

Community of Excellence Hot Lunch

December 2010



ckcgoodfood.com

Menu Details

All menus are jointly developed and fully approved by our Registered Dietician and follow the NSLP Guidelines.

CKC proudly serves these fresh fruits year round: bananas, variety of apples, oranges, tangerines, pears, kiwi. Watermelon and strawberries when in season.

CKC proudly serves these fresh vegetables year round: spinach, romaine, iceberg, shredded lettuce, purple & green cabbage, broccoli, cauliflower. Cucumbers and tomatoes when in season.

Salad Language:

Mixed or Mixed Garden Salad: Spinach & Iceberg

Crisp Garden Salad: Crisp Iceberg w/purple cabbage & shredded carrot

Tossed Mixed Salad: Romaine tossed w/crisp iceberg, purple cabbage & shredded carrot

CKC steams or bakes all food.

CKC uses baked chips and proudly presents many that are Gluten Free (GF).

CKC does not use MSG, little to no salt, no peanuts/nuts, nut oils or pork in any of it's home cooked meal preparations.

Milk is served daily. It is recommended to serve skim or 1% milk as a healthier option.

Monday	Tuesday	Wednesday	Thursday	Friday
		Breaded Chicken Patty Sandwich Ketchup Chips Mixed Greens Salad & Dressing Fresh Fruit HS: 100% Real Fruit Juice	Hmong Sausage Jasmine Rice Broccoli & Dip Chilled Mandarin Oranges HS: Animal Crackers	Fresh, Hot Delivered Pizza Crisp Dinner Salad w/Crispy Rice Noodles, Shredded Carrot & Red Cabbage Ranch Dressing Fresh Fruit
Chicken Tenders Ketchup Baked Lays Potato Chips Dinner Salad & Dressing Chilled Pears HS: Vanilla Wafers	Cheeseburger Wheat Bun, Ketchup & Pickles Chips Broccoli & Dip Chilled Peaches	Chicken Laub Jasmine Rice Lettuce Leaf Fresh Fruit	Spaghetti & Meatsauce Breadstick Mixed Garden Salad Dressing Chilled Pineapple	Fresh, Hot Delivered Pizza Crisp Dinner Salad w/Crispy Rice Noodles, Shredded Carrot & Red Cabbage Ranch Dressing Fresh Fruit
Chicken Teriyaki Dippers Jasmine Rice Carrots, Broccoli & Dip Chilled Cinnamon Applesauce Animal Crackers	Hmong Sausage Jasmine Rice Broccoli & Dip Chilled Peaches	Chicken & Egg Fried Rice Mixed Garden Salad Dressing Fresh Fruit Fortune Cookie	Chicken Lo Mein Broccoli Spears & Dip Chilled Pears Vanilla Wafers	<u>Hmong Celebration Day</u> Chicken Wings Purple Rice Papaya Salad Nava
20	21	22	23	24
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
27	28	29	30	31
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL