

€ 651-453-1136

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	Age Group : K-5		Meal : Breakfast Meal Pattern : NSLP / SSO			
	CKC Chef Spotlight - CEO & Chef Nanc "My, What Tasty	cy Close Hands You Have*	Wednesday, September 1, 2021	Thursday, September 2, 2021	Friday, September 3, 2021	
Week I	of Afghanistan. Oh, what an amaz Many a times, he would be laughir	" My dad was born and raised in Kabul, the capital city of Afghanistan. Oh, what an amazing and funny storyteller he was! Many a times, he would be laughing so hard during his story telling, it would took forever to get the story out.		WG Apple Filled Donut (2 items)	Assorted Cereal Bar (1 item)	
eakfast	One of the things, I lo	ived hearing my dad say was, "My,			Power Protein & Fruit Pack (2 item	
nree items	what tasty hands you have". He w pretty much make 'sticks and stor	ne' soup and it would be delicious	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		
eet USDA quirements	to the last drop. I have always lov take that first taste and tell me w very honest and I loved getting th		Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	
item must e fruit)	my recipes, which my dad loved, is It is simple and delicious and can be			Chef's Choice May be Offered Daily		
	Chef Nancy Monday, September 6, 2021	Tuesday, September 7, 2021	Wednesday, September 8, 2021	Thursday, September 9, 2021	Friday, September 10, 2021	
/eek II	Assorted WG Poptart (1 Item)	2 oz Assorted Mini Muffin (1 item)	Betty Crocker Oatmeal Bar	WG Glazed Honey Bun (2 items)	Hot Breakfast	
CCR II			(1 item)	we diazed riolicy bull (2 items)		
eakfast	*String Cheese (1 item) Must add to bag*	*Fruited Yogurt Cup (1 item) Must add to bag*	Power Protein & Fruit Pack (2 items)		Maple Waffle Chicken Sandwich (items)	
ree items	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
eet USDA quirements e item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	
be fruit)			Chef's Choice May be Offered Daily			
	Monday, September 13, 2021	Tuesday, September 14, 2021	Wednesday, September 15, 2021	Thursday, September 16, 2021	Friday, September 17, 2021	
eek III	2 oz Assorted Breakfast Bread (1 item) *String Cheese (1 item)	Maple Snackin Waffle (2 Items)	BC Cinnamon Roll (2 items)	Make your own Parfait Toataly Oat Cup (1 item) * Fruited Yogurt (1 item)	Hot Breakfast	
akfast	Must add to bag*			Must add to bag*	Chicken Sausage Kolache (2 item	
ree items	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
eet USDA juirements item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	
be fruit)	=		Chef's Choice May be Offered Daily			
	Monday, September 20, 2021	Tuesday, September 21, 2021	Wednesday, September 22, 2021	Thursday, September 23, 2021	Friday, September 24, 2021	
eek IV	Handmade Strawberry Boli (2 items)	Assorted 1.5 oz Brekkie (1 item)	2 oz Assorted Breakfast Bread (1 Item)	Fruit Filled Frudel (2 items)	Hot Breakfast	
akfast		Power Protein & Fruit Pack (2 items)	*Fruited Yogurt Cup (1 item) Must add to bag*		Breakfast Pizza (2 items)	
ree items	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
et USDA uirements item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	
e fruit)			Chef's Choice May be Offered Daily			
	Monday, September 27, 2021	Tuesday, September 28, 2021	Wednesday, September 29, 2021	Thursday, September 30, 2021		
eek V	Make your own Parfait Toataly Oat Cup (1 item)	Nature Valley Crisps (1 item)	Assorted WG Poptart (1 Item)	Mini Cinnis (2 items)		
akfast	* Fruited Yogurt (1 item) Must add to bag*	*String Cheese (1 item) Must add to bag*	*String Cheese (1 item) Must add to bag*			
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	" Chef Nancy's 'Curried Mango Chicken Salad'	
ree items eet USDA juirements	Choice Milk & Second Fruit OVS	Choice Milk & Second Fruit OVS	Choice Milk & Second Fruit OVS	Choice Milk & Second Fruit OVS	Recipe is on Page 2"	
item must	(1 item each)	(1 item each)	(1 item each)	(1 item each)		



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Curried Mango Chicken Salad (Chef Nancy's Recipe) Ingredients Serves 4 People - Mix all ingredients together and keep refrigerated for at least 2 hours - 1 Lb Cooked Diced Chicken - 1/2 Cup Mango Chutney (can be before serving. It would taste even better the next day. Breast (canned chicken works substituted with apricot preserves) - Serve as a salad alone or with pita bread/pita chips. - 1 TBLS Sugar great too) - Serve as a sandwich, using the salad as a filling. - 1/8 Cup Finely Diced Red Onion - 1 TSP Salt - To make a hot pasta dish, cook the pasta and stir in the mixed mango - 1 TSP Curry Powder (let sit for - 3/4 Cup Frozen Green Peas, chicken salad. Heat till hot and serve immediately. Thawed an hour or two before adding - 1/8 Cup Mayo more) - 1 TSP Cayenne Pepper (may - 1/8 Cup Sour Cream To all the tasty hands out there... Cheers! use more if you like spicy)

