



October 2024 Lunch Grades K-2		OCTOBER - 2024					
Hot Meals	October is 'Farm-To-School' Month	Tuesday, October 1, 2024	Wednesday, October 2, 2024	Thursday, October 3, 2024	Friday, October 4, 2024	Week V	
		<b>BBQ Meatballs</b>	<b>Asian Chow Mein Bowl</b>	<b>Premium Chicken Patty Sandwich</b>	<b>Fresh Hot Delivered Pizza</b>		
		Mashed Potatoes	Whole Grain Chow Mein Noodles with Asian Sesame Chicken	WG Bun & Ketchup	Mixed Greens Salad w/Dressing		
		Chilled Fruit Cocktail	Sliced Cucumbers & Dip	CKC Baked Beans	Crisp Varietal Apple		
		Birthday Cake Grahams	Banana	Celery Sticks & Dip	Choice Milk		
Choice Milk	Choice Milk	Fresh Orange & Choice Milk					
Hot Meals		Monday, October 7, 2024	Tuesday, October 8, 2024	Wednesday, October 9, 2024	Thursday, October 10, 2024	Friday, October 11, 2024	Week I
		<b>CKC Chef's Texas Burger w/American Cheese Slice</b>	<b>Brunch Lunch</b>	<b>All Beef Hot Dog</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Pizza Hand Pie</b>	
		Steamed Corn	French Toast Sticks w/ Syrup	WG Hot Dog Bun, Ketchup	Steamed Brown Rice	Buttered Carrots w/ Herbs	
		Chilled Peaches	Celery Sticks, Baby Carrots & Dip	CKC Baked Beans	Garden Greens Salad & Dressing	Crisp Varietal Apple	
		Choice Milk	Chilled Fruit Cocktail	Banana	Fresh Orange	Choice Milk	
Choice Milk	Choice Milk	Vanilla Wafers & 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	Week II
		<b>Soft Shell Tortilla Taco</b>	<b>Mild Honey Sauced Drumstick</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>	
		WG Tortilla, Taco Seasoned Beef, Shred Cheese & Boom Sauce	Mildly Seasoned Flavorful Chicken Drumstick				
		Steamed Corn	Celery Sticks, Carrot Slims & Dip				
		Chilled Peaches	Animal Crackers				
Choice Milk	Chilled Fruit Cocktail & Choice Milk						
Hot Meal		Monday, October 21, 2024	Tuesday, October 22, 2024	Wednesday, October 23, 2024	Thursday, October 24, 2024	Friday, October 25, 2024	Week III
		<b>Crunch Wrap</b>	<b>Cheesy Beef Joe (Taste Test Winner)</b>	<b>Mandarin Orange Chicken</b>	<b>French Bread Pizza</b>	<b>Brunch Lunch</b>	
		Wg Tortilla, Chicken Tenders	CKC's Cheesy Twist on a Beef Joe	Steamed Seasoned Rice	Mixed Greens Salad & Dressing	Easy-Bite Mini Watties & Syrup served with Yogurt Swirl Cream	
		Shred Cheese & Boom Sauce	CKC Baked Beans	Sliced Cucumbers & Dip	Fresh Orange	Hashbrown Patties w/ Ketchup	
		Baby Carrots	Crisp Celery Sticks & Dip	Banana	Choice Milk	Sliced Cucumbers	
Chilled Peaches & Choice Milk	Chilled Fruit Cocktail & Choice Milk	Choice Milk		Crisp Varietal Apple & Choice Milk			
Hot Meal		Monday, October 28, 2024	Tuesday, October 29, 2024	Wednesday, October 30, 2024	Thursday, October 31, 2024	Week IV	
		<b>Juicy Ranchola Drumstick</b>	<b>Cheddar Nachos</b>	<b>The Cheeseburger, that Never Gets Old-Fashioned</b>	<b>Golden Corn Dog</b>		<b>Fresh Hot Delivered Pizza</b>
		Baby Carrots	Scoop the Creamy Melted Cheese & Chicken Nachos with Corn Chips for the 'Oh, so, yummy' Crunch	WG Bun, Cheese Slice & Ketchup	WG Chicken Corn Dog served with Ketchup		Broccoli Florets & Dip
		Chilled Peaches	Pinto Beans, Crisp Celery Sticks	Vanilla Wafers	Potato Stix w/ Ketchup		Crisp Varietal Apple
		French Toast Grahams	Chilled Fruit Cocktail & Choice Milk	Cucumber Slices & Dressing	Fresh Orange		Choice Milk
Choice Milk		Banana & Choice Milk	Choice Milk				

Skim & 1% milk served daily.

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 Delivered Pizza</b></p> <p>Broccoli Florets &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 &amp; Ketchup</b>	<b>Walking Taco</b>	<b>Chinese Teriyaki Chicken</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Cheese Hot Pocket</b>	
	Steamed Peas & Carrots	Beef Taco Meat, Corn Chips, Shred Cheese, Lettuce & Crema	Steamed Seasoned Rice	Strawberry Grahams	Warm Red Sauce	
	Chilled Peaches	Cheesy Refried Beans	Crisp Broccoli, Baby Carrots & Dip	Garden Greens Salad & Dressing	Steamed Corn	
	Vanilla Chat-Snax	Chilled Fruit Cocktail	Banana	Fresh Orange	Crisp Varietal Apple	
Choice Milk	Choice Milk	Choice Milk	Choice Milk	Choice Milk		
Hot Meal	Monday, November 11, 2024					Week VI
	<b>Premium Chicken Nuggets</b>					
	Ketchup					
	Dill Cobber Crackers					
	Baby Carrots & Dip					
Chilled Peaches & Choice Milk						