

*Fresh, Healthy, Good Food
Every Day!*



January 2016 Gluten Free, Dairy Free, Egg Free & Soy Free

Week 1	Monday, December 28, 2015	Tuesday, December 29, 2015	Wednesday, December 30, 2015	Thursday, December 31, 2015	Friday, January 01, 2016
Hot Lunch	Chicken Sukkhar Brown Rice Steamed Green Beans Applesauce Cup	CKC Chicken Stew Brown Rice Fresh Carrots & Broccoli Banana	Spice Rubbed Chicken Fillet Herb Brown Rice Fresh Broccoli & Grape Tomatoes Chilled Mandarin Oranges	Seasoned Beef & Potato Steamed Herb Brown Rice Fresh Carrots & Broccoli Crisp Varietal Apple	Chicken Supreme Fragrant Brown Rice Fresh Broccoli & Grape Tomatoes Chilled Pears
Week 2	Monday, January 04, 2016	Tuesday, January 05, 2016	Wednesday, January 06, 2016	Thursday, January 07, 2016	Friday, January 08, 2016
Hot Lunch	Yummy Beef & Scallion Serve Over Steamed Brown Rice Fresh Carrots & Broccoli Applesauce Cup	Chicken Sukkhar Brown Rice Steamed Green Beans Banana	CKC Chicken Stew Brown Rice Fresh Carrots & Broccoli Chilled Mandarin Oranges	Spice Rubbed Chicken Fillet Herb Brown Rice Fresh Broccoli & Grape Tomatoes Crisp Varietal Apple	Seasoned Beef & Potato Steamed Herb Brown Rice Fresh Carrots & Broccoli Chilled Pears
Week 3	Monday, January 11, 2016	Tuesday, January 12, 2016	Wednesday, January 13, 2016	Thursday, January 14, 2016	Friday, January 15, 2016
Hot Lunch	Chicken Supreme Fragrant Brown Rice Fresh Broccoli & Grape Tomatoes Applesauce Cup	Yummy Beef & Scallion Serve Over Steamed Brown Rice Fresh Carrots & Broccoli Banana	Chicken Sukkhar Brown Rice Steamed Green Beans Chilled Mandarin Oranges	CKC Chicken Stew Brown Rice Fresh Carrots & Broccoli Crisp Varietal Apple	Spice Rubbed Chicken Fillet Herb Brown Rice Fresh Broccoli & Grape Tomatoes Chilled Pears
Week 4	Monday, January 18, 2016	Tuesday, January 19, 2016	Wednesday, January 20, 2016	Thursday, January 21, 2016	Friday, January 22, 2016
Hot Lunch	Seasoned Beef & Potato Steamed Herb Brown Rice Fresh Carrots & Broccoli Applesauce Cup	Chicken Supreme Fragrant Brown Rice Fresh Broccoli & Grape Tomatoes Banana	Yummy Beef & Scallion Serve Over Steamed Brown Rice Fresh Carrots & Broccoli Chilled Mandarin Oranges	Chicken Sukkhar Brown Rice Steamed Green Beans Crisp Varietal Apple	CKC Chicken Stew Brown Rice Fresh Carrots & Broccoli Chilled Pears
Week 5	Monday, January 25, 2016	Tuesday, January 26, 2016	Wednesday, January 27, 2016	Thursday, January 28, 2016	Friday, January 29, 2016
Hot Lunch	Spice Rubbed Chicken Fillet Herb Brown Rice Fresh Broccoli & Grape Tomatoes Applesauce Cup	Seasoned Beef & Potato Steamed Herb Brown Rice Fresh Carrots & Broccoli Banana	Chicken Supreme Fragrant Brown Rice Fresh Broccoli & Grape Tomatoes Chilled Mandarin Oranges	Yummy Beef & Scallion Serve Over Steamed Brown Rice Fresh Carrots & Broccoli Crisp Varietal Apple	Chicken Sukkhar Brown Rice Steamed Green Beans Chilled Pears

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

Menu is subject to infrequent change

Milk is served with lunch daily

CKC does NOT use any pork products