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



Menu Name: K-12 B Bagged Breakfast No Cereal Menu Grade Level / Age Group: K-12 Grades Meal Pattern: NSLP Meal: Breakfast March - 2024 Celebrate National School Breakfast Week, March 4-8! Friday, March 1, 2024 \* Student Favorite\* CKC Good Food is celebrating National School Breakfast Week March 4-8 by serving our most popular breakfast items! Low Sugar Whole Grain Breakfast Mini Bites Studies show that students who eat school breakfast are more likely to: (2 items) •Reach higher levels of achievement in reading and math Score higher on standardized tests 100% 4.23 oz Fruit Juice (1 item) •Have better concentration and memory •Be more alert Choice Milk & Second Fruit •Maintain a healthy weight (1 item each) Don't miss out! Try school breakfast! Chef's Choice may be offered Monday, March 4, 2024 Tuesday, March 5, 2024 Wednesday, March 6, 2024 Thursday, March 7, 2024 Friday, March 8, 2024 National School Breakfast Week "New" Nut-Free Chocolate Student Favorite **Delicious Pancake Bites** \* Student Favorite\* Banana Loaf (2 items) Breakfast Spread w/ Granola Low Sugar WG Honey Bun (2 items) Low Sugar Whole Grain Crackers (2 items) (2 items) **Chocolate Cake Donut Breakfast** (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each) Chef's Choice may be offered Monday, March 11, 2024 Tuesday, March 12, 2024 Wednesday, March 13, 2024 Thursday, March 14, 2024 Friday, March 15, 2024 WG Banana Oatmeal Breakfast Whole Grain Chocolate Chip WG Chocolate Swirl Breakfast Confetti Snackbread Low Sugar Whole Grain Cake Round Roll (2 items) (2 Items) Muffin (2 items) Donut (2 items) (2 items) Breakfast 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each) Chef's Choice may be offered Monday, March 18, 2024 Friday, March 22, 2024 Tuesday, March 19, 2024 Wednesday, March 20, 2024 Thursday, March 21, 2024 **Nut-Free Apple Cinnamon** WG Apple Mini Bites Orange Dream Muffin Delicious Mini Pancake Puffs WG Cinnamon Swirl Spread w/ Granola Bites (2 items) (2 items) (2 items) (2 items) (2 items) Breakfast 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each) Chef's Choice may be offered Friday, March 29, 2024 Monday, March 25, 2024 Tuesday, March 26, 2024 Wednesday, March 27, 2024 Thursday, March 28, 2024 \* Student Favorite\* Low Sugar Whole Grain Cake WG Chocolate Chip Muffin Banana Breakfast Bread Apple Frudel (2 items) Low Sugar WG Honey Bun Donut (2 items) (2 items) (2 items) (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each) Chef's Choice may be offered Three items meet USDA Requirements (One item must be fruit) Skim & 1% milk served daily. The menus are 100% pork-free.

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



## National School Breakfast Week - What, When & Why?

National School Breakfast Week was launched in 1989 to raise awareness of the availability of the School Breakfast Program, a federally assisted meal program operating in public and nonprofit private schools and residential childcare institutions since 1975. The occasion reminds families that healthy breakfast options available at school provide an energizing start to the day for students.

U.S. Department of Agriculture data show that more and more students are starting their day with a nutritious breakfast in their school cafeterias. The School Breakfast Program serves more than 14 million students every day.

April 2024 Menu (	Subject to	Change)
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Monday, April 1, 2024	Tuesday, April 2, 2024	Wednesday, April 3, 2024	Thursday, April 4, 2024	Friday, April 5, 2024
WG Cinnamon Swirl (2 items)	Banana Muffin (2 items)	* Student Favorite* Low Sugar Whole Grain Apple Fritter Bun (2 items)	Delicious Mini Pancake Bites (2 items)	* Student Favorite* Low Sugar WG Chocolate Enrobed Donut (2 items)
100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)

