



Menu Name : K-12 A Bagged Breakfast w Cereal Menu		Meal Pattern : NSLP	Meal: Breakfast
Grade Level / Age Group : K-12 Grades			
<b>February - 2024</b>			

<b>Breakfast</b>	Thursday, February 1, 2024		Friday, February 2, 2024		<b>Week I</b>
	<b>Favorite Mini Cinnis (2 items)</b>		<b>Low Sugar Whole Grain Cake Donut (2 items)</b>		
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		
<i>Chef's Choice may be offered</i>					

<b>Breakfast</b>	Monday, February 5, 2024	Tuesday, February 6, 2024	Wednesday, February 7, 2024	Thursday, February 8, 2024	Friday, February 9, 2024	<b>Week II</b>
	<b>Assorted Big Bowl Cereal (2 items)</b>	<b>Orange Dream Muffin (2 items)</b>	<b>Apple Cinnamon Spread w/ Granola Bites (2 items)</b>	<b>Delicious Mini Pancake Puffs (2 items)</b>	<b>WG Cinnamon Swirl (2 items)</b>	
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>						

<b>Breakfast</b>	Monday, February 12, 2024	Tuesday, February 13, 2024	Wednesday, February 14, 2024	Thursday, February 15, 2024	Friday, February 16, 2024	<b>Week III</b>
	<b>Big Bowl Trix Cereal (2 Items)</b>	<b>WG Chocolate Chip Muffin (2 items)</b>	<b>Apple Frudel (2 items)</b>	<b>Banana Breakfast Bread (2 items)</b>	* Student Favorite* <b>Low Sugar WG Honey Bun (2 items)</b>	
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>						

<b>Breakfast</b>	Monday, February 19, 2024	Tuesday, February 20, 2024	Wednesday, February 21, 2024	Thursday, February 22, 2024	Friday, February 23, 2024	<b>Week IV</b>
	<b>Assorted Big Bowl Cereal (2 Items)</b>	<b>Banana Muffin (2 items)</b>	* Student Favorite* <b>Low Sugar Whole Grain Apple Fritter Bun (2 items)</b>	<b>Delicious Mini Pancake Bites (2 items)</b>	* Student Favorite* <b>Low Sugar WG Chocolate Enrobed Donut (2 items)</b>	
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>						

<b>Breakfast</b>	Monday, February 26, 2024	Tuesday, February 27, 2024	Wednesday, February 28, 2024	Thursday, February 29, 2024	<b>Week V</b>
	<b>Assorted Big Bowl Cereal (2 items)</b>	<b>Apple Cinnamon Muffin (2 items)</b>	<b>Strawberry Boli (2 items)</b>	<b>Low Sugar WG Cinnamon Roll (2 items)</b>	
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>					

\*\*\* Three items meet USDA Requirements (One item must be fruit) \*\*\*

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

The menus are 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.



March 2024 Menu (Subject to Change)

<b>Breakfast</b>					Friday, March 1, 2024	<b>Week V</b>
					<p><i>* Student Favorite*</i>  <b>Low Sugar Whole Grain Breakfast Mini Bites (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p> <p><i>Chef's Choice may be offered</i></p>	

<b>Breakfast</b>	Monday, March 4, 2024	Tuesday, March 5, 2024	Wednesday, March 6, 2024	Thursday, March 7, 2024	Friday, March 8, 2024	<b>Week VI</b>
	<p><b>"New" Chocolate Breakfast Spread w/ Granola Crackers (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>Delicious Pancake Bites (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>Banana Loaf (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><i>* Student Favorite*</i>  <b>Low Sugar WG Honey Bun (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><i>* Student Favorite*</i>  <b>Low Sugar Whole Grain Chocolate Cake Donut (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	
<i>Chef's Choice may be offered</i>						

<b>Breakfast</b>	Monday, March 11, 2024	Tuesday, March 12, 2024	Wednesday, March 13, 2024				<b>Week I</b>
	<p><b>Assorted Big Bowl Cereal (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>"New" Confetti Snackbread (2 Items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>WG Banana Chocolate Chip Oatmeal Breakfast Round (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>				
<i>Chef's Choice may be offered</i>							

Menu Name : MTS PEASE Academy Lunch Menu	Options Provided : Hot, Hot Vegetarian & Deli Salads
Grade Level / Age Group : 9-12 Grades	Meal Pattern : NSLP Meal: Lunch
<b>February - 2024</b>	

