

Fresh, Healthy, Good Food  
Every Day!



this institution is an equal opportunity provider

October 2017 PSA K-5 Menu

Week 1	Monday, October 2, 2017	Tuesday, October 3, 2017	Wednesday, October 4, 2017	Thursday, October 5, 2017	Friday, October 6, 2017
<b>Hot Lunch</b>	<b>Premium Chicken Tender Wrap</b> WG Tortilla, Cheese & Yowza Sauce Mixed Greens Salad wDressing Goldfish Pretzels Chilled Peaches	<b>Orange Chicken</b> Seasoned Rice Asian Slaw Banana	<b>Chicken Drummy</b> Soft Dinner Roll Mashed Potatoes Fresh Seasonal Apple	<b>Walking Taco</b> Nacho Cheese Chips, Seasoned Taco Beef & Cheese Cowboy Salsa Banana	<b>Turkey &amp; Cheese Pizza Croissant</b> 100% Vegetable Juice Applesauce Cup
<b>Vegetarian Sandwich Deli Salad</b>	<b>Cheese Quesadilla</b> Turkey or Cheese Bun Grilled Chicken Caesar	<b>Hot Stuffed Cheese Pizza Croissant</b> Grilled Fiesta Chicken Bun or Cheese Bun Grilled Asian Chicken Salad	<b>Mac &amp; Cheese</b> Santa Fe Chicken Wrap or Cheese Bun Grilled Chicken Southwest Taco	<b>Teriyaki Grilled Veggie Patty</b> Grilled Mediterranean Chicken Bun or Cheese Bun Grilled Bistro Chicken Salad	<b>Bosco Stuffed Cheese Breadstick w/Marinara</b> 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
<b>Hot Lunch</b>	<b>Giant Chicken Nuggets</b> Ranchup Sauce Tex Mex Slaw Chilled Peaches	<b>Hmong Sausage</b> Seasoned Rice Crisp Garden Salad & Dressing Banana	<b>Meatball Sub</b> Golden Corn Chips Cowboy Salsa Fresh Seasonal Apple	<b>LEEANN CHINS</b> <b>House Special Chicken</b> Steamed Seasoned Rice Cucumbers, Carrot Pack & Dip Banana	<b>Fresh Hot Delivered Pizza Hut</b> 100% Vegetable Juice Applesauce Cup
<b>Vegetarian Sandwich Deli Salad</b>	<b>Veggie Burger</b> Turkey or Cheese Bun Grilled Chicken Caesar	<b>Grilled Cheese Sandwich</b> Curry Chicken Wrap or Cheese Bun Grilled Asian Chicken Salad	<b>Bean &amp; Cheese Burrito</b> Grilled Latin Chicken Bun or Cheese Bun Grilled Chicken Southwest Taco	<b>Egg &amp; Cheese Sandwich</b> Grilled Grecian Chicken Bun or Cheese Bun Grilled Bistro Chicken Salad	<b>Pizza Hut Cheese Pizza</b> 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
<b>Hot Lunch</b>	<b>Old Fashioned Hamburger</b> Ketchup Cheddar Goldfish Crunchy Corn Salad Chilled Peaches	<b>Bolognese Sauce w/Garlic Knot Dunker</b> Garden Greens Salad & Homemade Dressing Banana	<b>Soft Shell Beef Taco</b> Cheese, Cilantro & Cowboy Salsa Tortilla Chips Fresh Seasonal Apple	<b>Orange Chicken</b> Steamed Rice Cucumbers, Carrot Pack & Dip Banana	<b>Beef Pho</b> Dinner Roll 100% Vegetable Juice Applesauce Cup
<b>Vegetarian Sandwich Deli Salad</b>	<b>Veggie Sausage Patties</b> Turkey Bun & Cheese Bun Grilled Chicken Caesar	<b>Mac &amp; Cheese</b> Chicken No Nut Pesto Wrap & Cheese Bun Grilled Asian Chicken Salad	<b>Hot Stuffed Cheese Pizza Croissant</b> Grilled Chutney Glazed Chicken Bun & Cheese Bun Grilled Chicken Southwest Taco	<b>Cheese Pizza Quesidilla</b> Grilled Taco Chicken Bun & Cheese Bun Grilled Bistro Chicken Salad	<b>WG Mozzarella Twist Breadstick &amp; Marinara</b> 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
<b>Hot Lunch</b>	<b>Chicken Laub</b> Lettuce Wedge & Dinner Roll Tex Mex Slaw Chilled Peaches WG Chocolate Chip Cookie	<b>LEEANN CHINS</b> <b>House Special Chicken</b> Steamed Seasoned Rice Cucumbers, Carrot Pack & Dip Banana	<b>Grilled Chicken Sandwich</b> CKC Seasoned Mayo Golden Corn Chips Cowboy Salsa Fresh Seasonal Apple	<b>Hmong Sausage</b> Seasoned Rice Crisp Garden Salad & Dressing Banana	<b>Fresh Hot Delivered Pizza Hut</b> 100% Vegetable Juice Applesauce Cup
<b>Vegetarian Sandwich Deli Salad</b>	<b>Grilled Cheese</b> Turkey Bun or Cheese Bun Grilled Chicken Caesar	<b>Hot Stuffed Cheese Pizza Croissant</b> Greek Chicken Wrap or Cheese Bun Grilled Asian Chicken Salad	<b>Bean &amp; Cheese Burrito</b> Grilled Chicken Salsa Bun or Cheese Bun Grilled Chicken Southwest Taco	<b>Black Bean Veggie Burger Sandwich</b> Grilled Herb Chicken Bun or Cheese Bun Grilled Bistro Chicken Salad	<b>Pizza Hut Cheese Pizza</b> 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
<b>Hot Lunch</b>	<b>Golden Chicken Patty Sandwich</b> WG Bakery Bun & CKC Yowza Sauce Tex Mex Salad Chilled Peaches	<b>Beef Pad Thai</b> Crisp Mixed Salad w/Homemade Dressing Banana WG Chocolate Chip Cookie			
<b>Vegetarian Sandwich Deli Salad</b>	<b>Egg &amp; Cheese Muffin Sandwich</b> Turkey Bun or Cheese Bun Grilled Chicken Caesar	<b>WG Mozzarella Twist Breadstick &amp; Marinara</b> 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](http://www.ckcgoodfood.com)

Skim & 1% Milk choices offered daily