

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

CKC Good Food is celebrating National School Breakfast Week March 4-8 by serving our most popular breakfast items!

Studies show that students who eat school breakfast are more likely to:

- 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

Don't miss out! Try school breakfast!

** Student Favorite**
Low Sugar Whole Grain Breakfast Mini Bites (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Chef's Choice may be offered

Week V

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

"New" Nut-Free Chocolate Breakfast Spread w/ Granola Crackers (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Delicious Pancake Bites (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Banana Loaf (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

** Student Favorite**
Low Sugar WG Honey Bun (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

** Student Favorite**
Low Sugar Whole Grain Chocolate Cake Donut (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Chef's Choice may be offered

Week VI

Monday, March 11, 2024

Tuesday, March 12, 2024

Wednesday, March 13, 2024

Thursday, March 14, 2024

Friday, March 15, 2024

Breakfast

WG Chocolate Swirl Breakfast Roll (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Confetti Snackbread (2 Items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

WG Banana Oatmeal Breakfast Round (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Whole Grain Chocolate Chip Muffin (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Low Sugar Whole Grain Cake Donut (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Chef's Choice may be offered

Week I

Monday, March 18, 2024

Tuesday, March 19, 2024

Wednesday, March 20, 2024

Thursday, March 21, 2024

Friday, March 22, 2024

Breakfast

WG Apple Mini Bites (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Orange Dream Muffin (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Nut-Free Apple Cinnamon Spread w/ Granola Bites (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Delicious Mini Pancake Puffs (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

WG Cinnamon Swirl (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Chef's Choice may be offered

Week II

Monday, March 25, 2024

Tuesday, March 26, 2024

Wednesday, March 27, 2024

Thursday, March 28, 2024

Friday, March 29, 2024

Breakfast

Low Sugar Whole Grain Cake Donut (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

WG Chocolate Chip Muffin (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Apple Frudel (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Banana Breakfast Bread (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

** Student Favorite**
Low Sugar WG Honey Bun (2 items)

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

Chef's Choice may be offered

Week III

*** 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 : MTS Elementary Grades K-6 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
Hot Meal	Chicken Tamale - Authentic, soft & moist Chicken & Green Sauce Tamale. Southern Drumstick - Mildly Seasoned Southern style Chicken Drumstick.	Cheese Stuffed Hot Pocket
		Warm Red Sauce
		Sliced Cucumbers & Dip
Hot Veg		Crisp Varietal Apple
Cold		Choice Milk
		Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet
		Grilled Chicken & Cheese Bun

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

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

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

	Monday, March 25, 2024	Tuesday, March 26, 2024	Wednesday, March 27, 2024	Thursday, March 28, 2024	Friday, March 29, 2024
Hot Meal	Chicken Tenders & Ketchup	Bean & Cheese Pupusa	<i>New</i> Southern Drumstick	Tots & Beef Crunch	Garlic Dusted French Bread Pizza
	Cracker Crisps	Boom Sauce	Mildly Seasoned Chicken Drumstick	Seasoned Beef & Smashed Tater Tots served on Tostitos	Garden Greens Salad & Dressing
	Baby Carrots & Dip	Steamed Corn	WG Dinner Roll	Crema	Crisp Varietal Apple
	Cinnamon Apple Slices	Chilled Pears	Fresh Sliced Cucumbers & Banana	Lemony Pinto Beans	Choice Milk
Hot Veg	Cheese Hot Pocket & Sauce	Veggie Garden Burger	Cheesy Quesadilla	Stuffed Dipping Bites/ Italian Dip	Cheesy Pull Aparts
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	Brunch Lunch	Week IV
	Bakery Bun & Ketchup	Seasoned Rice & Fresh Green Onions	WG Chicken Corn Dog served w/ Ketchup	WG Tortilla, Chicken Tinga & Shred Chz	French Toast Sticks w/ Syrup	
	Steamed Corn	Carrot Slims	CKC Baked Beans	Coleslaw - <i>Dare you to try in your Tinga wrap :)</i>	Mixed Greens Salad & Dressing	
	Cinnamon Apple Slices	Chilled Pears	Carrot Slims & Banana	Fresh Orange	Crisp Varietal Apple	
	Choice Milk	Choice Milk	Wafers & Choice Milk	Choice Milk	Choice Milk	
Hot Veg	Veggie Garden Burger & Mayo	Pizza Calzone	Buttermilk Pancakes w/ Syrup & Yogurt Cup	Stuffed Breadsticks w/ Dip	Grilled Cheese Sandwich	
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 Bakery Roll	
	Shred Lettuce & Steamed Corn	Baby Carrots	w/ Shred Chz	Broccoli Florets & 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	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	