	Monday, April 8, 2024	Tuesday, April 9, 2024	Wednesday, April 10, 2024	Thursday, April 11, 2024
	Fruit Strudel (2 items)	Apple Cinnamon Muffin (2 items)	Strawberry Boli (2 items)	Low Sugar WG Cinnamon Roll (2 items)
Breakfast	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)
		Chef's Choice	ce may be offered	

Skim & 1% milk served daily

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



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Menu Name: Banaadir Academy Grades 5-8 Lunch Menu Options Provided: Hot, Hot Vegetarian & Cold Meals Grade Level / Age Group: K-8 Grades Meal Pattern: NSLP Meal: Lunch March - 2024 Whats Cooking in CKC? Friday, March 1, 2024 Fresh Hot Delivered Pizza Assorted Salad Bar Chicken Tamale - Authentic, soft & moist Chicken & Green Sauce Tamale. Crisp Varietal Apple Southern Drumstick - Mildly Seasoned Southern style Chicken Drumstick. Choice Milk Fresh Hot Cheese Pizza Hot Veg Cold Grilled Chicken & Cheese Bun Monday, March 4, 2024 Friday, March 8, 2024 Tuesday, March 5, 2024 Wednesday, March 6, 2024 Thursday, March 7, 2024 Premium Chicken Nuggets New Authentic Chicken **Hot Italian Sub** Fritos Enchilada Nachos Fresh Hot Delivered Pizza w/ Ketchup **Tamale** 'All Beef' Marinara Meatballs & Shred Authentic. soft, moist Chicken & Green Meal WG Bakery Roll Top your Fritos corn chips with Delicious Assorted Salad Bar Cheese served on WG Bun Sauce Tamale Enchilada chicken, Shred Cheese & Assorted Salad Bar Assorted Salad Bar Boom Sauce Crisp Varietal Apple 불 Boom Sauce Chilled Pears Pineapple Tidbits Assorted Salad Bar Choice Milk Assorted Salad Bar Choice Milk Choice Milk Banana & Choice Milk Fresh Orange & Choice Milk Fresh Hot Cheese Pizza Hot Veg Grilled Cheese Sandwich Cheese Quesadilla Veggie Garden Burger & Mayo Veggie Bean Burrito Wowbutter & Jelly sandwich Honey Mustard Chicken Bun Grilled Chicken & Cheese Bun Cold Turkey Bun w/ Mayo Chicken Caesar Wrap Monday, March 11, 2024 Tuesday, March 12, 2024 Friday, March 15, 2024 Wednesday, March 13, 2024 Thursday, March 14, 2024 Fresh Hot Delivered Pizza All Beef Hot Dog **CKC Sticky Drumstick Asian Chicken Pot Stickers** Sesame Chicken Meal WG Hot Dog Bun, Ketchup Wheat Thins Teriyaki Dipping Sauce Steamed Seasoned Brown Rice Assorted Salad Bar 亨 Assorted Salad Bar Bengali Sauce (Yogurty Chutney) Assorted Salad Bar Assorted Salad Bar Crisp Varietal Apple Assorted Salad Bar Fresh Orange Choice Milk Strawberry Bites Banana Choice Milk Pineapple Tidbits & Choice Milk Chilled Pears & Choice Milk Choice Milk Grilled Cheese Sandwich Fresh Hot Cheese Pizza Hot Veg Stuffed Dipping Bites w/Sauce Cheese Calzone Veggie Bean Burrito Honey Mustard Chicken Bun Grilled Chicken & Cheese Bun Wowbutter & Jelly sandwich Turkey Bun w/ Mayo Chicken Caesar Wrap Monday, March 18, 2024 Tuesday, March 19, 2024 Wednesday, March 20, 2024 Thursday, March 21, 2024 Friday, March 22, 2024 Cool Ranch Crunch Mandarin Orange Chicken Fresh Hot Delivered Pizza Brunch Lunch Soft Tortilla Taco Burger..(yep, we will send Seasoned Beef, Chz & Crema French Toast Sticks & Syrup Steamed Brown Rice Assorted Salad Bar Hot Meal ketchup) Assorted Salad Bar Top your Burger with Cool Ranch Doritos Assorted Salad Bar Assorted Salad Bar Crisp Varietal Apple Assorted Salad Bar Chilled Pears Ranana Fresh Orange Choice Milk Pineapple Tidhits & Choice Milk Choice Milk Choice Milk Choice Milk Hot Veg Bean & Cheese Burrito Egg Fried Rice & WG Roll **Cheesy Pull Aparts** French Pizza Bread Fresh Hot Cheese Pizza Grilled Chicken & Cheese Bun Cold Wowbutter & Jelly sandwich Honey Mustard Chicken Bun Turkey Bun w/ Mayo Chicken Caesar Wrap Friday, March 29, 2024 Monday, March 25, 2024 Tuesday, March 26, 2024 Wednesday, March 27, 2024 Thursday, March 28, 2024 Fresh Hot Delivered Pizza Chicken Tenders & Ketchup Bean & Cheese Pupusa New Southern Drumstick **Tots & Beef Crunch** Seasoned Beef & Smashed Tater Tots Cracker Crisps Boom Sauce Mildly Seasoned Chicken Drumstick Assorted Salad Bar Hot Meal served on Tostitos Assorted Salad Bar Assorted Salad Bar WG Dinner Roll Crema Crisp Varietal Apple Chilled Pears Assorted Salad Bar Choice Milk Pineapple Tidbits Assorted Salad Bar & Banana Fresh Orange & Choice Milk Choice Milk Choice Milk Grahams & Choice Milk Cheesy Quesadilla Stuffed Dipping Bites/ Italian Dip Cheese Hot Pocket & Sauce Fresh Hot Cheese Pizza Hot Veg Veggie Garden Burger Wowbutter & Jelly sandwich Honey Mustard Chicken Bun Grilled Chicken & Cheese Bun Cold Turkey Bun w/ Mayo Chicken Caesar Wrap \*\*\* Hot Veg and Cold meals are served with vegetables, fruit of the day & milk

