

# Main Lunch Menu with Pizza

## March 2011



Menu Created on 02/01/11

ckcgoodfood.com

### Welcome to 2011

What a great time to review your menu choices! We have so many wonderful cooked from scratch menus available for you. Please go to ckcgoodfood.com and get excited at how many great choices you have!

Did you know? CKC makes NSLP Fresh Salads and Hand Carved Deli Sandwich lunches EVERY DAY!

One of our schools looked at their chosen hot menu and substituted a salad lunch one day and a deli sandwich lunch on another day. What a winning way to offer your students variety within their regular month!

Your Own Salad Bar - CKC still offers a wholesale list of your preferred salad bar needs delivered free to you with lunch.

Please remember "CKC has a contract with MDE and you to adhere to NSLP GUIDELINES." With careful planning, you can add great wholesale condiments to meals you want more with. MDE's criteria are that you purchase additional products with your finances. Our wholesale list and free delivery make this a wonderful opportunity for you to do a few things "over and above" once in awhile and not break your budgets!

Please note that each menu has a section at the bottom for meal choices. Please fill in the desired number of meals that you prefer in addition to your regular menu. Please call 651.453.1136 and ask for Colleen if you have questions!

#### HOT TOPICS:

**Local Farmer Market Use:** It is with integrity that I share with you the "Local Farmer USE." At CKC Good Food, our commitment to "Excellence" is to work with National Distributors, as well as Local Vendors to provide sustainable local products. CKC offers a variety of entrees which include the use of fresh herbs year round and if grown locally depending on the season, our distributors purchase them. CKC also shops for the best possible seasonal fruits and vegetables. Seasonal is the key word. Locally, a variety of apples, fresh squash, carrots, lettuce and berries are available during limited months and we use them when available. CKC also purchases organic fruits and vegetables upon request.

**Bio-Degradable Trays & Containers:** CKC has shopped and shopped for these requested products. Please visit our order forms for options available to you! Remember to make sure that your compost site does recycle!

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
|   | Taco Bake<br>Dinner Roll & Margarine<br>Mixed Garden Salad & Dressing<br>Chilled Pineapple<br><br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__  | Chicken & Mashed Potato Bowl<br>Real Mashed Potatoes, Chicken, Golden Corn & Homemade Gravy<br>Golden Biscuit<br>Fresh Fruit<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__                      | Italian Meatball Sub Sandwich<br>Steamed Green Beans<br>Tortilla Chips (GF)<br>Chilled Peaches<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__  | Fresh, Hot Delivered Pizza<br>Mixed Greens Garden Salad<br>Croutons & Pinto Beans<br>Assorted Dressing<br>Fresh Fruit<br>Whole Grain Choc. Bear Grahams<br>Hot__Veg__Sand__Salad__                         |
| Honey BBQ Rib Sandwich<br>Wheat Burger Bun<br>Steamed Corn<br>Muncho Potato Chips<br>Chilled Applesauce<br>7-12: Spicy BBQ Rib<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__                        | Supreme Chicken Nachos w/ Corn Chips - Big Bag Golden Corn Chips (GF), Taco Meat, Beans & Taco Sauce, Shredded Cheese & Lettuce, Fresh Fruit<br>7-12: Animal Crackers<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__ | Spaghetti & Meat Sauce<br>Soft Breadstick<br>Tossed Mixed Dinner Salad<br>Dressing<br>Chilled Peaches<br>7-12: Margarine<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__                          | Breaded Chicken Sandwich<br>Wheat Hamburger Bun, Shredded Lettuce & Mayo<br>Garden Salsa Sun Chips<br>Fresh Fruit<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__   | Fresh, Hot Delivered Pizza<br>Mixed Greens Garden Salad<br>Black Beans & Croutons<br>Assorted Dressing<br>Chilled Pineapple<br>Animal Crackers<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__         |
| Tender Beef Steak & Country Vegetables - Wheat Dinner Roll<br>Crisp Garden Salad<br>Croutons & Dressing<br>Chilled Peaches<br>7-12: Margarine & Jelly<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__ | Bean Burrito w/Enchilada Sauce<br>Taco Sauce & Sour Cream<br>Steamed Corn<br>Fresh Fruit<br>Animal Crackers<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__   | Homemade Lasagne Casserole<br>Breadstick, Margarine & Jelly<br>Mixed Greens & Spinach Salad<br>Dressing<br>Chilled Pears<br>100% Real Fruit Juice<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__ | Baked Sesame Chicken<br>Jasmine Rice<br>Assorted Fresh Veggies & Dip<br>Chilled Pineapple<br>Fortune Cookie<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__   | Fresh, Hot Delivered Pizza<br>Mixed Greens Garden Salad<br>Croutons & Chick Peas<br>Assorted Dressing<br>Fresh Fruit<br>Whole Grain Choc. Bear Grahams<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__ |
| Asian Noodles w/Beef<br>Wheat Dinner Roll<br>Crisp Salad & Dressing<br>Chilled Mandarin Oranges<br>Fortune Cookie<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__                                     | Chicken Tenders<br>Ketchup<br>Baked Cheetos<br>Fresh Spinach & Greens Salad<br>Dressing<br>Fresh Fruit<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__  | Cheesy Scrambled Egg & Potato Bake<br>Ketchup<br>Whole Bagel & Jelly<br>Chilled Applesauce<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__  | Tender Salisbury Steak<br>Topped w/Zesty Tom. Sauce<br>Fluffy Seasoned Brown Rice<br>Tossed Salad & Dressing<br>Fresh Fruit, 100% Real Fruit Juice<br>7-12: Animal Crackers<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__ | Fresh, Hot Delivered Pizza<br>Mixed Greens Garden Salad<br>Black Beans & Croutons<br>Assorted Dressing<br>Chilled Pineapple<br>Animal Crackers<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__         |
| Asian Chicken Wrap<br>Flour Tortilla<br>Warm Seasoned Chicken, Shredded Cabbage & Carrots<br>Asian Dressing<br>Tortilla Chips (GF), Fresh Fruit<br>Veg Sand__Veg Salad__<br>Hot__Veg__Sand__Salad__       | Mini Charbroiled Cheeseburgers w/Ketchup<br>Harvest Cheddar Sun Chips<br>Assorted Fresh Veggies<br>Ranch Dressing<br>Chilled Peaches<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__                                  | Sweet & Sour Chicken Breast<br>Steamed Seasoned Brown Rice<br>Tossed Mixed Dinner Salad<br>Dressing<br>Fresh Fruit<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__                                | Egg Fried Rice<br>Wheat Dinner Roll<br>Steamed Peas & Carrots<br>Chilled Mandarin Oranges<br>7-12: Jelly<br>Hot__Veg__Sand__Salad__<br>Veg Sand__Veg Salad__  |  |