

Fresh, Healthy, Good Food
Every Day!

CKC Good Food

Menu Includes Fresh Vegetables & Fresh Fruits Each Week

(HUFFKA)
Healthy Hunger Free Kids Act

September 2012 - Child Care

| Week 1 | Monday - 3 | Tuesday - 4 | Wednesday - 5 | Thursday - 6 | Friday - 7 |
|-----------------------------------|---|--|--|--|--|
| Hot Lunch | Mild Buffalo Chicken Wrap WW Tortilla & Shredded Lettuce Crispy Cubes Chilled Peaches W-D-S-E | Baked Mostaccioli Dinner Roll Fresh Broccoli & Dip Banana W-D-S-E | Chicken Nuggets & Ketchup WW Dinner Roll & Margarine Steamed Green Beans Apple W-D-S-E | Beef Nachos w/ Cheese Tortilla Chips, Lettuce & Cilantro Steamed Peas & Carrots Fresh Orange D-S-E | Beef Stir Fry w/Steamed Rice Garden Green Salad & Tomatoes Cheese & Ranch Dressing Chilled Peaches D-S-E |
| Alternative Sandwich Salad | Roast Turkey & Cheese Wrap Grilled Chicken Caesar Salad | Fresh Sliced Roast Turkey Sandwich Grilled Chicken Caesar Salad | Roast Turkey & Cheese Wrap Grilled Chicken Caesar Salad | Fresh Sliced Roast Turkey Sandwich Grilled Chicken Caesar Salad | Roast Turkey & Cheese Wrap Grilled Chicken Caesar Salad |
| Week 2 | Monday - 10 | Tuesday - 11 | Wednesday - 12 | Thursday - 13 | Friday - 14 |
| Hot Lunch | Homemade Chicken Burrito WW Tortilla, Shredded Lettuce Steamed Spinach Chilled Applesauce W-D-S-E | Mozzarella Meatballs Sweet Potatoes, Roll & Margarine Garden Green Salad & Dressing Banana W-D-S-E | Baked Chicken & Sauce Steamed Rice Steamed Sweet Peas Apple D-S-E | Country Beef Bowl w/ Cheese WW Dinner Roll Jicama Sticks Fresh Orange W-D-S | Grilled Chicken Pita Leaf Lettuce Steamed Green Beans Chilled Peaches W-D-S-E |
| Alternative Sandwich Salad | Fresh, Sliced Roast Turkey Sandwich Grilled Chicken Chef Salad | Beef Salami & Cheese Sandwich Grilled Chicken Chef Salad | Fresh, Sliced Roast Turkey Sandwich Grilled Chicken Chef Salad | Beef Salami & Cheese Sandwich Grilled Chicken Chef Salad | Fresh, Sliced Roast Turkey Sandwich Grilled Chicken Chef Salad |
| Week 3 | Monday - 17 | Tuesday - 18 | Wednesday - 19 | Thursday - 20 | Friday - 21 |
| Hot Lunch | Hamburger on WW Bun Pickles, Ketchup Steamed Peas & Carrots Chilled Peaches W-S | BBQ Chicken WW Dinner Roll & Margarine Mashed Potatoes Banana W-S-D | Juicy Italian Meatballs w/Cheese WW Dinner Roll & Margarine Steamed Green Beans Apple W-D-S-E | Soft Shell Beef Taco w/Cheese Fresh Cilantro & Shredded Lettuce Steamed Carrots Fresh Orange D-S-E | Grilled Chicken Supreme Sweet Potatoes WW Dinner Roll & Margarine Chilled Applesauce W-D-S |
| Alternative Sandwich Salad | Beef Salami Wrap Grilled Chicken Taco Salad | Roast Turkey Wrap Grilled Chicken Taco Salad | Beef Salami Wrap Grilled Chicken Taco Salad | Roast Turkey Wrap Grilled Chicken Taco Salad | Beef Salami Wrap Grilled Chicken Taco Salad |
| Week 4 | Monday - 24 | Tuesday - 25 | Wednesday - 26 | Thursday - 27 | Friday - 28 |
| Hot Lunch | Chicken Nuggets & Ketchup WW Dinner Roll Steamed Green Beans Chilled Peaches W-D-S-E | Asian Chicken Steamed Rice Fresh Broccoli & Dip Banana D-S-E | Supreme Taco Dip w/Cheese Tortilla Chips & Shredded Lettuce Steamed Peas & Carrots Apple W-D-S-E | Chicken Ranch Wrap Shredded Lettuce Cowboy Salad Fresh Orange W-D-S-E | Salisbury Steak & Gravy WW Dinner Roll Real Mashed Potatoes Chilled Mandarin Oranges W-D-S-E |
| Alternative Sandwich Salad | Roast Turkey & Cheese Sandwich Grilled Asian Chicken Salad | Beef Salami Wrap Grilled Asian Chicken Salad | Roast Turkey & Cheese Sandwich Grilled Asian Chicken Salad | Beef Salami Wrap Grilled Asian Chicken Salad | Roast Turkey & Cheese Sandwich Grilled Asian Chicken Salad |
| | | | | PLEASE NOTE: ALTERNATIVE MEAL ALLERGENS: All alternative lunches contain all four (4) allergens | ALLERGENS: W = Wheat D = Dairy S = Soy E = Egg |
| | | | | <i>PLEASE NOTE: CKC has selected specified food products from our distributor, however, we cannot guarantee. Legal substitutions may be made according to all contracts. This means identified allergens could be incorrect and CKC can accept no liability.</i> | |

Questions? Call 651-453-1136 or visit our website at www.ckcgoodfood.com
Milk is served with lunch each day

Menu is subject to infrequent change.

CKC does NOT use any pork products.