

Fresh, Healthy, Good Food
Every Day!



May 2018 Gluten,Dairy,Egg & Soy Free

this institution is an equal opportunity provider

Week 1	Monday, April 30, 2018	Tuesday, May 1, 2018	Wednesday, May 2, 2018	Thursday, May 3, 2018	Friday, May 4, 2018
Hot Lunch		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 Chilled Peaches	Chicken Sukkhar Brown Rice Steamed Corn Applesauce Cup
Week 2	Monday, May 7, 2018	Tuesday, May 8, 2018	Wednesday, May 9, 2018	Thursday, May 10, 2018	Friday, May 11, 2018
Hot Lunch	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 Chilled Peaches	Yummy Beef & Scallion Serve Over Steamed Brown Rice Fresh Carrots & Broccoli Applesauce Cup
Week 3	Monday, May 14, 2018	Tuesday, May 15, 2018	Wednesday, May 16, 2018	Thursday, May 17, 2018	Friday, May 18, 2018
Hot Lunch	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 Chilled Peaches	Chicken Supreme Fragrant Brown Rice Fresh Broccoli & Grape Tomatoes Applesauce Cup
Week 4	Monday, May 21, 2018	Tuesday, May 22, 2018	Wednesday, May 23, 2018	Thursday, May 24, 2018	Friday, May 25, 2018
Hot Lunch	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	Spice Rubbed Chicken Fillet Herb Brown Rice Fresh Broccoli & Grape Tomatoes Chilled Peaches	Seasoned Beef & Potato Steamed Herb Brown Rice Fresh Carrots & Broccoli Applesauce Cup
Week 5	Monday, May 28, 2018	Tuesday, May 29, 2018	Wednesday, May 30, 2018	Thursday, May 31, 2018	Friday, June 1, 2018
Hot Lunch	Chicken Supreme Fragrant Brown Rice Fresh Broccoli & Grape Tomatoes Chilled Pears	Yummy Beef & Scallion Serve Over Steamed Brown Rice Fresh Carrots & Broccoli Banana	Chicken Sukkhar Brown Rice Steamed Corn Fresh Seasonal Apple	CKC Chicken Stew Brown Rice Fresh Carrots & Broccoli Chilled Peaches	

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