

# January (order 12/11-12/20)



# Allergen Free Hot Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1st	2nd	3rd
Meals made without dairy, gluten, egg, soy, fish, shellfish, sesame, peanuts, treenuts, or sunflower		<b>NO SCHOOL NO MEALS SERVED</b>	<u>Spiced Rubbed Chicken Fillet</u> Steamed Rice Fresh Broccoli Fruit of the Day	<u>Beef Taco Meat Over Rice</u> Brown Rice Black Beans & Carrots Fruit of the Day Corn Chips
<b>Dietary Restriction Form Needed Before Ordering</b>				
6th	7th	8th	9th	10th
<u>Chicken Supreme</u> Steamed Rice Steamed Green Beans Fruit of the Day	<u>Beef Nachos</u> Taco Beef & Corn Chips Black Bean & Corn Fruit of the Day	<u>Marinated Grilled Chicken Fillet</u> Brown Rice Carrots Fruit of the Day	<u>Chicken Pilaf</u> Fresh Broccoli Fruit of the Day	<u>Beef &amp; Potatoes</u> Steamed Rice Steamed Peas Fruit of the Day
13th	14th	15th	16th	17th
<u>Chicken Fried Rice</u> Steamed Broccoli Fruit of the Day	<u>Beef &amp; Broccoli</u> Brown Rice Steamed Corn Fruit of the Day	<u>Chicken Fajita w/Rice</u> Seasoned Chicken & Peppers Brown Rice Black Beans Fruit of the Day	<u>Beef Meatballs</u> Brown Rice Steamed Carrots & Peas Fruit of the Day	<u>Chicken &amp; Potatoes</u> Steamed Rice Carrots Fruit of the Day
20th	21st	22nd	23rd	24th
<b>NO SCHOOL NO MEALS SERVED</b>	<u>Chicken Sukkhar</u> Steamed Rice Steamed Green Beans Fruit of the Day	<u>Beef Fried Rice</u> Fresh Broccoli Fruit of the Day	<u>Spice Rubbed Chicken Fillet</u> Steamed Rice Baby Carrots Fruit of the Day	<b>NO SCHOOL NO MEALS SERVED</b>
27th	28th	29th	30th	31st
<u>Chicken Supreme</u> Steamed Rice Steamed Green Beans Fruit of the Day	<u>Beef Nachos</u> Taco Beef & Corn Chips Black Bean & Corn Fruit of the Day	<u>Marinated Grilled Chicken Fillet</u> Brown Rice Carrots Fruit of the Day	<u>Chicken Pilaf</u> Fresh Broccoli Fruit of the Day	<u>Beef &amp; Potatoes</u> Steamed Rice Steamed Peas Fruit of the Day

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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