

*Fresh, Healthy, Good Food  
Every Day!*



this institution is an equal opportunity provider

January 2018 Gluten,Dairy,Egg & Soy Free

Week 2	Monday, January 1, 2018	Tuesday, January 2, 2018	Wednesday, January 3, 2018	Thursday, January 4, 2018	Friday, January 5, 2018
	<b>CKC Chicken Stew</b> Brown Rice Fresh Carrots & Broccoli Chilled Pears	<b>Spice Rubbed Chicken Fillet</b> Herb Brown Rice Fresh Broccoli & Grape Tomatoes Banana	<b>Seasoned Beef &amp; Potato</b> Steamed Herb Brown Rice Fresh Carrots & Broccoli Fresh Seasonal Apple	<b>Chicken Supreme</b> Fragrant Brown Rice Fresh Broccoli & Grape Tomatoes Banana	<b>Yummy Beef &amp; Scallion</b> Serve Over Steamed Brown Rice Fresh Carrots & Broccoli Applesauce Cup
Week 3	Monday, January 8, 2018	Tuesday, January 9, 2018	Wednesday, January 10, 2018	Thursday, January 11, 2018	Friday, January 12, 2018
	<b>Chicken Sukkhar</b> Brown Rice Steamed Corn Chilled Pears	<b>CKC Chicken Stew</b> Brown Rice Fresh Carrots & Broccoli Banana	<b>Spice Rubbed Chicken Fillet</b> Herb Brown Rice Fresh Broccoli & Grape Tomatoes Fresh Seasonal Apple	<b>Seasoned Beef &amp; Potato</b> Steamed Herb Brown Rice Fresh Carrots & Broccoli Banana	<b>Chicken Supreme</b> Fragrant Brown Rice Fresh Broccoli & Grape Tomatoes Applesauce Cup
Week 4	Monday, January 15, 2018	Tuesday, January 16, 2018	Wednesday, January 17, 2018	Thursday, January 18, 2018	Friday, January 19, 2018
	<b>Yummy Beef &amp; Scallion</b> Serve Over Steamed Brown Rice Fresh Carrots & Broccoli Chilled Pears	<b>Chicken Sukkhar</b> Brown Rice Steamed Corn Banana	<b>CKC Chicken Stew</b> Brown Rice Fresh Carrots & Broccoli Fresh Seasonal Apple	<b>Spice Rubbed Chicken Fillet</b> Herb Brown Rice Fresh Broccoli & Grape Tomatoes Banana	<b>Seasoned Beef &amp; Potato</b> Steamed Herb Brown Rice Fresh Carrots & Broccoli Applesauce Cup
Week 5	Monday, January 22, 2018	Tuesday, January 23, 2018	Wednesday, January 24, 2018	Thursday, January 25, 2018	Friday, January 26, 2018
	<b>Chicken Supreme</b> Fragrant Brown Rice Fresh Broccoli & Grape Tomatoes Chilled Pears	<b>Yummy Beef &amp; Scallion</b> Serve Over Steamed Brown Rice Fresh Carrots & Broccoli Banana	<b>Chicken Sukkhar</b> Brown Rice Steamed Corn CKC's Special Pineapple Fruit Mix	<b>CKC Chicken Stew</b> Brown Rice Fresh Carrots & Broccoli Fresh Seasonal Apple	<b>Spice Rubbed Chicken Fillet</b> Herb Brown Rice Fresh Broccoli & Grape Tomatoes Chilled Pears
Week 6	Monday, January 29, 2018	Tuesday, January 30, 2018	Wednesday, January 31, 2018	Thursday, February 1, 2018	Friday, February 2, 2018
	<b>Seasoned Beef &amp; Potato</b> Steamed Herb Brown Rice Fresh Carrots & Broccoli Chilled Pears	<b>Chicken Supreme</b> Fragrant Brown Rice Fresh Broccoli & Grape Tomatoes Banana	<b>Yummy Beef &amp; Scallion</b> Serve Over Steamed Brown Rice Fresh Carrots & Broccoli CKC's Special Pineapple Fruit Mix		

Menu is subject to infrequent change

Questions? Call 651-453-1136 or visit our website at [www.ckcgoodfood.com](http://www.ckcgoodfood.com)

Skim & 1% Milk choices offered daily