

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
Breakfast	<p>CKC Good Food is celebrating National School Breakfast Week March 4-8 by serving our most popular breakfast items!</p> <p><i>Studies show that students who eat school breakfast are more likely to:</i></p> <ul style="list-style-type: none"> •Reach higher levels of achievement in reading and math •Score higher on standardized tests •Have better concentration and memory •Be more alert •Maintain a healthy weight <p>Don't miss out! Try school breakfast!</p>	
	<p><i>* Student Favorite*</i> Low Sugar Whole Grain Breakfast Mini Bites (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	
	<p><i>Chef's Choice may be offered</i></p>	

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

Monday, March 11, 2024	Tuesday, March 12, 2024	Wednesday, March 13, 2024	Thursday, March 14, 2024	Friday, March 15, 2024	
Breakfast	<p>WG Chocolate Swirl Breakfast Roll (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Confetti Snackbread (2 Items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>WG Banana Oatmeal Breakfast Round (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Whole Grain Chocolate Chip Muffin (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Low Sugar Whole Grain Cake Donut (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>
	<i>Chef's Choice may be offered</i>				

Monday, March 18, 2024	Tuesday, March 19, 2024	Wednesday, March 20, 2024	Thursday, March 21, 2024	Friday, March 22, 2024	
Breakfast	<p>WG Apple Mini Bites (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Orange Dream Muffin (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Nut-Free Apple Cinnamon Spread w/ Granola Bites (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Delicious Mini Pancake Puffs (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>WG Cinnamon Swirl (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>
	<i>Chef's Choice may be offered</i>				

Monday, March 25, 2024	Tuesday, March 26, 2024	Wednesday, March 27, 2024	Thursday, March 28, 2024	Friday, March 29, 2024	
Breakfast	<p>Low Sugar Whole Grain Cake Donut (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>WG Chocolate Chip Muffin (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Apple Frudel (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Banana Breakfast Bread (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p><i>* Student Favorite*</i> Low Sugar WG Honey Bun (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>
	<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.

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)

	Monday, April 1, 2024	Tuesday, April 2, 2024	Wednesday, April 3, 2024	Thursday, April 4, 2024	Friday, April 5, 2024	
Breakfast	WG Cinnamon Swirl (2 items)	Banana Muffin (2 items)	<i>* Student Favorite*</i> Low Sugar Whole Grain Apple Fritter Bun (2 items)	Delicious Mini Pancake Bites (2 items)	<i>* Student Favorite*</i> Low Sugar WG Chocolate Enrobed Donut (2 items)	Week IV
	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)	
<i>Chef's Choice may be offered</i>						

	Monday, April 8, 2024	Tuesday, April 9, 2024	Wednesday, April 10, 2024	Thursday, April 11, 2024	
Breakfast	Fruit Strudel (2 items)	Apple Cinnamon Muffin (2 items)	Strawberry Boli (2 items)	Low Sugar WG Cinnamon Roll (2 items)	Week V
	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)	
<i>Chef's Choice may be offered</i>					

Menu Name : Banaadir Elementary Grades K-4 Lunch Menu Options Provided : Hot, Hot Vegetarian & Cold Meals
 Grade Level / Age Group : K-5 Grades Meal Pattern : NSLP Meal: Lunch

March - 2024

Hot Meal		Whats Cooking in CKC?	Friday, March 1, 2024	Week V
		Chicken Tamale - Authentic, soft & moist Chicken & Green Sauce Tamale. Southern Drumstick - Mildly Seasoned Southern style Chicken Drumstick.	Fresh Hot Delivered Pizza Broccoli Florets & Dressing Crisp Varietal Apple Choice Milk	
Hot Veg			Fresh Hot Cheese Pizza	
Cold			Grilled Chicken & Cheese Bun	

Hot Meal	Monday, March 4, 2024	Tuesday, March 5, 2024	Wednesday, March 6, 2024	Thursday, March 7, 2024	Friday, March 8, 2024	Week VI
	Premium Chicken Nuggets w/ Ketchup WG Bakery Roll Carrot Slims & Dip Cinnamon Apple Slices Choice Milk	Hot Italian Sub 'All Beef' Marinara Meatballs & Shred Cheese served on WG Bun Steamed Green Beans Chilled Pears Choice Milk	Fritos Enchilada Nachos Top your Fritos Corn chips with delicious Chicken Enchilada Shred Cheese, Lettuce & Boom Sauce Cheesy Refried Beans Banana & Choice Milk	<i>New</i> Authentic Chicken Tamale Authentic, soft, moist Chicken & Green Sauce Tamale Boom Sauce Steamed Corn Fresh Orange & Choice Milk	Fresh Hot Delivered Pizza Crisp Broccoli & Dip Crisp Varietal Apple Choice Milk	
Hot Veg	Grilled Cheese Sandwich	Cheese Quesadilla	Veggie Garden Burger & Mayo	Veggie Bean Burrito	Fresh Hot Cheese Pizza	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

