

Fresh, Healthy, Good Food
Every Day!



October 2017 PSA 9-12th Lunch Menu

this institution is an equal opportunity provider

Week 1	Monday, October 2, 2017	Tuesday, October 3, 2017	Wednesday, October 4, 2017	Thursday, October 5, 2017	Friday, October 6, 2017
Hot Lunch	Premium Chicken Tender Wrap WG Tortilla, Cheese & Yowza Sauce Salad Bar Goldfish Pretzels Chilled Peaches, Juice	General Tso's Seasoned Rice Salad Bar Banana, Juice	Chicken Drummy Steamed Rice Salad Bar Fresh Seasonal Apple, Juice WG Cinnamon Cookie Bites	Walking Taco Nacho Cheese Chips, Seasoned Taco Beef & Cheese Salad Bar Banana, Juice WG Chocolate Chip Cookie	Italian Turkey Croissant Cheddar Goldfish Salad Bar Applesauce Cup, Juice
Vegetarian Sandwich Deli Salad	Cheese Quesadilla Turkey or Cheese Bun Grilled Chicken Caesar	Hot Stuffed Cheese Pizza Croissant Grilled Fiesta Chicken Bun or Cheese Bun Grilled Asian Chicken Salad	Mac & Cheese Santa Fe Chicken Wrap or Cheese Bun Grilled Chicken Southwest Taco	Teriyaki Grilled Veggie Patty Grilled Mediterranean Chicken Bun or Cheese Bun Grilled Bistro Chicken Salad	Bosco Stuffed Cheese Breadstick w/Marinara Asian Chicken Wrap or Cheese Bun Grilled Chicken Power Salad
Week 2	Monday, October 9, 2017	Tuesday, October 10, 2017	Wednesday, October 11, 2017	Thursday, October 12, 2017	Friday, October 13, 2017
Hot Lunch	Buffalo Chicken Nuggets Ranchup Sauce Salad Bar Cheez-its Chilled Peaches, Juice	Hmong Sausage Seasoned Rice Salad Bar Banana, Juice	Spicy Meatball Sub Golden Corn Chips Salad Bar Fresh Seasonal Apple, Juice	LEEANN CHINS House Special Chicken Steamed Seasoned Rice Salad Bar Banana, Juice	Fresh Hot Delivered Pizza Hut Salad Bar Applesauce Cup, Juice WG Oatmeal Raisin Cookie
Vegetarian Sandwich Deli Salad	Veggie Burger Turkey or Cheese Bun Grilled Chicken Caesar	Grilled Cheese Sandwich Curry Chicken Wrap or Cheese Bun Grilled Asian Chicken Salad	Bean & Cheese Burrito Grilled Latin Chicken Bun or Cheese Bun Grilled Chicken Southwest Taco	Egg & Cheese Sandwich Grilled Grecian Chicken Bun or Cheese Bun Grilled Bistro Chicken Salad	Pizza Hut Cheese Pizza Turkey Cheese Bun or Cheese Bun Grilled Chicken Power Salad
Week 3	Monday, October 16, 2017	Tuesday, October 17, 2017	Wednesday, October 18, 2017	Thursday, October 19, 2017	Friday, October 20, 2017
Hot Lunch	Old Fashioned Hamburger Ketchup Cheddar Goldfish Salad Bar Chilled Peaches, Juice	Bolognese Sauce w/Garlic Knot Dunker Salad Bar Banana, Juice WG Chocolate Chip Cookie	Soft Shell Beef Taco Cheese, Cilantro & Salad Bar Tortilla Chips Fresh Seasonal Apple, Juice	Asian Buffalo Chicken Steamed Rice Salad Bar Banana, Juice	Beef Pho Dinner Roll Salad Bar Applesauce Cup, Juice WG Cinnamon Cookie Bites
Vegetarian Sandwich Deli Salad	Veggie Sausage Patties Turkey Bun & Cheese Bun Grilled Chicken Caesar	Mac & Cheese Chicken No Nut Pesto Wrap & Cheese Bun Grilled Asian Chicken Salad	Hot Stuffed Cheese Pizza Croissant Grilled Chutney Glazed Chicken Bun & Cheese Bun Grilled Chicken Southwest Taco	Cheese Pizza Quesidilla Grilled Taco Chicken Bun & Cheese Bun Grilled Bistro Chicken Salad	WG Mozzarella Twist Breadstick & Marinara Mild Chicken Buffalo Wrap & Cheese Bun Grilled Chicken Power Salad
Week 4	Monday, October 23, 2017	Tuesday, October 24, 2017	Wednesday, October 25, 2017	Thursday, October 26, 2017	Friday, October 27, 2017
Hot Lunch	Chicken Laub Dinner Roll Salad Bar Chilled Peaches, Juice WG Chocolate Chip Cookie	LEEANN CHINS House Special Chicken Steamed Seasoned Rice Salad Bar Banana, Juice & Lemon Blueberry Cookie	Grilled Chicken Sandwich CKC Seasoned Mayo Golden Corn Chips Salad Bar Fresh Seasonal Apple, Juice	Hmong Sausage Seasoned Rice Salad Bar Banana, Juice	Fresh Hot Delivered Pizza Hut Garden Salsa Sun Chips Salad Bar Applesauce Cup, Juice
Vegetarian Sandwich Deli Salad	Grilled Cheese Turkey Bun or Cheese Bun Grilled Chicken Caesar	Hot Stuffed Cheese Pizza Croissant Greek Chicken Wrap or Cheese Bun Grilled Asian Chicken Salad	Bean & Cheese Burrito Grilled Chicken Salsa Bun or Cheese Bun Grilled Chicken Southwest Taco	Black Bean Veggie Burger Sandwich Grilled Herb Chicken Bun or Cheese Bun Grilled Bistro Chicken Salad	Pizza Hut Cheese Pizza Turkey Cheese Bun or Cheese Bun Grilled Chicken Power Salad
Week 5	Monday, October 30, 2017	Tuesday, October 31, 2017	Wednesday, November 1, 2017	Thursday, November 2, 2017	Friday, November 3, 2017
Hot Lunch	Golden Chicken Patty Sandwich WG Bakery Bun & CKC Yowza Sauce Cheddar Goldfish Salad Bar Chilled Peaches, Juice	Beef Pad Thai Dinner Roll Salad Bar Banana, Juice WG Chocolate Chip Cookie			
Vegetarian Sandwich Deli Salad	Egg & Cheese Muffin Sandwich Turkey Bun or Cheese Bun Grilled Chicken Caesar	WG Mozzarella Twist Breadstick & Marinara Chicken Craisin Wrap or Cheese Bun Grilled Asian Chicken Salad			

Menu is subject to infrequent change

Questions? Call 651-453-1136 or visit our website at www.ckcgoodfood.com

Skim & 1% Milk choices offered daily