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: MTS Secondary Grades 7-8 Lunch Menu Options Provided: Hot, Hot Vegetarian & Cold Meals Grade Level / Age Group: 6-8 Grades Meal Pattern: NSLP Meal: Lunch March - 2024 Whats Cooking in CKC? Friday, March 1, 2024 **Cheese Stuffed Hot Pocket** Warm Red Sauce Chicken Tamale - Authentic, soft & moist Chicken & Green Sauce Tamale. Assorted Salad Bar Southern Drumstick - Mildly Seasoned Southern style Chicken Drumstick. Crisp Varietal Apple Choice Milk Buttermilk Pancakes w/ Syrup Hot Veg & Colby Cheese Omele Cold Grilled Chicken & Cheese Bun Friday, March 8, 2024 Monday, March 4, 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 Cheesy Pasta Bake w/ Youza Sauce **Tamale** 'All Beef' Marinara Meatballs & Shred Authentic. soft, moist Chicken & Green WG Bakery Roll Top your Fritos corn chips with Delicious Animal Crackers Cheese served on WG Bun Sauce Tamale Enchilada chicken, Shred Cheese & Assorted Salad Bar Boom Sauce Assorted Salad Rai Assorted Salad Bar Boom Sauce 돧 Pineapple Tidbits Chilled Pears Assorted Salad Bar Assorted Salad Bar Large Crisp Varietal Apple Choice Milk Sun Chips & Choice Milk Banana & Choice Milk Choice Milk Banana & Choice Milk Hot Veg Grilled Cheese Sandwich Cheese Quesadilla Veggie Garden Burger & Mayo Veggie Bean Burrito French Bread Pizza Wowbutter & Jelly sandwich Honey Mustard Chicken Bun Grilled Chicken & Cheese Bun Cold Turkey Bun w/ Mayo Chicken Caesar Wrap Wednesday, March 13, 2024 Monday, March 11, 2024 Tuesday, March 12, 2024 Thursday, March 14, 2024 Friday, March 15, 2024 All Beef Hot Dog **CKC Sticky Drumstick** Cheese Calzone Sesame Chicken **Twisted Cheesy Breadsticks** Meal WG Hot Dog Bun, Ketchup Wheat Thins Assorted Salad Bar Steamed Seasoned Brown Rice Cold Italian Dip 亨 Assorted Salad Bar Assorted Salad Bar Banana Assorted Salad Bar Assorted Salad Bar Chilled Pears Fresh Orange Strawberry Bites Choice Milk Crisp Varietal Apple Pineapple Tidbits & Choice Milk Choice Milk Choice Milk Choice Milk Buttermilk Pancakes w/ Syrup Grilled Cheese Sandwich Hot Veg Stuffed Dipping Bites w/Sauce Cheese Calzone Veggie Bean Burrito & Colby Cheese Omelet 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 Soft Tortilla Taco Cheese Pizza Ouesadilla **Brunch Lunch** Mandarin Orange Chicken Cool Ranch Crunch Burger..(yep, we will send ketchup) French Toast Sticks & Syrup Seasoned Beef, Chz & Crema Steamed Brown Rice Assorted Salad Bar Hot Meal Top your Burger with Cool Ranch Doritos Assorted Salad Bar Assorted Salad Bar Assorted Salad Bar Crisp Varietal Apple Assorted Salad Bar Chilled Pears Banana Fresh Orange Choice Milk Pineapple Tidhits & Choice Milk Choice Milk Choice Milk Choice Milk Vanilla Wafers Hot Veg Bean & Cheese Burrito Egg Fried Rice & WG Roll Cheesy Pull Aparts French Pizza Bread Grilled Cheese Sandwich Grilled Chicken & Cheese Bun Chicken Caesar Wrap Cold Wowbutter & Jelly sandwich Honey Mustard Chicken Bun Turkey Bun w/ Mayo Monday, March 25, 2024 Tuesday, March 26, 2024 Wednesday, March 27, 2024 Thursday, March 28, 2024 Friday, March 29, 2024 Spicy Chicken Tenders & Garlic Dusted French Bread Bean & Cheese Pupusa New Southern Drumstick **Tots & Beef Crunch** Dip 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 & Fresh Orange Pineapple Tidbits Assorted Salad Bar & Banana Choice Milk Choice Milk Choice Milk Grahams & Choice Milk Choice Milk Cheesy Quesadilla Stuffed Dipping Bites/ Italian Dip Cheese Hot Pocket & Sauce Veggie Garden Burger Cheesy Pull Aparts Hot Veg 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.

