

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

Whats Cooking in CKC?		Friday, March 1, 2024
Hot Meal	<p>Chicken Tamale - Authentic, soft & moist Chicken & Green Sauce Tamale.</p> <p>Southern Drumstick - Mildly Seasoned Southern style Chicken Drumstick.</p>	Week V
Hot Veg		Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet

	Monday, March 4, 2024	Tuesday, March 5, 2024	Wednesday, March 6, 2024	Thursday, March 7, 2024	Friday, March 8, 2024
Hot Meal	<p>Premium Chicken Nuggets w/ Youza Sauce</p> <p>Flamas</p> <p>Carrot Slims & Dip</p> <p>Cinnamon Apples</p> <p>100% Fruit Juice & Choice Milk</p>	<p>Hot Italian Sub</p> <p>'All Beef' Marinara Meatballs & Shred Cheese served on WG Bun</p> <p>Steamed Green Beans</p> <p>Chilled Pears & 100% Fruit Juice</p> <p>Sun Chips & Choice Milk</p>	<p>Fritos Enchilada Nachos</p> <p>Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce</p> <p>Cheesy Refried Beans</p> <p>Honey Grahams, Bananas & Choice Milk</p>	<p><i>New</i> Authentic Chicken Tamale</p> <p>Authentic, soft, moist Chicken & Green Sauce Tamale</p> <p>Boom Sauce</p> <p>Steamed Street Corn</p> <p>Fresh Orange, 100% Fruit Juice & Choice Milk</p>	<p>Spicy Cheesy Pasta Bake</p> <p>Grahams</p> <p>Crisp Broccoli, Carrot Slims & Dip</p> <p>Large Crisp Varietal Apple</p> <p>Choice Milk</p>
Hot Veg	Grilled Cheese Sandwich	Cheese Quesadilla	Veggie Garden Burger & Mayo	Veggie Bean Burrito	French Bread Pizza

	Monday, March 11, 2024	Tuesday, March 12, 2024	Wednesday, March 13, 2024	Thursday, March 14, 2024	Friday, March 15, 2024
Hot Meal	<p>All Beef Hot Dog</p> <p>WG Hot Dog Bun, Ketchup & Mustard</p> <p>CKC Baked Beans</p> <p>Strawberry Bites & Cinnamon Apples</p> <p>100% Fruit Juice & Choice Milk</p>	<p>CKC Sticky Drumstick</p> <p>Wheat Thins, WG Roll</p> <p>Baby Carrots & Dip</p> <p>Chilled Pears</p> <p>100% Fruit Juice & Choice Milk</p>	<p>Asian Chicken Pot Stickers</p> <p>Teriyaki Dipping Sauce</p> <p>Celery Sticks, Baby Carrots & Dip</p> <p>Bananas</p> <p>Choice Milk</p>	<p>Sesame Chicken</p> <p>Steamed Seasoned Brown Rice</p> <p>Mixed Greens Salad & Dressing</p> <p>Fresh Orange & 100% Fruit Juice</p> <p>Choice Milk</p>	<p>Twisted Cheese Stuffed Breadsticks</p> <p>Italian Dip</p> <p>Steamed Peas</p> <p>Large Crisp Varietal Apple</p> <p>Choice Milk</p>
Hot Veg	Veggie Bean Burrito	Stuffed Dipping Bites w/Sauce	Cheese Calzone	Grilled Cheese Sandwich	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet

	Monday, March 18, 2024	Tuesday, March 19, 2024	Wednesday, March 20, 2024	Thursday, March 21, 2024	Friday, March 22, 2024
Hot Meal	<p>Flama Crunch Burger. <i>(yep, we will send mayo)</i></p> <p>Top your Burger with Flama Doritos</p> <p>CKC Baked Beans</p> <p>Cinnamon Apple Slices</p> <p>100% Fruit Juice & Choice Milk</p>	<p>Brunch Lunch</p> <p>French Toast Sticks & Syrup</p> <p>Celery Sticks & Carrot Slims</p> <p>Chilled Pears & 100% Fruit Juice</p> <p>Choice Milk</p>	<p>Beef Burrito Bowl</p> <p>Seasoned Beef, Warm Rice</p> <p>Street Corn, Shred Lettuce, Chz & Crema</p> <p>Bananas</p> <p>Scooby Grahams & Choice Milk</p>	<p>Mandarin Orange Chicken</p> <p>Steamed Brown Rice</p> <p>Garden Greens Salad & Homemade Dressing</p> <p>Fresh Orange & 100% Fruit Juice</p> <p>Choice Milk</p>	<p>Cheese Pizza Quesadilla</p> <p>Baby Carrots & Dip</p> <p>Vanilla Wafers</p> <p>Large Crisp Varietal Apple</p> <p>Choice Milk</p>
Hot Veg	Bean & Cheese Burrito	Egg Fried Rice & Grahams	Cheesy Pull Aparts	French Pizza Bread	Grilled Cheese Sandwich

