



October 2024 Lunch		Grade Preschool								
Hot Meals	Tuesday, October 1, 2024		Wednesday, October 2, 2024		Thursday, October 3, 2024		Friday, October 4, 2024			
	<p><b>October is 'Farm-To-School' Month</b></p>	<b>Cheddar Meatballs</b>	<b>Asian Rice Bowl</b>	<b>Premium Chicken Patty Sandwich</b>		<b>Fresh Hot Pizza</b>		<p>Week VI</p>		
Steamed Peas		Seasoned Rice served with Asian Sesame Chicken	WG Bun & Ketchup		Garden Salad & Dressing					
Chilled Peaches		Crisp Broccoli & Dip	CKC Baked Beans		Crisp Varietal Apple Wedges					
WG Dinner Roll		Banana	Fresh Orange Wedges		Choice Milk					
Choice Milk		Choice Milk	Choice Milk		Choice Milk					
Hot Meals	Monday, October 7, 2024		Tuesday, October 8, 2024		Wednesday, October 9, 2024		Thursday, October 10, 2024		Friday, October 11, 2024	
	<b>Cheeseburger</b>	<b>Brunch Lunch</b>	<b>Pop-Chicken Bowl</b>		<b>Sweet &amp; Sour Chicken</b>		<b>Pizza Hand Pie</b>		<p>Week I</p>	
	CKC Baked Beans	French Toast Sticks & Syrup	Popcorn Chicken & Shred Cheddar Cheese on Mashed Potatoes		Steamed Brown Rice		Sliced Cucumbers & Dip			
	Cinnamon Apple Slices	Hashbrown Round w/ Ketchup	Banana		Mixed Salad & Dressing		Crisp Varietal Apple Wedges			
	Choice Milk	Chilled Peaches	Choice Milk		Fresh Orange Wedges		Choice Milk			
	Choice Milk			Choice Milk						
Hot Meal	Monday, October 14, 2024		Tuesday, October 15, 2024		Wednesday, October 16, 2024		Thursday, October 17, 2024		Friday, October 18, 2024	
	<b>Taco Rice Bowl</b>	<b>BBQ Teriyaki Chicken</b>	<b>No School</b>		<b>No School</b>		<b>No School</b>		<p>Week II</p>	
	Taco Seasoned Beef, Steamed Rice & Shred Cheese	Mashed Potatoes								
	Cheesy Refried Beans	Golden Wheat Crackers								
	Cinnamon Apple Slices	Chilled Peaches								
Choice Milk	Choice Milk									
Hot Meal	Monday, October 21, 2024		Tuesday, October 22, 2024		Wednesday, October 23, 2024		Thursday, October 24, 2024		Friday, October 25, 2024	
	<b>Crunchy Chicken Tenders</b>	<b>Cheesy Beef Joe (Taste Test Winner)</b>	<b>Mandarin Orange Chicken</b>		<b>French Bread Pizza</b>		<b>Brunch Lunch</b>		<p>Week III</p>	
	Ketchup	CKC's Cheesy Twist on a Beef Joe	Steamed Seasoned Rice		Mixed Salad & Dressing		Easy-Bite Mini Waffles & Syrup w/ Yogurt Swirl Cup & String Cheese			
	Steamed Carrots & Peas	Steamed Mixed Veggies	Sliced Cucumbers & Dip		Fresh Orange Wedges		Tater Tots w/ Ketchup			
	Cinnamon Apple Slices	Chilled Peaches	Banana		Choice Milk		Crisp Varietal Apple Wedges			
Choice Milk	Choice Milk	Choice Milk		Choice Milk		Choice Milk				
Hot Meal	Monday, October 28, 2024		Tuesday, October 29, 2024		Wednesday, October 30, 2024		Thursday, October 31, 2024		<p>Week IV</p>	
	<b>Popcorn Chicken w/ Ketchup</b>	<b>Pizza Crunchers</b>	<b>The Cheeseburger, that Never Gets Old-Fashioned</b>		<b>Marinara Meatballs w/ Mozzarella</b>		<b>Fresh Hot Pizza</b>			
	Potato Smiles w/ Ketchup	Steamed Mixed Veggies	WG Bun, Cheese Slice & Ketchup		WG Dinner Roll		Sliced Cucumbers & Dip			
	Cinnamon Apple Slices	Chilled Peaches	CKC Baked Beans		Steamed Peas		Crisp Varietal Apple			
	Choice Milk	Choice Milk	Banana		Fresh Orange Wedges		Choice Milk			

Whole milk served to children under 2 years of age. Skim & 1% milk served to Ages 2+

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

This menu is 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.



NOVEMBER 2024 Menu (Subject to Change)						
Hot Meal	What is CKC Good Food's Role in supporting Farm Fresh Foods?				Friday, November 1, 2024	Week IV
	<p>CKC Good Food regularly features food items that are sourced from local food vendors. Some of the local and regional producers featured on our menus include Bushel Boy Farms (Owatonna, MN), Wescott Orchards (Elgin, MN) and Prairie Farms dairy farmers.</p>				<p><b>Fresh Hot Pizza</b></p> <p>Sliced Cucumbers &amp; Dip</p> <p>Crisp Varietal Apple</p> <p>Choice Milk</p>	
Hot Meal	Monday, November 4, 2024	Tuesday, November 5, 2024	Wednesday, November 6, 2024	Thursday, November 7, 2024	Friday, November 8, 2024	Week V
	<b>Golden Chicken Tenders</b>	<b>Brunch Lunch</b>	<b>Mac &amp; Cheese</b>	<b>Mac &amp; Cheese</b>	<b>Cheese Hot Pocket</b>	
	Ketchup	Buttermilk Pancake w/ Syrup	Garden Greens & Dressing	Steamed Broccoli	Warm Red Sauce	
	Glazed Carrots	Colby Cheese Omelet	Banana	Fresh Orange Wedges	Sliced Cucumbers & Dip	
	Cinnamon Apple Slices	Hashbrown Patty w/ Ketchup	Choice Milk	Choice Milk	Crisp Varietal Apple	
Choice Milk	Chilled Peaches & Choice Milk			Choice Milk		
Hot Meal	Monday, November 11, 2024					Week VI
	<b>Premium Chicken Nuggets</b>					
	Ketchup					
	Steamed Mixed Veggies					
	Cinnamon Apple Slices					
Choice Milk						