	nday, April 1, 2024	Tuesday, April 2, 2024	Wednesday, April 3, 2024	Thursday, April 4, 2024	Friday, April 5, 2024
Spicy Chi Sandwich	cken Patty	Mongolian Meatballs	Corn Dog	Hearty Tinga Wrap	Brunch Lunch
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
Assorted Sala	ad Bar	Assorted Salad Bar	Assorted Salad Bar	Coleslaw - Dare you to try in your Tinga wrap :)	Assorted Salad Bar
Pineapple Tic	lbits	Chilled Pears	Banana	Assorted Salad Bar & Fresh Orange	Crisp Varietal Apple
Choice Milk		Choice Milk	Wafers & Choice Milk	Choice Milk	Choice Milk
Veggie (Garden Burger & Mayo	Pizza Calzone	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet	Stuffed Breadsticks w/ Dip	Grilled Cheese Sandwick
ld Wow	outter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bu
Moi	nday, April 8, 2024	Tuesday, April 9, 2024	Wednesday, April 10, 2024	Thursday, April 11, 2024	
Spicy Cru up	inchy Tender Roll-	General Tso Chicken	Walking Taco	New Teriyaki Drumstick	
Wg Tortilla, C	hix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Bakery Roll	
Cool Ranch D	Poritos	Assorted Salad Bar	w/ Shred Chz	Assorted Salad Bar	
Assorted Sala	ad Bar	Chilled Pears	Assorted Salad Bar	Fresh Orange	
Pineapple Tic	Ibits & Choice Milk	Choice Milk	Banana & 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)

Menu Name: MTS Secondary School Grades 9-12 Lunch menu

Options Provided: Hot, Hot Vegetarian & Cold Meals

Meal: Lunch

Grade Level / Age Group: 9-12 Grades Meal Pattern: NSLP March - 2024 Whats Cooking in CKC? Friday, March 1, 2024 **Cheese Stuffed Hot Pocket** Warm Red Sauce Chicken Tamale - Authentic, soft & moist Chicken & Green Sauce Tamale. Assorted Salad Bar Southern Drumstick - Mildly Seasoned Southern style Chicken Drumstick. Crisp Varietal Apple Vanilla Wafers & Choice Milk Buttermilk Pancakes w/ Syrup Hot Veg & Colby Cheese Omele 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 Chicken Nuggets New Authentic Chicken **Hot Italian Sub** Fritos Enchilada Nachos **Cheesy Pasta Bake** w/ Youza Sauce Tamale 'All Beef' Marinara Meatballs & Shred Authentic. soft, moist Chicken & Green Top your Fritos corn chips with Delicious Flamas Animal Crackers Cheese served on WG Bun Sauce Tamale Enchilada chicken, Shred Cheese & 돧 Assorted Salad Bar Assorted Salad Bar Boom Sauce Boom Sauce Assorted Salad Bar Pineapple Tidbits Chilled Pears & 100% Fruit Juice Assorted Salad Bar Assorted Salad Bar Large Crisp Varietal Apple Fresh Orange, 100% Fruit Juice & 100% Fruit Juice & Choice Milk Sun Chips & Choice Milk Honey Grahams, Bananas & Choice Milk Choice Milk Choice Milk Hot Veg Grilled Cheese Sandwich Cheese Quesadilla Veggie Garden Burger & Mayo French Bread Pizza Veggie Bean Burrito Chicken Caesar Wrap & Wowbutter & Jelly sandwich Honey Mustard Chicken Bun Turkey Bun w/ Mayo Grilled Chicken & Cheese Bun Strawberry Bites Monday, March 11, 2024 Tuesday, March 12, 2024 Wednesday, March 13, 2024 Thursday, March 14, 2024 Friday, March 15, 2024 **Twisted Cheese Stuffed** All Beef Hot Dog **CKC Sticky Drumstick** Cheese Calzone Sesame Chicken **Breadsticks** Italian Din WG Hot Dog Bun, Ketchup & Mustard Wheat Thins, WG Roll Assorted Salad Bar Steamed Seasoned Brown Rice Assorted Salad Bar Assorted Salad Bar Assorted Salad Bar Assorted Salad Bar Bananas Strawberry Bites & Pineapple Tidbits Chilled Pears & 100% Fruit Juice Choice Milk Fresh Orange & 100% Fruit Juice Large Crisp Varietal Apple 100% Fruit Juice & Choice Milk Choice Milk Choice Milk Choice Milk Buttermilk Pancakes w/ Syrup Hot Veg Veggie Bean Burrito Stuffed Dipping Bites w/Sauce Cheese Calzone Grilled Cheese Sandwich & Colby Cheese Omele Chicken Caesar Wrap & Wowbutter & Jelly sandwich Honey Mustard Chicken Bun Turkey Bun w/ Mayo Grilled Chicken & Cheese Bun Strawberry Bites Monday, March 18, 2024 Tuesday, March 19, 2024 Wednesday, March 20, 2024 Thursday, March 21, 2024 Friday, March 22, 2024 Flama Crunch Burger..(yep, we Brunch Lunch Soft Tortilla Taco Mandarin Orange Chicken Cheese Pizza Quesadilla will send mayo) Top your Burger with Flama Doritos French Toast Sticks & Syrup Seasoned Beef, Crema & Chz Steamed Brown Rice Assorted Salad Bar 돭 Assorted Salad Bar Assorted Salad Bar Assorted Salad Bar Assorted Salad Bar Vanilla Wafers Pineapple Tidbits Chilled Pears & 100% Fruit Juice Bananas Fresh Orange & 100% Fruit Juice Large Crisp Varietal Apple Choice Milk Choice Milk Choice Milk 100% Fruit Juice & Choice Milk Mixed Berry Crackers & Choice Milk Hot Veg Bean & Cheese Burrito Egg Fried Rice & Grahams Cheesy Pull Aparts French Pizza Bread Grilled Cheese Sandwich Chicken Caesar Wrap & Honey Mustard Chicken Bun Grilled Chicken & Cheese Bun Cold Wowbutter & Ielly sandwich Turkey Bun w/ Mayo Strawberry Bites Monday, March 25, 2024 Tuesday, March 26, 2024 Wednesday, March 27, 2024 Thursday, March 28, 2024 Friday, March 29, 2024 Spicy Chicken Tenders & **Garlic Dusted French Bread** Bean & Cheese Pupusa New Southern Drumstick **Tots & Beef Crunch** Dip Pizza Seasoned Beef & Smashed Tater Tots Boom Sauce Mildly Seasoned Chicken Drumstick Hot Cheetos Assorted Salad Bar served on Tostitos Assorted Salad Bar Assorted Salad Bar WG Dinner Roll & Sweet Chili Doritos Large Crisp Varietal Apple Crema Pineapple Tidbits & 100% Fruit Juice Chilled Pears & 100% Fruit Juice Assorted Salad Bar & Banana Assorted Salad Bar & Fresh Orange Choice Milk Vanilla Chat Snax, 100% Fruit Juice & Choice Milk Choice Milk Choice Milk Choice Milk Veggie Garden Burger & Wheat Hot Veg Cheese Hot Pocket & Sauce Cheesy Quesadilla Stuffed Dipping Bites/ Italian Dip Cheesy Pull Aparts Grilled Chicken & Cheese Bun Wowbutter & Jelly sandwich Honey Mustard Chicken Bun Turkey Bun w/ Mayo Chicken Caesar Wrap *** Hot Veg and Cold meals are served with vegetables, fruit of the day & milk. Skim & 1% milk served daily The menus are 100% pork-free All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products. All rice dishes /rice products are made of whole grain brown rice.



