



October 2024 Lunch Grades 3-8		Tuesday, October 1, 2024	Wednesday, October 2, 2024	Thursday, October 3, 2024	Friday, October 4, 2024	
Hot Meals	<b>October is 'Farm-To-School' Month</b>	<b>BBQ Meatballs</b>	<b>Asian Chow Mein Bowl</b>	<b>Premium Chicken Patty Sandwich</b>	<b>Fresh Hot Delivered Pizza</b>	
		Mashed Potatoes	<i>whole grain chow mein</i> Noodles with Asian Sesame Chicken	WG Bun & Ketchup	Assorted Salad Bar	
		Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Crisp Apple	
		Chilled Fruit Cocktail	Banana	Fresh Orange	Choice Milk	
		WG Roll & Choice Milk	Choice Milk	Choice Milk		
		<b>Monday, October 7, 2024</b>	<b>Tuesday, October 8, 2024</b>	<b>Wednesday, October 9, 2024</b>	<b>Thursday, October 10, 2024</b>	<b>Friday, October 11, 2024</b>
Hot Meals	<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>	
		WG Ranch Crackers	French Toast Sticks & Syrup	WG Hot Dog Bun, Ketchup	Steamed Brown Rice	Assorted Salad Bar
		Assorted Salad Bar	Assorted Salad Bar	Vanilla Wafers	Assorted Salad Bar	Crisp Apple
		Chilled Peaches	Chilled Fruit Cocktail	Assorted Salad Bar	Fresh Orange	Choice Milk
		Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	
		<b>Monday, October 14, 2024</b>	<b>Tuesday, October 15, 2024</b>	<b>Wednesday, October 16, 2024</b>	<b>Thursday, October 17, 2024</b>	<b>Friday, October 18, 2024</b>
Hot Meal	<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 & Crema	<i>Mildly Seasoned Flavorful Chicken Drumstick</i>			
		Assorted Salad Bar	Assorted Salad Bar			
		Chilled Peaches	Chilled Fruit Cocktail			
		Choice Milk	Choice Milk & Berry Crackers			
		<b>Monday, October 21, 2024</b>	<b>Tuesday, October 22, 2024</b>	<b>Wednesday, October 23, 2024</b>	<b>Thursday, October 24, 2024</b>	<b>Friday, October 25, 2024</b>
Hot Meal	<b>Crunch Wrap</b>	<b>Cheesy Beef Joe (Taste Test Winner)</b>	<b>Mandarin Orange Chicken</b>	<b>French Bread Pizza</b>	<b>Waffles &amp; Turkey Sausage Patty Sliders</b>	
		WG Tortilla, Chicken Tenders	<i>CKC's Cheesy Twist on a Beef Joe</i>	Steamed Seasoned Rice	<i>Easy-Bite mini waffles &amp; Syrup served with Turkey Sausages</i>	
		Shred Cheese & Boom Sauce	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	
		Assorted Salad Bar	Chilled Fruit Cocktail	Banana	Fresh Orange	Crisp Apple
		Chilled Peaches & Choice Milk	Choice Milk	Choice Milk	Choice Milk	Choice Milk
		<b>Monday, October 28, 2024</b>	<b>Tuesday, October 29, 2024</b>	<b>Wednesday, October 30, 2024</b>	<b>Thursday, October 31, 2024</b>	
Hot Meal	<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>	
		French Toast Grahams	<i>Scoop the Creamy Melted Cheese &amp; Chicken Nachos with Corn Chips for the 'Oh, so, yummy' Crunch</i>	WG Bun, Cheese Slice & Ketchup	<i>WG Chicken Corn Dog served with Ketchup</i>	Assorted Salad Bar
		Assorted Salad Bar	Assorted Salad Bar	Wafers	Potato Smiles w/ Ketchup	Crisp Apple
		Chilled Peaches	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Choice Milk
		Choice Milk	Chilled Fruit Cocktail & Choice Milk	Banana & Choice Milk	Fresh Orange & 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)						
<b>Hot Meal</b>	<p><b>What is CKC Good Food's Role in supporting Farm Fresh Foods?</b></p> <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>Friday, November 1, 2024</p> <p><b>Fresh Hot Delivered Pizza</b></p> <p>Assorted Salad Bar</p> <p>Crisp Apple</p> <p>Choice Milk</p>	<b>Week IV</b>
	<p>Monday, November 4, 2024</p> <p><b>Golden Chicken Tenders &amp; Ketchup</b></p> <p>Animal Crackers</p> <p>Assorted Salad Bar</p> <p>Chilled Peaches</p> <p>Choice Milk</p>	<p>Tuesday, November 5, 2024</p> <p><b>Walking Taco</b></p> <p>Beef Taco Meat, Nacho Cheese Doritos, Shred Cheese &amp; Crema</p> <p>Assorted Salad Bar</p> <p>Chilled Fruit Cocktail</p> <p>Choice Milk</p>	<p>Wednesday, November 6, 2024</p> <p><b>Chinese Teriyaki Chicken</b></p> <p>Steamed Seasoned Rice</p> <p>Assorted Salad Bar</p> <p>Banana</p> <p>Choice Milk</p>	<p>Thursday, November 7, 2024</p> <p><b>Creamy Mac &amp; Cheese</b></p> <p>Strawberry Grahams</p> <p>Assorted Salad Bar</p> <p>Fresh Orange</p> <p>Choice Milk</p>	<p>Friday, November 8, 2024</p> <p><b>Cheese Hot Pocket</b></p> <p>Warm Red Sauce</p> <p>Assorted Salad Bar</p> <p>Crisp Apple</p> <p>Choice Milk</p>	
<p>Monday, November 11, 2024</p> <p><b>Premium Chicken Nuggets</b></p> <p>Ketchup</p> <p>Wheat Crackers</p> <p>Assorted Salad Bar</p> <p>Chilled Peaches &amp; Choice Milk</p>					<b>Week VI</b>	