Salad w/Dressing Fruit of the Day
Veg Lunch	**French Toast Sticks & Syrup**	**Bean & Cheese Burrito & Cholula Hot Sauce**	**Cheese Lasagna w/Marinara**	**Egg & Cheese Ciabata**	**Cheese Pizza**
Cold Lunch	**Fruited Yogurt, Cheese Stick & Bagel w/Cream Chz**	**Grilled Salsa Chicken on Ciabatta**	**Cheese Pizza Pack (Like a Lunchable)**	**Sliced Turkey & Cheddar on Whole Wheat Bread**	**Citrus Chicken w/Lettuce Bun**
Veg Cold Lunch	**Cheese Sandwich**	**Cheese Sandwich**	**Cheese Sandwich**	**Cheese Sandwich**	**Cheese Sandwich**
Deli Salad	**Grilled Chicken Caesar Salad or Veg Caesar Salad**	**Grilled Asian Chicken Salad or Veg Asian Salad**	**Grilled Chix Southwest Taco Salad or Veg Taco Salad**	**Grilled Bistro Chicken Salad or Veg Bistro Salad**	**Grilled Chicken Power Salad or Veg Power Salad**

Week 6	Monday, January 13, 2020	Tuesday, January 14, 2020	Wednesday, January 15, 2020	Thursday, January 16, 2020	Friday, January 17, 2020
Hot Lunch	**Meatball Sub w/Mozzarella** WG Hot Dog Bun Goldfish Pretzels Baby Carrots, Celery Sticks & Dip Fruit of the Day	**Chicken Fritter Wrap w/Yowza Sauce** WG Tortilla & Cheese Tomatoes & Boomba Cabbage Slaw Fruit of the Day	**Taco in a Bag** Nacho Cheese Chips, Seasoned Beef Shredded Lettuce, Cheese & Cilantro Refried Bean Dip Fruit of the Day, Strawberry Chex Mix	**Szechuan Chicken** Seasoned Rice Asian Broccoli Carrots & Dip Fruit of the Day, ABC Crackers	**Fresh Hot Delivered Pizza** Corneriffica Salad Flamas Fruit of the Day
Veg Lunch	**Creamy Mac & Cheese**	**Cheese Quesadilla & Cholula Hot Sauce**	**Double Cheese Stuffed Breadstick**	**Pizza Crunchers w/Italian Dip**	**Cheese Pizza**
Cold Lunch	**Sunbutter & Jelly Sandwiches**	**Taco Chicken: Grilled & Chilled w/Sides**	**Sesame Chicken & Lettuce on Ciabatta**	**Deli Turkey Bagel Sandwich**	**Lime Chicken w/Lettuce Bun**
Veg Cold Lunch	**Cheese Sandwich**	**Cheese Sandwich**	**Cheese Sandwich**	**Cheese Sandwich**	**Cheese Sandwich**
Deli Salad	**Grilled Chicken Caesar Salad or Veg Caesar Salad**	**Grilled Asian Chicken Salad or Veg Asian Salad**	**Grilled Chix Southwest Taco Salad or Veg Taco Salad**	**Grilled Bistro Chicken Salad or Veg Bistro Salad**	**Grilled Chicken Power Salad or Veg Power Salad**

Week 1	Monday, January 20, 2020	Tuesday, January 21, 2020	Wednesday, January 22, 2020	Thursday, January 23, 2020	Friday, January 24, 2020
Hot Lunch	**Cowboy BBQ Cheeseburger** Doritos Cool Ranch Baby Carrots & Dip CKC Baked Beans Fruit of the Day	**Southwest Chicken Nachos** Corn Chips, Lettuce, Chz, Diced Tomatoes & Cilantro Cholula Hot Sauce & Sour Cream Ranchero's Corn Salad Fruit of the Day	**Spicy Mongolian Rice Pilaf** Carrot Slims & Dip Fruit of the Day Chocolate Caramel Chex Mix	**All Beef Hot Dog** Hot Dog Bun, Ketchup & Mustard Funyuns Creamy Coleslaw Fruit of the Day	**Fresh Hot Delivered Pizza** Mixed Greens Salad & Dressing Fruit of the Day
Veg Lunch	**Garden Burger**	**Cheese Lasagna w/Marinara**	**Veggie Pizza Pack (Like a Lunchable)**	**Egg & Cheese Biscuit Sandwich**	**Cheese Pizza**
Cold Lunch	**Turkey on Whole Wheat Bread**	**Grilled Chicken Bagel Sandwich**	**Grilled Chicken & Cheddar Cheese Bun**	**Greek Yogurt, Cheese Stick & Animal Crackers**	**Turkey & Cheese Lunch Box Pack**
Veg Cold Lunch	**Cheese Sandwich**	**Cheese Sandwich**	**Cheese Sandwich**	**Cheese Sandwich**	**Cheese Sandwich**
Deli Salad	**Grilled Chicken Caesar Salad or Veg Caesar Salad**	**Grilled Asian Chicken Salad or Veg Asian Salad**	**Grilled Chix Southwest Taco Salad or Veg Taco Salad**	**Grilled Bistro Chicken Salad or Veg Bistro Salad**	**Grilled Chicken Power Salad or Veg Power Salad**

Week 2	Monday, January 27, 2020	Tuesday, January 28, 2020	Wednesday, January 29, 2020	Thursday, January 30, 2020	Friday, January 31, 2020
Hot Lunch	**Korean BBQ** Steamed Seasoned Rice Baby Carrots & Dip Fruit of the Day	**Juicy Mozzarella Burger** WG Bun &Tomato & Leaf Lettuce w/Ketchup & Mayo Hot Cheetos CKC Baked Beans Fruit of the Day	**French Toast Sticks** Syrup Crispy Cubes & Ketchup Fruit of the Day	**Delicious Spicy Meatballs & Sauce** Steamed Seasoned Rice Corn Crunch Salad & Carrot Slims Fruit of the Day	**Fresh Hot Delivered Pizza** Garden Salsa Sun Chips Mixed Green Salad & Dressing Fruit of the Day
Veg Lunch	**Double Cheese Stuffed Breadstick**	**Veggie Sausage & Cheese Bagel Sandwich**	**Pizza Crunchers w/ Marinara Sauce**	**Cheese Enchiladas**	**Cheese Pizza**
Cold Lunch	**Sunbutter & Jelly Sandwiches**	**Honey Mustard Chix & Lettuce Ciabatta**	**Turkey & Lettuce Sandwich**	**Cheese Pizza Pack (Like a Lunchable)**	**Protein Medley: Egg, Chz Cubes, Bagel & Margarine**
Veg Cold Lunch	**Cheese Sandwich**	**Cheese Sandwich**	**Cheese Sandwich**	**Cheese Sandwich**	**Cheese Sandwich**
Deli Salad	**Grilled Chicken Caesar Salad or Veg Caesar Salad**	**Grilled Asian Chicken Salad or Veg Asian Salad**	**Grilled Chix Southwest Taco Salad or Veg Taco Salad**	**Grilled Bistro Chicken Salad or Veg Bistro Salad**	**Grilled Chicken Power Salad or Veg Power Salad**

*Skim and 1% milk choices offered daily.
*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

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Menu is subject to infrequent changes