

October (order 9/11-9/20)



Allergen Free Hot Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| | 1st | 2nd | 3rd | 4th |
| <p>Meals made without dairy, gluten, egg, soy, fish, shellfish, sesame, peanuts, treenuts, or sunflower</p> <p>Dietary Restriction Form Needed Before Ordering</p> | <p><u>Beef & Broccoli</u> Brown Rice Steamed Corn Fruit of the Day</p> | <p><u>Chicken Fajita & Rice</u> Seasoned Chicken & Peppers Brown Rice Black Beans Fruit of the Day</p> | <p><u>Beef Meatballs</u> Brown Rice Steamed Green Beans Fruit of the Day</p> | <p><u>Chicken & Potatoes</u> Steamed Rice Broccoli Fruit of the Day</p> |
| 7th | 8th | 9th | 10th | 11th |
| <p><u>Beef & Scallion</u> Corn Chips Black Bean & Fresh Carrots Fruit of the Day</p> | <p><u>Chicken Sukkhar</u> Steamed Rice Steamed Green Beans Fruit of the Day</p> | <p><u>Beef Fried Rice</u> Steamed Peas Fruit of the Day</p> | <p><u>Spice Rubbed Chicken Fillet</u> Steamed Rice Fresh Broccoli Fruit of the Day</p> | <p><u>Beef Taco Meat Over Rice</u> Seasoned Beef Brown Rice Black Beans & Carrots Fruit of the Day Corn Chips</p> |
| 14th | 15th | 16th | 17th | 18th |
| <p><u>Chicken Supreme</u> Steamed Rice Baby Carrots Fruit of the Day</p> | <p>EARLY RELEASE NO LUNCH SERVED</p> | <p>NO SCHOOL NO MEALS SERVED</p> | <p>NO SCHOOL NO MEALS SERVED</p> | <p>NO SCHOOL NO MEALS SERVED</p> |
| 21st | 22nd | 23rd | 24th | 25th |
| <p><u>Chicken Fried Rice</u> Baby Carrots Fruit of the Day Corn Chips</p> | <p><u>Beef & Broccoli</u> Brown Rice Steamed Corn Fruit of the Day</p> | <p><u>Chicken Fajita & Rice</u> Seasoned Chicken & Peppers Brown Rice Black Beans Fruit of the Day</p> | <p><u>Beef Meatballs</u> Brown Rice Steamed Green Beans Fruit of the Day</p> | <p><u>Chicken & Potatoes</u> Steamed Rice Broccoli Fruit of the Day</p> |
| 28th | 29th | 30th | 31st | |
| <p><u>Chicken Fried Rice</u> Baby Carrots Fruit of the Day Corn Chips</p> | <p><u>Chicken Sukkhar</u> Steamed Rice Steamed Green Beans Fruit of the Day</p> | <p><u>Beef Fried Rice</u> Steamed Peas Fruit of the Day</p> | <p><u>Spice Rubbed Chicken Fillet</u> Steamed Rice Fresh Broccoli Fruit of the Day</p> | |

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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