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	Brunch Lunch
Bakery Bun & Mayo	Seasoned Rice & Fresh Green Onions	WG Chicken Corn Dog served w/	WG Tortilla, Chicken Tinga & Shred Chz	French Toast Sticks w/ Syrup
Sweet Chili Doritos	Assorted Salad Bar	Flamas & Assorted Salad Bar	Coleslaw - Dare you to try in your Tinga wrap :)	Assorted Salad Bar
Assorted Salad Bar	Chilled Pears & 100% Fruit Juice		Assorted Salad Bar & Fresh Orange	Large Crisp Varietal Apple
Pineapple Tidbits, 100% Fruit Juice & Choice Milk	Choice Milk	Choice Milk	Berry Crackers, 100% Fruit Juice & Choice Milk	Choice Milk
Veggie Garden Burger & Mayo	Pizza Calzone	Buttormille Dancaleog ut/ Surun	Stuffed Breadsticks w/ Dip	Grilled Cheese Sandwich
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 & Starwberry Bites	
			Tra Banory from a ottal moonly Bicoo	
Cool Ranch Doritos, Assorted Salad Bar	Assorted Salad Bar	w/ Shred Chz, Cholula	Assorted Salad Bar	
Cool Ranch Doritos, Assorted Salad Bar Pineapple Tidbits	Assorted Salad Bar Chilled Pears & 100% Fruit Juice	, ,		
		Assorted Salad Bar	Assorted Salad Bar	
Pineapple Tidbits	Chilled Pears & 100% Fruit Juice Choice Milk	Assorted Salad Bar Chat Snax, Bananas & Choice Milk	Assorted Salad Bar Fresh Orange & 100% Fruit Juice	

April 2024 Menu (Subject to Change)