Menu Info					
A					Friday, October 1, 2021
Week V					Hot Breakfast
Breakfast					Chicken Sausage Egg Kolache (2 items)
Three items					100% 4.23 oz Fruit Juice (1 item)
meet USDA Requirements (One item must					Choice Milk & Second Fruit OVS (1 item each)
be fruit)					Chef's Choice May be Offered Daily
	Monday, October 4, 2021	Tuesday, October 5, 2021	Wednesday, October 6, 2021	Thursday, October 7, 2021	Friday, October 8, 2021
Week VI	Assorted 1.5 oz Breakfast Brekkie (1 item)	WG Glazed Honey Bun (2 items)	2 oz Assorted Muffin (1 item)	Assorted Stuffed Cream Cheese Bagel (2 items)	Hot Breakfast
Breakfast	*String Cheese (1 item) Must add to bag*		Power Protein & Fruit Pack (2 items)		Waffles & Syrup (2 items)
Three items	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
meet USDA Requirements (One item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
be fruit)			Chef's Choice May be Offered Daily	•	8.
	Monday, October 11, 2021	Tuesday, October 12, 2021			
Week I	Betty Crocker Oatmeal Bar (1 item)	Make your own Parfait Toataly Oat Cup (1 item)			
Breakfast	*String Cheese (1 item) Must add to bag*	* Fruited Yogurt (1 item) Must add to bag*			
Three items	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)			
meet USDA Requirements One item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)			
be fruit)	Chef's Choice May	r be Offered Daily	1.07		



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	Age Group : K-12		Meal : Breakfast	Meal Pattern : NSLP / St	leal Pattern : NSLP / SSO	
	CKC Chef Spotlight - CEO & Chef Nan "My, What Tasty	cy Close Hands You Have*	Wednesday, September 1, 2021	Thursday, September 2, 2021	Friday, September 3, 2021	
Week I	of Afghanistan. Oh, what an amaz	d raised in Kabul, the capital city ting and funny storyteller he was! ng so hard during his story telling, tory out.	Mini Cinnis (2 items)	WG Apple Filled Donut (2 items)	Assorted Cereal Bar (1 item)	
Three items neet USDA equirements ne item must	One of the things, I loved hearing my dad say was, "My, what tasty hands you have". He was an outstanding chef. He could pretty much make 'sticks and stone' soup and it would be delicious to the last drop. I have always loved to cook for my dad, watch him take that first taste and tell me what tasty hands I have. He was very honest and I loved getting that treasured compliment. One of my recipes, which my dad loved, is a Curried Mango Chicken Salad.		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Power Protein & Fruit Pack (2 item Choice Milk & Second Fruit OVS (1 item each)	
be fruit)	It is simple and delicious and can Chef Nancy			Chef's Choice May be Offered Dail	y	
	Monday, September 6, 2021	Tuesday, September 7, 2021	Wednesday, September 8, 2021	Thursday, September 9, 2021	Friday, September 10, 2021	
Veek II	Assorted WG Poptart (1 Item)	2 oz Assorted Mini Muffin (1 item)	Betty Crocker Oatmeal Bar (1 item)	WG Glazed Honey Bun (2 items)	Hot Breakfast	
eakfast	*String Cheese (1 item) Must add to bag*	*Fruited Yogurt Cup (1 item) Must add to bag*	Power Protein & Fruit Pack (2 items)		Maple Waffle Chicken Sandwich (: items)	
hree items	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
neet USDA equirements ne item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	
be fruit)			Chel's Choice May be Offered Daily			
1	Monday, September 13, 2021	Tuesday, September 14, 2021	Wednesday, September 15, 2021	Thursday, September 16, 2021	Friday, September 17, 2021	
/eek III eakfast	2 oz Assorted Breakfast Bread (1 item) *String Cheese (1 item) Must add to bag*	Maple Snackin Waffle (2 Items)	BC Cinnamon Roll (2 items)	Make your own Parfait Toataly Oat Cup (1 item) Fruited Yogurt (1 item) Must add to bag*	Hot Breakfast Chicken Sausage Kolache (2 items	
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
nree items eet USDA quirements e item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	
be fruit)			Chel's Choice May be Offered Daily			
	Monday, September 20, 2021	Tuesday, September 21, 2021	Wednesday, September 22, 2021	Thursday, September 23, 2021	Friday, September 24, 2021	
/eek IV	Handmade Strawberry Boli (2 items)	Assorted 1.5 oz Brekkie (1 item)	2 oz Assorted Breakfast Bread (1 Item)	Fruit Filled Frudel (2 items)	Hot Breakfast	
eakfast		Power Protein & Fruit Pack (2 items)	*Fruited Yogurt Cup (1 item) Must add to bag*		Breakfast Pizza (2 items)	
ree items	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
eet USDA quirements e item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	
be fruit)			Chef's Choice May be Offered Daily			
	Monday, September 27, 2021	Tuesday, September 28, 2021	Wednesday, September 29, 2021	Thursday, September 30, 2021		
Veek V	Make your own Parfait Toataly Oat Cup (1 item)	Nature Valley Crisps (1 item)	Assorted WG Poptart (1 Item)	Mini Cinnis (2 items)		
eakfast	* Fruited Yogurt (1 item) Must add to bag*	*String Cheese (1 item) Must add to bag*	*String Cheese (1 item) Must add to bag*			
MATERIAL	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	" Chef Nancy's 'Curried Mango Chicken Salad' Recipe is on Page 2"	
hree items		ı .			recipe is on Fage 2	
nree items leet USDA quirements e item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)		