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

The menus are 100% pork-free.

Wowbutter & Jelly sandwich

Honey Mustard Chicken Bun

	Monday, April 1, 2024	Tuesday, April 2, 2024	Wednesday, April 3, 2024	Thursday, April 4, 2024	Friday, April 5, 2024
	Chicken Patty Sandwich	Mongolian Meatballs	Corn Dog	Hearty Tinga Wrap	Fresh Hot Delivered Pizza
E 0	Bakery Bun & Ketchup	Seasoned Rice & Fresh Green Onions	WG Chicken Corn Dog served w/ Ketchup	WG Tortilla, Chicken Tinga & Shred Chz	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Coleslaw - Dare you to try in your Tinga wrap :)	Crisp Varietal Apple
	Pineapple Tidbits	Chilled Pears	Banana	Assorted Salad Bar	Choice Milk
	Choice Milk	Choice Milk	Wafers & Choice Milk	Fresh Orange & Choice Milk	
: Veg	Veggie Garden Burger & Mayo	Pizza Calzone	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet	Stuffed Breadsticks w/ Dip	Fresh Hot Cheese Pizza
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bur
	Monday, April 8, 2024	Tuesday, April 9, 2024	Wednesday, April 10, 2024	Thursday, April 11, 2024	
	Crunchy Tender Roll-up	Sweet & Sour Chicken	Walking Taco	New Teriyaki Drumstick	
	Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Bakery Roll	
	Assorted Salad Bar	Assorted Salad Bar	w/ Shred Chz	Assorted Salad Bar	
_	Pineapple Tidbits	Chilled Pears	Assorted Salad Bar	Fresh Orange	
	Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	
: Veg	Cheesy Pull Aparts	Pizza Crunchers	Bean Taco Wrap	Eag Fried Rice	

Turkey Bun w/ Mayo

Chicken Caesar Wrap

April 2024 Menu (Subject to Change)

