

November (order 10/11-10/20)



Allergen Free Hot Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1st
Meals made without dairy, gluten, egg, soy, fish, shellfish, sesame, peanuts, tree nuts, or sunflower				Beef Taco Meat Over Rice Brown Rice Black Beans & Carrots Fruit of the Day
Dietary Restriction Form Needed Before Ordering				
4th	5th	6th	7th	8th
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 Broccoli Fruit of the Day	Chicken Pilaf Sliced Cucumbers Fruit of the Day	NO SCHOOL NO MEALS SERVED
11th	12th	13th	14th	15th
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
18th	19th	20th	21st	22nd
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 Over Rice Brown Rice Black Beans & Carrots Fruit of the Day
25th	26th	27th	28th	29th
Chicken Supreme Steamed Rice Baby Carrots Fruit of the Day	Beef Nachos Taco Beef Corn Chips Black Bean & Corn Fruit of the Day	NO SCHOOL NO MEALS SERVED	NO SCHOOL NO MEALS SERVED	NO SCHOOL NO MEALS SERVED

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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