

Vegetarian Lunch Menu

May 2010



ckcgoodfood.com

Menu Details

All menus are jointly developed and fully approved by our Registered Dietician and follow the NSLP Guidelines.

CKC proudly serves these fresh fruits year round: bananas, variety of apples, oranges, tangerines, pears, kiwi. Watermelon and strawberries when in season.

CKC proudly serves these fresh vegetables year round: spinach, romaine, iceberg, shredded lettuce, purple & green cabbage, broccoli, cauliflower. Cucumbers and tomatoes when in season.

Salad Language:

Mixed or Mixed Garden Salad: Spinach & Iceberg

Crisp Garden Salad: Crisp Iceberg w/purple cabbage & shredded carrot

Tossed Mixed Salad: Romaine tossed w/ crisp Iceberg, purple cabbage & shredded carrot

CKC steams or bakes all food.

CKC uses baked chips and proudly presents many that are Gluten Free (GF).

CKC does not use MSG, little to no salt, no peanuts/nuts, nut oils or pork in any of it's home cooked meal preparations.

Milk is served daily. It is recommended to serve skim or 1% milk as a healthier option.

Monday	Tuesday	Wednesday	Thursday	Friday
Parmesan Seasoned Pasta 3 Wheat Dinner Roll Crisp Garden Salad w/Kidney Beans & Dressing Chilled Pears HS: Mini Sugar Cookies	Hot Egg & Cheese Biscuit 4 Sandwich Crisp Salad, Black Beans Dressing Honi Snack Mix Chilled Applesauce HS: 100% Real Fruit Juice	Vegetable Egg Fried Rice 5 Wheat Dinner Roll Chilled Peaches Mini Vanilla Wafers	Egg & Veggie Skillet 6 Scrambled Egg, Potato Cubes & Veggies w/ Ketchup Blueberry Bagel, Margarine & Jelly Chilled Pineapple	Fresh Hot Delivered Pizza 7 Mixed Greens Garden Salad Shredded Cheese, Chick Peas, & Croutons Dressing Fresh Fruit Chocolate Grahams
Scrambled Eggs & Cheese 10 Bagel & Jelly Steamed Corn Chilled Applesauce 100% Real Fruit Juice	Black Bean & Egg Nachos 11 w/Corn Chips Big Bag Golden Corn Chips (GF) Beans, Taco Sauce & Shredded Lettuce Chilled Peaches HS: Animal Crackers	Macaroni & Cheese 12 String Cheese Tossed Mixed Dinner Salad w/ Kidney Beans & Dressing Dinner Roll Chilled Pineapple 100% Real Fruit Juice	Bean Burrito 13 Taco Sauce Crisp Dinner Salad w/Black Beans Dressing Chilled Pears	Fresh Hot Delivered Pizza 14 Mixed Greens Garden Salad w/Chick Peas & Croutons Dressing Chilled Mandarin Oranges HS: Chocolate Grahams
Parmesan Seasoned Pasta 17 Wheat Dinner Roll Crisp Garden Salad w/Kidney Beans & Dressing Chilled Pears HS: Mini Sugar Cookies	Hot Egg & Cheese Biscuit 18 Sandwich Crisp Salad, Black Beans Dressing Honi Snack Mix Chilled Applesauce HS: 100% Real Fruit Juice	Vegetable Egg Fried Rice 19 Wheat Dinner Roll Chilled Peaches Mini Vanilla Wafers	Egg & Veggie Skillet 20 Scrambled Egg, Potato Cubes & Veggies w/ Ketchup Blueberry Bagel, Margarine & Jelly Chilled Pineapple	Fresh Hot Delivered Pizza 21 Mixed Greens Garden Salad Shredded Cheese, Chick Peas, & Croutons Dressing Fresh Fruit Chocolate Grahams
Scrambled Eggs & Cheese 24 Bagel & Jelly Steamed Corn Chilled Applesauce 100% Real Fruit Juice	Black Bean & Egg Nachos 25 w/Corn Chips Big Bag Golden Corn Chips (GF) Beans, Taco Sauce & Shredded Lettuce Chilled Peaches HS: Animal Crackers	Macaroni & Cheese 26 String Cheese Tossed Mixed Dinner Salad w/ Kidney Beans & Dressing Dinner Roll Chilled Pineapple 100% Real Fruit Juice	Bean Burrito 27 Taco Sauce Crisp Dinner Salad w/Black Beans Dressing Chilled Pears	Fresh Hot Delivered Pizza 28 Mixed Greens Garden Salad w/Chick Peas & Croutons Dressing Chilled Mandarin Oranges HS: Chocolate Grahams
Parmesan Seasoned Pasta 31 Wheat Dinner Roll Crisp Garden Salad w/Kidney Beans & Dressing Chilled Pears HS: Mini Sugar Cookies				