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Curried Mango Chicken Salad (Chef Nancy's Recipe) Ingredients Serves 4 People - Mix all ingredients together and keep refrigerated for at least 2 hours - 1 Lb Cooked Diced Chicken - 1/2 Cup Mango Chutney (can be before serving. It would taste even better the next day. Breast (canned chicken works substituted with apricot preserves) - Serve as a salad alone or with pita bread/pita chips. great too) - 1 TBLS Sugar - Serve as a sandwich, using the salad as a filling. - 1/8 Cup Finely Diced Red Onion - 1 TSP Salt - To make a hot pasta dish, cook the pasta and stir in the mixed mango - 3/4 Cup Frozen Green Peas, - 1 TSP Curry Powder (let sit for chicken salad. Heat till hot and serve immediately. Thawed an hour or two before adding - 1/8 Cup Mayo - 1/8 Cup Sour Cream - 1 TSP Cayenne Pepper (may To all the tasty hands out there... Cheers! use more if you like spicy)

Menu Info	October 2021 Menu (Subject to Change)					
490					Friday, October 1, 2021	
Week V					Hot Breakfast	
Breakfast					Chicken Sausage Egg Kolache (2 items)	
Three items					100% 4.23 oz Fruit Juice (1 item)	
meet USDA Requirements (One item must					Choice Milk & Second Fruit OVS (1 item each)	
be fruit)					Chef's Choice May be Offered Daily	
1.	Monday, October 4, 2021	Tuesday, October 5, 2021	Wednesday, October 6, 2021	Thursday, October 7, 2021	Friday, October 8, 2021	
Week VI	Assorted 1.5 oz Breakfast Brekkie (1 item)	WG Glazed Honey Bun (2 items)	2 oz Assorted Muffin (1 item)	Assorted Stuffed Cream Cheese Bagel (2 items)	Hot Breakfast	
Breakfast	*String Cheese (1 item) Must add to bag*		Power Protein & Fruit Pack (2 items)		Waffles & Syrup (2 items)	
Three items	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
meet USDA Requirements (One item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	
be fruit)			Chef's Choice May be Offered Daily			
A. C.	Monday, October 11, 2021	Tuesday, October 12, 2021				
Week I	Betty Crocker Oatmeal Bar (1 item)	Make your own Parfait Toataly Oat Cup (1 item)				
Breakfast	*String Cheese (1 item) Must add to bag*	* Fruited Yogurt (1 item) Must add to bag*				
Three items	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)				
meet USDA Requirements (One item must	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)				
be fruit)	Chef's Choice May	be Offered Daily				