Skim & 1% milk served daily

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Menu Name: Banaadir Academy Grades 9-12 Lunch menu Options Provided: Hot, Hot Vegetarian & Cold Meals Grade Level / Age Group: 9-12 Grades Meal Pattern: NSLP Meal: Lunch March - 2024 Whats Cooking in CKC? Friday, March 1, 2024 Fresh Hot Delivered Pizza Assorted Salad Bar Chicken Tamale - Authentic, soft & moist Chicken & Green Sauce Tamale. Crisp Large Varietal Apple Southern Drumstick - Mildly Seasoned Southern style Chicken Drumstick. Choice Milk Fresh Hot Cheese Pizza Hot Veg Cold Grilled Chicken & Cheese Bun Monday, March 4, 2024 Tuesday, March 5, 2024 Wednesday, March 6, 2024 Thursday, March 7, 2024 Friday, March 8, 2024 Premium Spicy Chicken New Authentic Chicken **Hot Italian Sub Enchilada Nachos** Fresh Hot Delivered Pizza Nuggets w/ Youza Sauce **Tamale** 'All Beef' Marinara Meatballs & Shred Authentic. soft, moist Chicken & Green Top your Fritos corn chips with Delicious Assorted Salad Bar Hot Meal Cheese served on WG Bun Sauce Tamale Enchilada chicken, Shred Cheese & Assorted Salad Bar Boom Sauce Assorted Salad Bar Boom Sauce Crisp Large Varietal Apple Chilled Pears & 100% Fruit Juice Assorted Salad Bar Pineapple Tidbits Assorted Salad Bar Choice Milk Fresh Orange, 100% Fruit Juice & Sun Chips & Choice Milk 100% Fruit Juice & Choice Milk Honey Grahams, Bananas & Choice Milk Choice Milk Hot Veg Grilled Cheese Sandwich Cheese Ouesadilla Veggie Garden Burger & Mayo Veggie Bean Burrito Fresh Hot Cheese Pizza Chicken Caesar Wrap WowButter & Jelly Sandwich Honey Mustard Chicken Bun Turkey Bun w/ Mayo Grilled Chicken & Cheese Bun Cold & Strawberry Bites Monday, March 11, 2024 Tuesday, March 12, 2024 Wednesday, March 13, 2024 Thursday, March 14, 2024 Friday, March 15, 2024 All Beef Hot Dog **CKC Sticky Drumstick Asian Chicken Pot Stickers** Sesame Chicken Fresh Hot Delivered Pizza Meal WG Hot Dog Bun, Ketchup & Mustard Wheat Thins, WG Roll Teriyaki Dipping Sauce Steamed Seasoned Brown Rice Assorted Salad Bar 亨 Assorted Salad Bar Assorted Salad Bar Assorted Salad Bar Assorted Salad Bar Crisp Large Varietal Apple Strawberry Bites & Pineapple Tidbits Chilled Pears Cinnamon Apples Fresh Orange & 100% Fruit Juice Choice Milk 100% Fruit Juice & Choice Milk 100% Fruit Juice & Choice Milk Choice Milk Choice Milk Cheese Calzone Fresh Hot Cheese Pizza Hot Veg Stuffed Dipping Bites w/Sauce Grilled Cheese Sandwich Veggie Bean Burrito Chicken Caesar Wrap WowButter & Jelly Sandwich Honey Mustard Chicken Bun Turkey Bun w/ Mayo Grilled Chicken & Cheese Bun & Strawberry Bites Tuesday, March 19, 2024 Wednesday, March 20, 2024 Thursday, March 21, 2024 Friday, March 22, 2024 Monday, March 18, 2024 Flamas Crunch Burger.. (Yep, Soft Tortilla Taco Fresh Hot Delivered Pizza **Brunch Lunch** Mandarin Orange Chicken we will send Mayo) Top your Burger with Flamas Chips French Toast Sticks & Syrup Seasoned Beef, Chz & Crema Steamed Brown Rice Assorted Salad Bar Hot Meal Assorted Salad Bar Assorted Salad Bar Assorted Salad Bar Assorted Salad Bar Crisp Large Varietal Apple Pineapple Tidbits Chilled Pears & 100% Fruit Juice Bananas Fresh Orange & 100% Fruit Juice Choice Milk 100% Fruit Juice & Choice Milk Choice Milk Scooby Bones & Choice Milk Choice Milk Cheesy Pull Aparts Hot Veg Bean & Cheese Burrito Egg Fried Rice & WG Roll French Pizza Bread Fresh Hot Cheese Pizza Chicken Caesar Wrap Cold WowButter & Jelly Sandwich Honey Mustard Chicken Bun Turkey Bun w/ Mayo Grilled Chicken & Cheese Bun & Strawberry Bites Tuesday, March 26, 2024 Wednesday, March 27, 2024 Friday, March 29, 2024 Monday, March 25, 2024 Thursday, March 28, 2024 Spicy Chicken Tenders & Bean & Cheese Pupusa New Southern Drumstick **Tots & Beef Crunch** Fresh Hot Delivered Pizza Dip Seasoned Beef & Smashed Tater Tots Hot Cheetos Boom Sauce Mildly Seasoned Chicken Drumstick Assorted Salad Bar Hot Meal served on Tostitos Assorted Salad Bar Assorted Salad Bar WG Dinner Roll & Chili Doritos Crisp Large Varietal Apple Crema Assorted Salad Bar & Fresh Orange Pineapple Tidbits & 100% Fruit Juice Chilled Pears Assorted Salad Bar & Banana Choice Milk Vanilla Chat Snax, 100% Fruit Juice & Choice Milk 100% Fruit Juice & Choice Milk Choice Milk Choice Milk Veggie Quesadilla Fresh Hot Cheese Pizza Veggie Burger & Wheat Thins Cheesy Bites w/Italian Dip Hot Veg Veggie Hot Pocket & Sauce WowButter & Jelly Sandwich Honey Mustard Chicken Bun Turkey Bun w/ Mayo Chicken Caesar Wrap Grilled Chicken & Cheese Bun Cold \*\*\* Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.

