

Fresh, Healthy, Good Food
Every Day!



February 2018 Gluten, Dairy, Egg & Soy Free

this institution is an equal opportunity provider

Week 6	Monday, January 29, 2018	Tuesday, January 30, 2018	Wednesday, January 31, 2018	Thursday, February 1, 2018	Friday, February 2, 2018
				Chicken Sukkhar Brown Rice Steamed Corn Banana	CKC Chicken Stew Brown Rice Fresh Carrots & Broccoli Applesauce Cup
Week 1	Monday, February 5, 2018	Tuesday, February 6, 2018	Wednesday, February 7, 2018	Thursday, February 8, 2018	Friday, February 9, 2018
	Spice Rubbed Chicken Fillet Herb Brown Rice Fresh Broccoli & Grape Tomatoes Chilled Pears	Seasoned Beef & Potato Steamed Herb Brown Rice Fresh Carrots & Broccoli Banana	Chicken Supreme Fragrant Brown Rice Fresh Broccoli & Grape Tomatoes Fresh Seasonal Apple	Yummy Beef & Scallion Serve Over Steamed Brown Rice Fresh Carrots & Broccoli Banana	Chicken Sukkhar Brown Rice Steamed Corn Applesauce Cup
Week 2	Monday, February 12, 2018	Tuesday, February 13, 2018	Wednesday, February 14, 2018	Thursday, February 15, 2018	Friday, February 16, 2018
	CKC Chicken Stew Brown Rice Fresh Carrots & Broccoli Chilled Pears	Spice Rubbed Chicken Fillet Herb Brown Rice Fresh Broccoli & Grape Tomatoes Banana	Seasoned Beef & Potato Steamed Herb Brown Rice Fresh Carrots & Broccoli Fresh Seasonal Apple	Chicken Supreme Fragrant Brown Rice Fresh Broccoli & Grape Tomatoes Banana	Yummy Beef & Scallion Serve Over Steamed Brown Rice Fresh Carrots & Broccoli Applesauce Cup
Week 3	Monday, February 19, 2018	Tuesday, February 20, 2018	Wednesday, February 21, 2018	Thursday, February 22, 2018	Friday, February 23, 2018
	Chicken Sukkhar Brown Rice Steamed Corn Chilled Pears	CKC Chicken Stew Brown Rice Fresh Carrots & Broccoli Banana	Spice Rubbed Chicken Fillet Herb Brown Rice Fresh Broccoli & Grape Tomatoes Fresh Seasonal Apple	Seasoned Beef & Potato Steamed Herb Brown Rice Fresh Carrots & Broccoli Banana	Chicken Supreme Fragrant Brown Rice Fresh Broccoli & Grape Tomatoes Applesauce Cup
Week 4	Monday, February 26, 2018	Tuesday, February 27, 2018	Wednesday, February 28, 2018	Thursday, March 1, 2018	Friday, March 2, 2018
	Yummy Beef & Scallion Serve Over Steamed Brown Rice Fresh Carrots & Broccoli Chilled Pears	Chicken Sukkhar Brown Rice Steamed Corn Banana	CKC Chicken Stew Brown Rice Fresh Carrots & Broccoli Fresh Seasonal Apple		

Menu is subject to infrequent change

Questions? Call 651-453-1136 or visit our website at www.ckcgoodfood.com

Skim & 1% Milk choices offered daily