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Menu Info	Age Group : Childcare (Ages 3-5)		Steamed Veggies Meal : Lunch	Options Provided : Hot, Hot Vegetar Meal Pattern : Preschool	rian, Cold & Cold Vegetarian Meals
	CKC Chef Spotlight - CEO & Chef Nand	cy Close Hands You Have"	Wednesday, September 1, 2021	Thursday, September 2, 2021	Friday, September 3, 2021
Week I		l raised in Kabul, the capital city ing and funny storyteller he was! ng so hard during his story telling,	Orange Chicken Steamed Rice	Brunch Lunch Buttermilk Pancake & Syrup	Teriyaki Grilled Chicken WG Dinner Roll
Hot Meal	One of the things, I loved hearing my dad say was, "My, what tasty hands you have". He was an outstanding chef. He could pretty much make 'sticks and stone' soup and it would be delicious to the last drop. I have always loved to cook for my dad, watch him		Steamed Sweet Peas Fruit of the Day	Sausage Patties Cucumber Slices & Dip Fruit of the Day	Steamed Green Beans Fruit of the Day
Hot Veg	take that first taste and tell me w very honest and I loved getting the my recipes, which my dad loved, is	at treasured compliment. One of a Curried Mango Chicken Salad.	Wild Mikes Cheese Bites	Bean & Cheese Burrito	Sweet & Sour Veggle Nuggets
Cold	It is simple and delicious and can b Chef Nancy	oe served many ways! " -	Chicken Caesar Wrap	Chicken & Cheese Torta Sandwich	Banh Mi Chicken Sandwich w/Sauce
4.	Monday, September 6, 2021	Tuesday, September 7, 2021	Wednesday, September 8, 2021	Thursday, September 9, 2021	Friday, September 10, 2021
Week II	BBQ Meatballs	Wild Mikes Cheese Bites	Soft Shell Beef Taco	Tater Tots Casserole	Pizza Quesadilla
	Corn Muffin	Italian Dippin Sauce	WG Tortilla, Seasoned Beef & Cheese	Tater Tots served over hot dish	Crisp Broccoli
Hot Meal	CKC Baked Beans	Cucumber Slices & Dip	Garden Salad & Dressing	Dinner Roll	Fruit of the Day
Tiot Wear	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	
Hot Veg	BBQ Garden Burger	Cheesy Pull Apart Bread	Veggie Lasagna Roll	Pancake & Syrup w/ Yogurt Cup & Cheese Stick	Cheese Quesadilla
Cold	Wowbutter & Jelly Sandwich	Sesame Chicken Bun	Turkey & Cheese Wrap w/Mayo	CKC Crazy Good Chicken Bun	Asian Chicken Sticky Bun
AFFINI	Monday, September 13, 2021	Tuesday, September 14, 2021	Wednesday, September 15, 2021	Thursday, September 16, 2021	Friday, September 17, 2021
Week III	Meatball Mac & Cheese	Hamburger w/ Ketchup	Italian Dunkers	Mongolian Meatballs	Chicken Tenders & Ketchup
	Steamed Peas	Beef Patty, WG Bun & Ketchup	Dippin' Sauce	WG Roll	Cucumbers & Dip
	Fruit of the Day	Crisp Salad & Dressing	Steamed Green Beans	Steamed Carrots	Fruit of the Day
Hot Meal		Fruit of the Day	Fruit of the Day	Fruit of the Day	
Hot Veg	Bean & Cheese Burrito	Veggie Burger	Egg Fried Rice	Veggie Lasagna Roll	Teriyaki Veggie Nuggets & Cinnamon Goldfish
Cold	Chicken & Cheese Torta Sandwich	Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken on Sandwich w/Sauce	Chicken & Cheddar Wrap	Teriyaki Chicken Bun
4.	Monday, September 20, 2021	Tuesday, September 21, 2021	Wednesday, September 22, 2021	Thursday, September 23, 2021	Friday, September 24, 2021
Week IV	Old Fashioned Sloppy Joe	Chicken Taco	Swedish Salisbury Steak	Premium Chicken Nuggets	French Toast Sticks
	Whole Grain Bun	WG Tortilla, Chicken & Cheese	Cucumber Slices & Dip	Ketchup	Syrup
Hot Meal	Steamed Mixed Veggies	Cheesy Refried Beans	Whole Grain Bakery Roll	Steamed Green Beans	Fruity Yogurt Cup
THOU WIGHT	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Garden Salad & Dressing Fruit of the Day
Hot Veg	Pizza Crunchers & Italian Dip	Colby Cheese Omelet & WG Muffin	Cheese Bosco Sticks w/ Marinara Sauce	French Toast Sticks w/ Syrup & Yogurt	Grilled Cheese Sandwich
Cold	Turkey Bun w/Mayo	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap	Sesame Chicken Bun	Chicken & Cheese Torta Sandwich
Cold	Monday, September 27, 2021	Tuesday, September 28, 2021	Wednesday, September 29, 2021	Thursday, September 30, 2021	Chickert & Cheese For ta Sandwich
Week V	Golden Chicken Patty Sandwich	Brunch Lunch	Sweet & Sour Chicken	Creamy Swedish Meatballs	
WEEK V	Strands Will be strang with the strange	Managar and Arrive	Wheat Dinner Roll	200 march 1 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	
METER	WG Bakery Bun & Ketchup	Waffle & Syrup	90.03 two occutations and 3 as a motor	Dinner Roll	
Hot Meal	Steamed Mixed Vegetable	Turkey Sausage Patty	Steamed Green Beans	Crisp Salad & Dressing	" Chef Nancy's 'Curried
	Fruit of the Day	Crisp Broccoli & Ranch Dip Fruit of the Day	Fruit of the Day	Fruit of the Day	Mango Chicken Salad' Recipe is on Page 2"
Hot Veg	Mozzarella Veggie Burger	Wild Mikes Cheese Bites	Creamy Mac & Cheese	Waffles w/Syrup & Yogurt Cup & Chz Stick	
Cold	Roast Turkey on Wheat Bread	Asian Chicken Sticky Bun	Chicken Ceasar Wrap	CKC Crazy Good Chicken Bun	
		Hot Veg and Cold	d meals are served with vegetables a	nd fruit of the day	
		Cold Vegetarian m	eals (Served with Veggie & Fruit of th	e Day)	
7	Monday	Tuesday	Wednesday	Thursday	Friday
Cold Veg Weeks I, III, V	Cheese Bun	Yogurt Cup, Cheese Stick & Muffin	WG Bagel & Wow Butter Cup Cheese Stick	Cheese Sandwich on Wheat Bread	Yogurt Cup, Cheese Stick & Cinnamon Goldfish
Cold Veg Weeks II, IV, VI	Stuffed Cream Chz Bagel, Yogurt & Cheese Cubes	WG Tortilla w/ Cheese Cup, String Cheese	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Egg Salad & Dinner Roll



