

Vegetarian w/Pizza Lunch Menu

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
	Black Bean & Egg Nachos w/Corn Chips 1 Big Bag Golden Corn Chips (GF), Beans, Taco Sauce & Lettuce Chilled Pineapple 7-12: Animal Crackers Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___	Macaroni & Cheese String Cheese 2 Tossed Mixed Dinner Salad Kidney Beans & Dressing Fresh Fruit 7-12: 100% Fruit Juice & Rolls Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___	Bean Burrito Taco Sauce 3 Crisp Dinner Salad w/Black Beans & Dressing Chilled Peaches 7-12: Fruit Snacks Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___	Fresh, Hot Cheese Pizza 4 Mixed Greens Garden Salad Croutons Assorted Dressing Fresh Fruit Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___
Parmesan Seasoned Pasta 7 Wheat Dinner Roll Crisp Garden Salad w/Kidney Beans & Dressing Chilled Applesauce 7-12: Vanilla Wafers Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___	Hot Egg & Cheese Biscuit Sandwich 8 Crisp Salad w/Black Beans & Dressing, Honi Snack Mix Fresh Fruit 7-12: 100% Real Fruit Juice Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___	Vegetable Egg Fried Rice 9 Wheat Dinner Roll Chilled Peaches Mini Vanilla Wafers 7-12: Jelly Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___	Egg & Veggie Skillet 10 Scrambled Eggs, Potato Cubes & Veggies w/Ketchup Blueberry Bagel, Marg. & Jelly Fresh Fruit 7-12: Animal Crackers Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___	Fresh, Hot Cheese Pizza 11 Mixed Greens Garden Salad Croutons Assorted Dressing Chilled Pineapple Chocolate Grahams Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___
Scrambled Eggs & Cheese Bagel & Jelly 14 Steamed Corn Chilled Peaches 7-12: 100% Real Fruit Juice Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___	Black Bean & Egg Nachos w/Corn Chips 15 Big Bag Golden Corn Chips (GF), Beans, Taco Sauce & Lettuce Fresh Fruit 7-12: Animal Crackers Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___	Macaroni & Cheese String Cheese 16 Tossed Mixed Dinner Salad Kidney Beans & Dressing Chilled Pears 7-12: 100% Fruit Juice & Rolls Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___	Bean Burrito Taco Sauce 17 Crisp Dinner Salad Black Beans & Croutons Dressing, Chilled Pineapple 7-12: Fruit Snacks Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___	Fresh, Hot Cheese Pizza 18 Mixed Greens Garden Salad Black Beans & Dressing Fresh Fruit Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___
Parmesan Seasoned Pasta 21 Wheat Dinner Roll Crisp Garden Salad w/Kidney Beans & Dressing Chilled Mandarin Oranges 7-12: Vanilla Wafers Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___	Hot Egg & Cheese Biscuit Sandwich 22 Crisp Salad w/Black Beans & Dressing, Honi Snack Mix Fresh Fruit 7-12: 100% Real Fruit Juice Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___	Vegetable Egg Fried Rice 23 Wheat Dinner Roll Chilled Applesauce Mini Vanilla Wafers 7-12: Jelly Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___	Egg & Veggie Skillet 24 Scrambled Eggs, Potato Cubes & Veggies w/Ketchup Blueberry Bagel, Marg. & Jelly Fresh Fruit 7-12: Animal Crackers Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___	Fresh, Hot Cheese Pizza 25 Mixed Greens Garden Salad Croutons & Pinto Beans Ranch Dressing Chilled Pineapple Chocolate Grahams Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___
Scrambled Eggs & Cheese Bagel & Jelly 28 Steamed Corn Fresh Fruit 7-12: 100% Real Fruit Juice Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___	Black Bean & Egg Nachos w/Corn Chips 29 Big Bag Golden Corn Chips (GF), Beans, Taco Sauce & Lettuce Chilled Peaches 7-12: Animal Crackers Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___	Macaroni & Cheese String Cheese 30 Tossed Mixed Dinner Salad Kidney Beans & Dressing Fresh Fruit 7-12: 100% Fruit Juice & Rolls Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___	Bean Burrito Taco Sauce 31 Crisp Dinner Salad w/Black Beans & Dressing Chilled Mandarin Oranges 7-12: Fruit Snacks Hot ___ Veg ___ Sand ___ Salad ___ Veg Sand ___ Veg Salad ___	