What's Cooking in CKC?		Thursday, February 1, 2024	Friday, February 2, 2024
<b>Hot Meal</b>	Teriyaki Dipping Sauce - Light Teriyaki sauce, with a fresh CKC twist. A hint of sweetness and savoriness elevates the Asian Chicken Dumplings to the next level.	<b>Sesame Chicken</b>	<b>Twisted Cheese Stuffed Breadsticks</b>
	Bean & Cheese Pupusas - Thick Masa Tortillas filled with bean and cheese, tracing roots to Salvadoran Pupusas.	Steamed Seasoned Brown Rice	Italian Dip
<b>Hot Veg</b>	Tots & Beef Crunch - Seasoned Beef Crumble with Smashed Tater Tots served over crunchy Tostitos.	Mixed Greens Salad & Dressing	Steamed Peas
		Fresh Orange & 100% Fruit Juice	Large Crisp Varietal Apple
		Choice Milk	Choice Milk
		<b>Grilled Cheese Sandwich</b>	<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelet</b>

Monday, February 5, 2024		Tuesday, February 6, 2024		Wednesday, February 7, 2024		Thursday, February 8, 2024		Friday, February 9, 2024	
<b>Hot Meal</b>	<b>Flama Crunch Burger</b> ..(yep, we will send mayo)	<b>Asian Chicken Dumplings</b>	<b>Beef Burrito Bowl</b>		<b>Mandarin Orange Chicken</b>		<b>Cheese Pizza Quesadilla</b>		
	Top your Burger with Flama Doritos	Teriyaki Sauce	Seasoned Beef, Warm Rice		Steamed Brown Rice		Baby Carrots & Dip		
	CKC Baked Beans	Celery Sticks & Carrot Slims	Street Corn, Shred Lettuce, Chz & Crema		Garden Greens Salad & Homemade Dressing		Vanilla Wafers		
	Cinnamon Apple Slices	Chilled Pears & 100% Fruit Juice	Bananas		Fresh Orange & 100% Fruit Juice		Large Crisp Varietal Apple		
100% Fruit Juice & Choice Milk	Choice Milk	Scooby Grahams & Choice Milk		Choice Milk		Choice Milk			
<b>Hot Veg</b>	<b>Bean &amp; Cheese Burrito</b>	<b>Egg Fried Rice &amp; Grahams</b>	<b>Cheesy Pull Aparts</b>		<b>French Pizza Bread</b>		<b>Grilled Cheese Sandwich</b>		

Monday, February 12, 2024		Tuesday, February 13, 2024		Wednesday, February 14, 2024		Thursday, February 15, 2024		Friday, February 16, 2024	
<b>Hot Meal</b>	<b>Spicy Chicken Tenders &amp; Dip</b>	<b>Bean &amp; Cheese Pupusa</b>	<b>Smoky Texas Chicken Drumstick</b>		<b>Tots &amp; Beef Crunch</b>		<b>Garlic Dusted French Bread Pizza</b>		
	Hot Cheetos	Boom Sauce	WG Dinner Roll & Sweet Chili Doritos		Seasoned Beef & Smashed Tater Tots served on Tostitos		Italian Dip		
	Baby Carrots & Dip	Street Corn Salad	Cucumber Slices, Baby Carrots w/ Dip		Crema		Garden Greens Salad & Dressing		
	Cinnamon Apple Slices	Chilled Pears & 100% Fruit Juice	Bananas		Lemony Pinto Beans		Large Crisp Varietal Apple		
100% Fruit Juice & Choice Milk	Choice Milk	Choice Milk		Vanilla Chat Snax, Fresh Orange, 100% Fruit Juice & Choice Milk		Choice Milk			
<b>Hot Veg</b>	<b>Cheese Hot Pocket &amp; Sauce</b>	<b>Veggie Garden Burger &amp; Wheat Thins</b>	<b>Cheesy Quesadilla</b>		<b>Stuffed Dipping Bites/ Italian Dip</b>		<b>Cheesy Pull Aparts</b>		

Monday, February 19, 2024		Tuesday, February 20, 2024		Wednesday, February 21, 2024		Thursday, February 22, 2024		Friday, February 23, 2024	
<b>Hot Meal</b>	<b>Spicy Chicken Patty Sandwich</b>	<b>Mongolian Meatballs</b>	<b>Chicken Corn Dog</b>		<b>Hearty Tinga Wrap</b>		<b>Brunch Lunch</b>		
	Bakery Bun & Mayo	Seasoned Rice & Fresh Green Onions	Ketchup		WG Tortilla, Chicken Tinga & Shred Chz		French Toast Sticks w/ Syrup		
	Sweet Chili Doritos & Spicy Street Corn	Carrot Slims	Flamas		Coleslaw - Dare you to try in your Tinga wrap :)		Mixed Greens Salad & Dressing		
	Cinnamon Apple Slices	Chilled Pears & 100% Fruit Juice	CKC Baked Beans & Carrot Slims		Fresh Orange & 100% Fruit Juice		Large Crisp Varietal Apple		
100% Fruit Juice & Choice Milk	Choice Milk	Bananas & Choice Milk		Berry Crackers & Choice Milk		Choice Milk			
<b>Hot Veg</b>	<b>Veggie Garden Burger &amp; Mayo</b>	<b>Pizza Calzone</b>	<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelet</b>		<b>Stuffed Breadsticks w/ Dip</b>		<b>Grilled Cheese Sandwich</b>		