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4		Curried Mango Chicken Salad	(Cite Halley & Necipe)
	Ingredients - 1 Lb Cooked Diced Chicken Breast (canned chicken works great too) - 1/8 Cup Finely Diced Red Onion - 3/4 Cup Frozen Green Peas, Thawed - 1/8 Cup Mayo	substituted with apricot preserves) - 1 TBLS Sugar - 1 TSP Salt	 Mix all ingredients together and keep refrigerated for at least 2 hours before serving. It would taste even better the next day. Serve as a salad alone or with pita bread/pita chips. Serve as a sandwich, using the salad as a filling. To make a hot pasta dish, cook the pasta and stir in the mixed mango chicken salad. Heat till hot and serve immediately.
	- 1/8 Cup Sour Cream	- 1 TSP Cayenne Pepper (may use more if you like spicy)	To all the tasty hands out thereCheers!

Menu Info	October 2021 Menu (Subject to Change)					
4.00					Friday, October 1, 2021	
Week V					Bosco Stuffed Breadstick Italian Dip Cucumbers & Dip	
Hot Meal					Fruit of the Day	
Hot Veg					Cheese Quesadilla	
Cold					Chicken & Cheese Torta Sandwich	
Allega	Monday, October 4, 2021	Tuesday, October 5, 2021	Wednesday, October 6, 2021	Thursday, October 7, 2021	Friday, October 8, 2021	
Week VI	Popcorn Chicken	Brunch Lunch	Mac & Cheese	All Beef Hamburger	Cheese Quesadilla	
	Ranch Dip	French Toast Sticks & Syrup	Fresh Bakery Roll	WG Bun & Ketchup	Steamed Green Beans	
	Dinner Roll	Yogurt Cup	Garden Salad & Dressing	Cucumber Slices & Dip	Fruit of the Day	
Hot Meal	Steamed Mixed Veggies	Tater Tots w/Ketchup	Fruit of the Day	Fruit of the Day		
	Fruit of the Day	Fruit of the Day				
Hot Veg	Pizza Crunchers & Italian Dip	Veggie TexMex Wrap	Garden Cheeseburger	Cheese Quesadilla	Swedish Veggie Patty w/ Wg Roll	
Cold	Turkey Bun w/Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap	Asian Chicken Sticky Bun	Teriyaki Chicken Bun	
AND	Monday, October 11, 2021	Tuesday, October 12, 2021				
Week I	Premium Chicken Tenders	Meatball Sub				
	Ketchup	Whole Grain Hot Dog Bun				
11-4 141	CKC Baked Beans	Crisp Dinner Salad & Dressing				
Hot Meal	Fruit of the Day	Fruit of the Day				
Hot Veg	Louisiana Veggie Burger	Grilled Cheese Sandwich				
Cold	Turkey Bun w/Mayo	Honey Mustard Chicken on WG Bun				



