

September (order 8/13-8/22)



Allergen Free Hot Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2nd	3rd	4th	5th	6th
Meals made without dairy, gluten, egg, soy, fish, shellfish, sesame, peanuts, treenuts, or sunflower	First Day 6th-8th	First Day K-5th		
Dietary Restriction Form Needed Before Ordering	Beef Nachos Taco Beef Corn Chips Black Bean & Corn Fruit of the Day	Marinated Grilled Chicken Fillet Brown Rice Broccoli Fruit of the Day	Chicken Pilaf Sliced Cucumbers Fruit of the Day	Beef & Potatoes Steamed Rice Steamed Peas Fruit of the Day
9th	10th	11th	12th	13th
Chicken Fried Rice Baby Carrots Fruit of the Day Corn Chips	Beef & Broccoli Brown Rice Steamed Corn Fruit of the Day	Chicken Fajita & Rice Seasoned Chicken & Peppers Brown Rice Black Beans Fruit of the Day	Beef Meatballs Brown Rice Steamed Green Beans Fruit of the Day	Chicken & Potatoes Steamed Rice Broccoli Fruit of the Day
16th	17th	18th	19th	20th
Beef & Scallion Corn Chips Black Bean & Fresh Carrots Fruit of the Day	Chicken Sukkhar Steamed Rice Steamed Green Beans Fruit of the Day	Beef Fried Rice Steamed Peas Fruit of the Day	Spice Rubbed Chicken Fillet Steamed Rice Fresh Broccoli Fruit of the Day	Beef Taco Meat & Rice Seasoned Beef Brown Rice Black Beans & Carrots Fruit of the Day Corn Chips
23rd	24th	25th	26th	27th
Chicken Supreme Steamed Rice Baby Carrots Fruit of the Day	Beef Nachos Taco Beef Corn Chips Black Bean & Corn Fruit of the Day	Marinated Grilled Chicken Fillet Brown Rice Fresh Broccoli Fruit of the Day	Chicken Pilaf Sliced Cucumbers Fruit of the Day	No School No Meals Served
30th				
Chicken Fried Rice Baby Carrots Fruit of the Day Corn Chips				

MILK VARIETY SERVED AT EVERY MEAL, 1% and Chocolate

CKC Good Foods does not use any products that contain pork, peanuts, or peanut oil. Products are baked or steamed, never fried.

Menu Subject To Change

This institution is an equal opportunity provider

For lunch questions contact

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