Monday, February 26, 2024		Tuesday, February 27, 2024		Wednesday, February 28, 2024		Thursday, February 29, 2024	
<b>Hot Meal</b>	<b>Spicy Crunchy Tender Roll-up</b>	<b>General Tso's Chicken</b>	<b>Walking Taco</b>		<b>Spicy Chicken Tikka Drumstick</b>		
	Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef w/ Shred Chz, Shredded Lettuce & Choula		Seasoned Rice		
	Shred Lettuce / Cool Ranch Doritos	Baby Carrots & Dip	Cheesy Refried Beans		Crisp Broccoli & Carrot Slims		
	Seasoned Corn / Cinnamon Apples	Chilled Pears & 100% Fruit Juice	Chat Snax, Bananas & Choice Milk		Fresh Orange & 100% Fruit Juice		
100% Fruit Juice & Choice Milk	Choice Milk			Choice Milk			
<b>Hot Veg</b>	<b>Cheesy Pull Aparts &amp; Doritos</b>	<b>Pizza Crunchers</b>	<b>Bean Taco Wrap</b>		<b>Egg Fried Rice &amp; WG Roll</b>		

Monday, February 26, 2024		Tuesday, February 27, 2024		Wednesday, February 28, 2024		Thursday, February 29, 2024	
<b>Hot Meal</b>	<b>Grilled Chicken Caesar Salad</b>	<b>Grilled Chicken Asian Salad</b>	<b>Grilled Chicken SW Taco Salad</b>		<b>Classic Chef Salad</b>		<b>Quinoa Power Bowl Salad</b>
	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains.	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls added to complete the WG requirement.	Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.		We just time-travelled and brought back this timeless gem. It's simple. It's classic. It's vintage. This Egg, Turkey, Tomatoes and Salad combo is sure to appeal eyes and taste buds. WG rolls fill the grain part.		Not just vintage, we cover current trends too. This salad has "New-age Superfood" Quinoa as its base. Not stopping there, it becomes more powerful with Beans, Corn, Egg and Spinach.

\*\*\* Hot Veg meals are served with vegetables, fruit of the day & milk.  
 \*\*\* Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

The menus are 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.



March 2024 Menu (Subject to Change)						
Hot Meal						Friday, March 1, 2024
						<b>Cheese Stuffed Hot Pocket</b> Warm Red Sauce Sliced Cucumbers & Dip Crisp Varietal Apple Vanilla Wafers & Choice Milk Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet
Hot Veg						
Hot Meal	Monday, March 4, 2024	Tuesday, March 5, 2024	Wednesday, March 6, 2024	Thursday, March 7, 2024	Friday, March 8, 2024	Week V
	<b>Premium Chicken Nuggets w/ Youza Sauce</b>	<b>Hot Italian Sub</b>	<b>Fritos Enchilada Nachos</b>	<b>Butter Chicken</b>	<b>Spicy Cheesy Pasta Bake</b>	
	Flamas	'All Beef' Marinara Meatballs & Shred Cheese served on WG Bun	Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce	Steamed Seasoned Rice	Grahams	
	CKC Baked Beans	Celery sticks & Dip	Steamed Street Corn	Garden Greens Salad & Dressing	Carrot Slims & Dip	
	Baby Carrots & Dip	Chilled Pears & 100% Fruit Juice	Honey Grahams, Bananas & Choice Milk	Fresh Orange	Large Crisp Varietal Apple	
	Cinnamon Apples, 100% Fruit Juice & Choice Milk	Sun Chips & Choice Milk	100% Fruit Juice & Choice Milk	Choice Milk		
Hot Veg	Grilled Cheese Sandwich	Cheese Quesadilla	Veggie Garden Burger & Mayo	Veggie Bean Burrito	French Bread Pizza	
Hot Meal	Monday, March 11, 2024	Tuesday, March 12, 2024	Wednesday, March 13, 2024			Week I
	<b>All Beef Hot Dog</b>	<b>CKC Sticky Drumstick</b>	<b>Mac &amp; Hot Cheetos</b>			
	WG Hot Dog Bun, Ketchup & Mustard	Wheat Thins, WG Roll	<i>Cheetos in the Mac or on the Side?? You decide :)</i>			
	CKC Baked Beans	Baby Carrots & Dip	Celery Sticks, Carrot Slims & Dip			
Strawberry Bites & Cinnamon Apples	Chilled Pears	Bananas & Choice Milk				
100% Fruit Juice & Choice Milk	100% Fruit Juice & Choice Milk					
Hot Veg	Veggie Bean Burrito	Stuffed Dipping Bites w/Sauce	Cheese Calzone			