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	CKC Chef Spotlight - CEO & Chef Nanc "My, What Tasty	cy Close Hands You Have"	Wednesday, September 1, 2021	Thursday, September 2, 2021	Friday, September 3, 2021
Week I	" My dad was born and of Afghanistan. Oh, what an amaz Many a times, he would be laughir		Chicken Drummy	Golden Chicken Patty Sandwich	Pizza Crunchers w/Italian Dip
	it would took forever to get the s		Asian Pepper Sauce	Ketchup	Baby Carrots
Hot Meal	One of the things, I love what tasty hands you have". He w pretty much make 'sticks and stor		Brown Rice	Crunchy Cheetos	Fruit of the Day
	to the last drop. I have always lov take that first taste and tell me w	vhat tasty hands I have. He was	Broccoli & Dip	Baked Beans & Baby Carrots	
	very honest and I loved getting the my recipes, which my dad loved, is	a Curried Mango Chicken Salad.	Fruit of the Day	Fruit of the Day	
Cold Meal	It is simple and delicious and can b Chef Nancy	be served many ways!	Chicken Caesar Wrap	Chicken & Cheese Torta Sandwich	Banh Mi Chicken Sandwich w/Sauce
	Monday, September 6, 2021	Tuesday, September 7, 2021	Wednesday, September 8, 2021	Thursday, September 9, 2021	Friday, September 10, 2021
Week II	Boneless Wings w/Sriracha BBQ	Old Fashoned Hamburger	Sesame Chicken Bowl	Hmong Sausage	Mini Turkey Pancake Wraps w/Syru
	Cool Ranch Doritos	Shred Lettuce & Ketchup	Seasoned Rice	Steamed Rice	Crisp Salad & Dressing
Hot Meal	Steamed Corn	Nacho Cheese Doritos	Chilled Marinated Asian Broccoli	Baby Carrots	Fruit of the Day
	Fruit of the Day	CKC Baked Beans	Fruit of the Day	Fruit of the Day	
	WG Roll	Fruit of the Day			
old Meal	Wowbutter & Jelly Sandwich	Sesame Chicken Bun	Turkey & Cheese Wrap	CKC Crazy Good Chicken Bun	Asian Chicken Sticky Bun
	Monday, September 13, 2021	Tuesday, September 14, 2021	Wednesday, September 15, 2021	Thursday, September 16, 2021	Friday, September 17, 2021
Week III	Soft Shell Beef Taco	Asian Chicken Leg w/Pepper Sauce	Brunch Lunch	Pho	Italian Calzone
	Shredded Cheese & Lettuce	Seasoned Brown Rice	French Toast Sticks w/Syrup	Sriracha & Dinner Roll	Baby Carrots
Hot Meal	Cheesy Refried Beans	Cucumber Slices w/Dip	Crispy Cubes & Ketchup	Steamed Broccoli	Fruit of the Day
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	
	Giant Goldfish				
old Meal	Chicken & Cheese Torta Sandwich	Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken Sandwich w/Sauce	Chicken & Cheddar Wrap	Teriyaki Chicken Bun
	Monday, September 20, 2021	Tuesday, September 21, 2021	Wednesday, September 22, 2021	Thursday, September 23, 2021	Friday, September 24, 2021
Week IV	Old Fashioned Cheeseburger	Orange Chicken	Chicken Fried Rice	Asian Meatballs (Mongolian)	Bosco Sticks w/Marinara
	Ketchup	Steamed Seasoned Rice	Steamed Peas	Steamed Rice	Baby Carrots
lot Meal	Cool Ranch Doritos	Asian Broccoli Slaw	Fruit of the Day	Crisp Salad & Dressing	Fruit of the Day
10t Wear	Baked Beans	Fruit of the Day	Fortune Cookie	Fruit of the Day	
	Fruit of the Day		Lemon Blueberry Crisps		
old Meal	Turkey Bun	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap, Cheetos	Sesame Chicken Bun	Chicken & Cheese Torta Sandwich
	Monday, September 27, 2021	Tuesday, September 28, 2021	Wednesday, September 29, 2021	Thursday, September 30, 2021	
Week V	Golden Chicken Nuggets w/ Ketchup	Meatball Sub	Crispy Louisiana Chicken Sandwich	Beef Pho	
	Nacho Cheese Doritos	Goldfish Pretzels	WG Bun, New Orleans Sauce & Pickles	Sriracha	
les see	Baked Beans	Sliced Cucumbers & Dip	Steamed Sweet Peas	Dinner Roll	" Chef Nancy's 'Curried
lot Meal	Fruit of the Day	Fruit of the Day	Fruit of the Day	Spinach Salad & Dressing	Mango Chicken Salad' Recipe is on Page 2"
			Scooby Snacks	Fruit of the Day	
			Scooly Stracks	Trait of the bay	





Curried Mango Chicken Salad (Chef Nancy's Recipe) Ingredients Serves 4 People - Mix all ingredients together and keep refrigerated for at least 2 hours - 1 Lb Cooked Diced Chicken - 1/2 Cup Mango Chutney (can be before serving. It would taste even better the next day. Breast (canned chicken works substituted with apricot preserves) - Serve as a salad alone or with pita bread/pita chips. - 1 TBLS Sugar great too) - Serve as a sandwich, using the salad as a filling. - 1/8 Cup Finely Diced Red Onion - 1 TSP Salt - To make a hot pasta dish, cook the pasta and stir in the mixed mango - 3/4 Cup Frozen Green Peas, - 1 TSP Curry Powder (let sit for chicken salad. Heat till hot and serve immediately. an hour or two before adding Thawed - 1/8 Cup Mayo - 1/8 Cup Sour Cream - 1 TSP Cayenne Pepper (may To all the tasty hands out there... Cheers! use more if you like spicy)

