

# September (Order 8/12-8/20)



## Allergen Free Hot Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st	2nd	3rd	4th	5th
<b>Dietary Restriction Form Needed Before Ordering</b> This can be found on Aspen's website under resources/food services	<b>1st Day of School for 6-8</b>	<b>1st Day of School for K-5</b>		
	<u><b>Beef &amp; Broccoli</b></u> Brown Rice Steamed Corn Fruit of the Day	<u><b>Chicken Fajita w/Rice</b></u> Seasoned Chicken & Peppers Brown Rice Black Beans Fruit of the Day	<u><b>Beef Meatballs</b></u> Brown Rice Steamed Carrots & Peas Fruit of the Day Corn Chips	<u><b>Chicken &amp; Potatoes</b></u> Brown Rice Fresh Carrots Fruit of the Day
8th	9th	10th	11th	12th
<u><b>Beef &amp; Scallion</b></u> Corn Chips Black Beans & Fresh Carrots Fruit of the Day	<u><b>Chicken Sukkhar</b></u> Brown Rice Steamed Green Beans Fruit of the Day	<u><b>Beef Fried Rice</b></u> Fresh Broccoli Fruit of the Day	<u><b>Spice Rubbed Chicken Fillet</b></u> Brown Rice Fresh Carrots Fruit of the Day	<u><b>Beef Taco Meat &amp; Rice</b></u> Brown Rice Steamed Black Beans & Corn Corn Chips Fruit of the Day
15th	16th	17th	18th	19th
<u><b>Chicken Supreme</b></u> Brown Rice Steamed Green Beans Fruit of the Day	<u><b>Beef Nachos</b></u> Taco Beef Corn Chips Steamed Black Beans & Corn Fruit of the Day	<u><b>Marinated Grilled Chicken Fillet</b></u> Brown Rice Fresh Carrots Fruit of the Day	<u><b>Chicken Pilaf</b></u> Fresh Broccoli Fruit of the Day	<u><b>Beef &amp; Potatoes</b></u> Brown Rice Steamed Peas Fruit of the Day
22nd	23rd	24th	25th	26th
<u><b>Chicken Fried Rice</b></u> Steamed Broccoli Fruit of the Day	<u><b>Beef &amp; Broccoli</b></u> Brown Rice Steamed Corn Fruit of the Day	<u><b>Chicken Fajita w/Rice</b></u> Seasoned Chicken & Peppers Brown Rice Black Beans Fruit of the Day	<u><b>Beef Meatballs</b></u> Brown Rice Steamed Carrots & Peas Fruit of the Day Corn Chips	<b>NO SCHOOL</b> <b>No Meals Served</b>
29th	30th			
<u><b>Beef &amp; Scallion</b></u> Corn Chips Black Beans & Fresh Carrots Fruit of the Day	<u><b>Chicken Sukkhar</b></u> Brown Rice Steamed Green Beans Fruit of the Day			Meals made without dairy, gluten, egg, soy, fish, shellfish, sesame, peanuts, treenuts, or sunflower <b>Dietary Restriction Form Needed Before Ordering</b>

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

[lunchprogram@aspenacademymn.org](mailto:lunchprogram@aspenacademymn.org)

952-226-5940 ext. 8187