Hot Meal	Monday, March 11, 2024	Tuesday, March 12, 2024	Wednesday, March 13, 2024	Thursday, March 14, 2024	Friday, March 15, 2024	Week I
	All Beef Hot Dog WG Hot Dog Bun, Ketchup CKC Baked Beans Cinnamon Apple Slices Strawberry Bites & Choice Milk	CKC Sticky Drumstick Wheat Thins Steamed Peas Chilled Pears Choice Milk	Asian Chicken Pot Stickers Teriyaki Dipping Sauce Celery Sticks Banana Choice Milk	Sesame Chicken Steamed Seasoned Rice Mixed Greens Salad & Dressing Fresh Orange Choice Milk	Fresh Hot Delivered Pizza Baby Carrots & Dip Crisp Varietal Apple Choice Milk	
Hot Veg	Veggie Bean Burrito	Stuffed Dipping Bites w/Sauce	Cheese Calzone	Grilled Cheese Sandwich	Fresh Hot Cheese Pizza	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

Hot Meal	Monday, March 18, 2024	Tuesday, March 19, 2024	Wednesday, March 20, 2024	Thursday, March 21, 2024	Friday, March 22, 2024	Week II
	Cool Ranch Crunch Burger..(yep, we will send Ketchup) Top your Burger with Cool Ranch Doritos CKC Baked Beans Cinnamon Apple Slices Choice Milk	Brunch Lunch French Toast Sticks & Syrup Celery Sticks Chilled Pears Choice Milk	Soft Tortilla Taco Seasoned Beef, Cheese & Crema Steamed Corn Banana Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Garden Greens Salad & Homemade Dressing Fresh Orange Choice Milk	Fresh Hot Delivered Pizza Baby Carrots Crisp Varietal Apple Choice Milk	
Hot Veg	Bean & Cheese Burrito	Egg Fried Rice & Grahams	Cheesy Pull Aparts	French Pizza Bread	Fresh Hot Cheese Pizza	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

Hot Meal	Monday, March 25, 2024	Tuesday, March 26, 2024	Wednesday, March 27, 2024	Thursday, March 28, 2024	Friday, March 29, 2024	Week III
	Chicken Tenders & Ketchup Baby Carrots & Dip Cinnamon Apple Slices Choice Milk Berry Crackers	Bean & Cheese Pupusa Boom Sauce Street Corn Salad Chilled Pears Choice Milk	<i>New</i> Southern Drumstick Mildly Seasoned Chicken Drumstick WG Dinner Roll Fresh Sliced Cucumbers & Banana Grahams & Choice Milk	Tots & Beef Crunch Seasoned Beef & Smashed Tater Tots served on Tostitos Crema Lemony Pinto Beans Fresh Orange & Choice Milk	Fresh Hot Delivered Pizza Garden Greens Salad & Dressing Crisp Varietal Apple Choice Milk	
Hot Veg	Cheese Hot Pocket & Sauce	Veggie Garden Burger	Cheesy Quesadilla	Stuffed Dipping Bites/ Italian Dip	Fresh Hot Cheese Pizza	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

*** Hot Veg and Cold meals are served with vegetables, fruit of the day & 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.

April 2024 Menu (Subject to Change)

	Monday, April 1, 2024	Tuesday, April 2, 2024	Wednesday, April 3, 2024	Thursday, April 4, 2024	Friday, April 5, 2024	
Hot Meal	Chicken Patty Sandwich	Mongolian Meatballs	Corn Dog	Hearty Tinga Wrap	Fresh Hot Delivered Pizza	Week IV
	Bakery Bun & Ketchup	Seasoned Rice & Fresh Green Onions	WG Chicken Corn Dog served w/ Ketchup	WG Tortilla, Chicken Tinga & Shred Chz	Garden Greens Salad & Dressing	
	Steamed Corn	Carrot Slims	CKC Baked Beans	Coleslaw - <i>Dare you to try in your Tinga wrap :</i>	Crisp Varietal Apple	
	Cinnamon Apple Slices	Chilled Pears	Banana	Sliced Cucumbers	Choice Milk	
Choice Milk	Choice Milk	Wafers & Choice Milk	Fresh Orange & Choice Milk			
Hot Veg	Veggie Garden Burger & Mayo	Pizza Calzone	Buttermilk Pancakes w/ Syrup & Yogurt Cup	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 Bun	

	Monday, April 8, 2024	Tuesday, April 9, 2024	Wednesday, April 10, 2024	Thursday, April 11, 2024	
Hot Meal	Crunchy Tender Roll-up	Sweet & Sour Chicken	Walking Taco	<i>New</i> Teriyaki Drumstick	Week V
	Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Roll	
	Shred Lettuce & Steamed Corn	Baby Carrots	w/ Shred Chz	Sliced Cucumbers & Homemade Dip	
	Cinnamon Apple Slices	Chilled Pears	Cheesy Refried Beans	Fresh Orange	
Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk		
Hot Veg	Cheesy Pull Aparts	Pizza Crunchers	Bean Taco Wrap	Egg Fried Rice & Strawberry Bites	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	