Menu Info		Octol	ber 2021 Menu (Subject to Cha	ange)	
46.2					Friday, October 1, 2021
Week V					Wild Mikes Cheese Bites w/Marinara
					Baby Carrots
Hot Meal					Fruit of the Day
Tiot Wicai					
Cold Meal					Chicken & Cheese Torta Sandwich
Aller	Monday, October 4, 2021	Tuesday, October 5, 2021	Wednesday, October 6, 2021	Thursday, October 7, 2021	Friday, October 8, 2021
Week VI	Chicken Tenders	Sweet & Sour Chicken	Golden Corndog	Hmong Sausage w/Pepper Sauce	Buffalo Chicken Hot Pocket
	Ketchup	Steamed Rice	Ketchup	Seasoned Rice	Baby Carrots
	Sweet Chili Doritos	Sliced Cucumbers & Dip	Steamed Corn	Spinach Salad & Dressing	Fruit of the Day
Hot Meal	Baked Beans & Shred Lettuce	Fortune Cookie	Elf Grahams	Fruit of the Day	
	Fruit of the Day	Fruit of the Day	Fruit of the Day		
Cold Meal	Turkey Bun w/ Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap w/ Mayo	Asian Chicken Sticky Bun	Teriyaki Chicken Bun
Allen	Monday, October 11, 2021	Tuesday, October 12, 2021			
Week I	Juicy Hot Dog	Asian Sesame Chicken Wrap			
	Hot Dog Bun & Ketchup	WG Tortilla, Breaded Chicken Bites			
	Oven Fries & Ketchup	Asian Slaw Mix			
Hot Meal	Vanilla Chat Snax	Baby Carrots			
	Fruit of the Day	Fruit of the Day			
Cold Meal	Turkey Bun	Honey Mustard Chicken on WG Bun			

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	Age Group : 9-12		Meal : Lunch Meal Pattern : SSO			
	CKC Chef Spotlight - CEO & Chef Nanc "My, What Tasty	The state of the s	Wednesday, September 1, 2021	Thursday, September 2, 2021	Friday, September 3, 2021	
Week I	" My dad was born and of Afghanistan. Oh, what an amazi	raised in Kabul, the capital city	Chicken Drummy	Golden Chicken Patty Sandwich	Pizza Crunchers w/Italian Dip	
	Many a times, he would be laughin it would took forever to get the st	g so hard during his story telling,	Asian Pepper Sauce	Ketchup	Baby Carrots & Dip	
	One of the things, I loved what tasty hands you have". He wo	I hearing my dad say was, "My, as an outstanding chef. He could	Brown Rice	Crunchy Cheetos	Fruit of the Day	
ot Meal	pretty much make 'sticks and ston to the last drop. I have always love take that first taste and tell me w	e' soup and it would be delicious ed to cook for my dad, watch him	Broccoli w/Dip & Fruit of the Day	Baked Beans & Baby Carrots	Scooby Grahams	
	very honest and I loved getting tha my recipes, which my dad loved, is	at treasured compliment. One of a Curried Mango Chicken Salad.	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	
old Meal	It is simple and delicious and can b Chef Nancy	e served many ways! " -	Chicken Caesar Wrap & Cool Ranch Doritos	Chicken & Cheese Torta Sandwich	Banh Mi Chicken Sandwich w/Sau	
	Monday, September 6, 2021	Tuesday, September 7, 2021	Wednesday, September 8, 2021	Thursday, September 9, 2021	Friday, September 10, 2021	
Veek II	Boneless Wings w/Sriracha BBQ	Old Fashoned Hamburger	Sesame Chicken Bowl	Hmong Sausage	Turkey Pancake Wrap w/Syrup	
	Cool Ranch Doritos	Shred Lettuce & Ketchup	Seasoned Rice	Steamed Rice	Crisp Salad & Dressing	
at Maal	Steamed Corn & Grape Tomatoes	Nacho Cheese Doritos	Chilled Marinated Asian Broccoli	Baby Carrots & Dip	Fruit of the Day	
ot Meal	Fruit of the Day	CKC Baked Beans & Fruit of the Day	Fruit of the Day	Fruit of the Day	100% Juice Box & Choice Milk	
	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk		
old Meal	Wowbutter & Jelly Sandwich	Sesame Chicken Bun	Turkey & Cheese Wrap w/Mayo & Elf Grahams	CKC Crazy Good Chicken Bun	Asian Chicken Sticky Bun	
	Monday, September 13, 2021	Tuesday, September 14, 2021	Wednesday, September 15, 2021	Thursday, September 16, 2021	Friday, September 17, 2021	
eek III	Soft Shell Beef Taco	Asian Chicken Leg w/Pepper Sauce	Brunch Lunch	Pho	Italian Calzone	
	Shredded Cheese & Lettuce	Seasoned Brown Rice	French Toast Sticks w/Syrup	Sriracha & Dinner Rolls	Baby Carrots	
ot Meal	Cheesy Refried Beans	Cucumber Slices w/Dip	Baby Carrots, Crispy Cubes & Ketchup	Steamed Broccoli	Fruit of the Day	
ot wear	Fruit of the Day & Giant Goldfish	Fruit of the Day	Fruit of the Day	Fruit of the Day	100% Juice Box & Choice Milk	
	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk		
old Meal	Chicken & Cheese Torta Sandwich	Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken Sandwich w/Sauce	Chicken & Cheddar Wrap & Elf Grahams	Teriyaki Chicken Bun	
	Monday, September 20, 2021	Tuesday, September 21, 2021	Wednesday, September 22, 2021	Thursday, September 23, 2021	Friday, September 24, 2021	
/eek IV	Old Fashioned Cheeseburger	Orange Chicken	Chicken Fried Rice	Asian Meatballs (Mongolian)	Bosco Sticks w/Marinara	
	Ketchup	Steamed Seasoned Rice	Steamed Peas	Steamed Rice	Baby Carrots	
ot Meal	Cool Ranch Doritos	Asian Broccoli Slaw	Fruit of the Day	Crisp Salad & Dressing	Fruit of the Day	
or wear	Carrot Slims, Baked Beans & Fruit of the Day	Fruit of the Day	Lemon Blueberry Crisps	Fruit of the Day	100% Juice Box & Choice Milk	
	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk		
old Meal	Turkey Bun	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap	Sesame Chicken Bun	Chicken & Cheese Torta Sandwic	
	Monday, September 27, 2021	Tuesday, September 28, 2021	Wednesday, September 29, 2021	Thursday, September 30, 2021		
Week V	Golden Chicken Nuggets w/ Ketchup	Meatball Sub	Crispy Louisiana Chicken Sandwich	Beef Pho		
	Nacho Cheese Doritos	Goldfish Pretzels	WG Bun, New Orleans Sauce & Pickles	Sriracha & Dinner Rolls		
ot Meal	Baked Beans & Grape Tomatoes	Sliced Cucumbers & Dip	Sun Chips & Steamed Sweet Peas	Mixed Salad & Dressing	" Chef Nancy's 'Curried Mango Chicken Salad'	
J. Modi	Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	Recipe is on Page 2"	
	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk		
	1 Production Statement and the Notice Advisor and the Colour Prints and the					