	Monday, March 25, 2024	Tuesday, March 26, 2024	Wednesday, March 27, 2024	Thursday, March 28, 2024	Friday, March 29, 2024
Hot Meal	<p>Spicy Chicken Tenders & Dip</p> <p>Hot Cheetos</p> <p>Baby Carrots & Dip</p> <p>Cinnamon Apple Slices</p> <p>100% Fruit Juice & Choice Milk</p>	<p>Bean & Cheese Pupusa</p> <p>Boom Sauce</p> <p>Street Corn Salad</p> <p>Chilled Pears & 100% Fruit Juice</p> <p>Choice Milk</p>	<p><i>New</i> Southern Drumstick</p> <p>Mildly Seasoned Chicken Drumstick</p> <p>WG Dinner Roll & Sweet Chili Doritos</p> <p>Cucumber Slices, Baby Carrots w/ Dip</p> <p>Bananas & Choice Milk</p>	<p>Tots & Beef Crunch</p> <p>Seasoned Beef & Smashed Tater Tots served on Tostitos</p> <p>Crema</p> <p>Lemony Pinto Beans</p> <p>Vanilla Chat Snax, Fresh Orange, 100% Fruit Juice & Choice Milk</p>	<p>Garlic Dusted French Bread Pizza</p> <p>Garden Greens Salad & Dressing</p> <p>Large Crisp Varietal Apple</p> <p>Choice Milk</p>
Hot Veg	Cheese Hot Pocket & Sauce	Veggie Garden Burger & Wheat Thins	Cheesy Quesadilla	Stuffed Dipping Bites/ Italian Dip	Cheesy Pull Aparts

	Monday, March 25, 2024	Tuesday, March 26, 2024	Wednesday, March 27, 2024	Thursday, March 28, 2024	Friday, March 29, 2024
Deli Salads	<p>Grilled Chicken Caesar Salad</p> <p>Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains.</p>	<p>Grilled Chicken Asian Salad</p> <p>Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls added to complete the WG requirement.</p>	<p>Grilled Chicken SW Taco Salad</p> <p>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.</p>	<p>Classic Chef Salad</p> <p>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.</p>	<p>Quinoa Power Bowl Salad</p> <p>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.</p>

*** 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.



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	Spicy Chicken Patty Sandwich	Mongolian Meatballs	Corn Dog	Hearty Tinga Wrap	Brunch Lunch	Week IV
	Bakery Bun & Mayo	Seasoned Rice & Fresh Green Onions	WG Chicken Corn Dog served w/ Ketchup	WG Tortilla, Chicken Tinga & Shred Chz	French Toast Sticks w/ Syrup	
	Sweet Chili Doritos & Spicy Street Corn	Carrot Slims	Flamas	Coleslaw - <i>Dare you to try in your Tinga wrap :)</i>	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	
Hot Veg	Veggie Garden Burger & Mayo	Pizza Calzone	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet	Stuffed Breadsticks w/ Dip	Grilled Cheese Sandwich	
	100% Fruit Juice & Choice Milk	Choice Milk	Bananas & Choice Milk	Berry Crackers & Choice Milk	Choice Milk	

	Monday, April 8, 2024	Tuesday, April 9, 2024	Wednesday, April 10, 2024	Thursday, April 11, 2024	
Hot Meal	Spicy Crunchy Tender Roll-up	General Tso's 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 & Strawberry Bites	
	Shred Lettuce / Cool Ranch Doritos	Baby Carrots & Dip	w/ Shred Chz, Shredded Lettuce & Choula	Crisp Broccoli & Carrot Slims	
	Seasoned Corn / Cinnamon Apples	Chilled Pears & 100% Fruit Juice	Cheesy Refried Beans	Fresh Orange & 100% Fruit Juice	
Hot Veg	Cheesy Pull Aparts & Doritos	Pizza Crunchers	Bean Taco Wrap	Egg Fried Rice	
	100% Fruit Juice & Choice Milk	Choice Milk	Chat Snax, Bananas & Choice Milk	Choice Milk	