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

The menus are 100% pork-free.

	Monday, April 1, 2024	Tuesday, April 2, 2024	Wednesday, April 3, 2024	Thursday, April 4, 2024	Friday, April 5, 2024
	Spicy Chicken Patty Sandwich	Mongolian Meatballs	Corn Dog	Hearty Tinga Wrap	Fresh Hot Delivered Pizza
Meal	Bakery Bun & Mayo	Seasoned Rice & Fresh Green Onions	WG Chicken Corn Dog served w/ Ketchup	WG Tortilla, Chicken Tinga & Shred Chz	Assorted Salad Bar
	Sweet Chili Doritos	Assorted Salad Bar	Flamas & Assorted Salad Bar	Coleslaw - Dare you to try in your Tinga wrap :)	Crisp Large Varietal Apple
	Assorted Salad Bar	Chilled Pears & 100% Fruit Juice	Bananas	Assorted Salad Bar & Fresh Orange	Choice Milk
	Pineapple Tidbits, 100% Fruit Juice & Choice Milk	Choice Milk	Choice Milk	Berry Crackers, 100% Fruit Juice & Choice Milk	
Veg	Veggie Garden Burger & Mayo	Pizza Calzone	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet		Fresh Hot Cheese Pizza
old	WowButter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
	Monday, April 8, 2024	Tuesday, April 9, 2024	Wednesday, April 10, 2024	Thursday, April 11, 2024	
	Spicy Crunchy Tender Roll- up	General Tso's Chicken	Walking Taco	New Teriyaki Drumstick	
	Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Bakery Roll & Strawberry Bites	
	Cool Ranch Doritos, Assorted Salad Bar	Assorted Salad Bar	w/ Shred Chz & Cholula	Assorted Salad Bar	
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Assorted Salad Bar	Fresh Orange & 100% Fruit Juice	
	100% Fruit Juice & Choice Milk	Choice Milk	Chat Snax, Bananas & Choice Milk	Choice Milk	
Veg	Cheesy Pull Aparts	Pizza Crunchers	Bean Taco Wrap	Egg Fried Rice & WG Dinner Roll	

April 2024 Menu (Subject to Change)