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Curried Mango Chicken Salad (Chef Nancy's Recipe) Serves 4 People Ingredients - Mix all ingredients together and keep refrigerated for at least 2 hours - 1 Lb Cooked Diced Chicken - 1/2 Cup Mango Chutney (can be before serving. It would taste even better the next day. Breast (canned chicken works substituted with apricot preserves) - Serve as a salad alone or with pita bread/pita chips. great too) - 1 TBLS Sugar - Serve as a sandwich, using the salad as a filling. - 1/8 Cup Finely Diced Red Onion - 1 TSP Salt - To make a hot pasta dish, cook the pasta and stir in the mixed mango - 3/4 Cup Frozen Green Peas, - 1 TSP Curry Powder (let sit for chicken salad. Heat till hot and serve immediately. an hour or two before adding Thawed - 1/8 Cup Mayo - 1/8 Cup Sour Cream - 1 TSP Cayenne Pepper (may To all the tasty hands out there... Cheers! use more if you like spicy)

Menu Info	THE REPORT OF THE PARTY OF THE	Octob	per 2021 Menu (Subject to Cha	ange)	
40.000					Friday, October 1, 2021
Week V					Wild Mikes Cheese Bites w/Marinara
18.14					Baby Carrots
					Fruit of the Day
Hot Meal					100% Juice Box & Choice Milk
Cold Meal					Chicken & Cheese Torta Sandwich
4.	Monday, October 4, 2021	Tuesday, October 5, 2021	Wednesday, October 6, 2021	Thursday, October 7, 2021	Friday, October 8, 2021
Week VI	Chicken Tenders	Sweet & Sour Chicken	Golden Corndog w/Ketchup	Hmong Sausage w/Pepper Sauce	Buffalo Chicken Hot Pocket
	Ketchup	Steamed Rice	Cool Ranch Doritos	Seasoned Rice	Elf Grahams
Hat Maal	Sweet Chili Doritos	Sliced Cucumbers & Dip	Steamed Corn	Mixed Greens Salad & Dressing	Baby Carrots & Dip
Hot Meal	Baby Carrots & Baked Beans	Fortune Cookie	Fruit of the Day	Fruit of the Day	Fruit of the Day
	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk
Cold Meal	Turkey Bun w/ Mayo	Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap w/ Mayo	Asian Chicken Sticky Bun	Teriyaki Chicken Bun
A Committee	Monday, October 11, 2021	Tuesday, October 12, 2021			
Week I	Juicy Hot Dog	Asian Sesame Chicken Wrap			
	Hot Dog Bun & Ketchup	WG Tortilla, Breaded Chicken Bites			
	Oven Fries & Ketchup	Asian Slaw Mix			
Hot Meal	Vanilla Chat Snax & Fruit of the Day	Baby Carrots & Fruit of the Day & Honey Grahams			
	100% Juice Box & Choice Milk	100% Juice Box & Choice Milk			
Cold Meal	Turkey Bun	Honey Mustard Chicken on WG Bun			