

Fresh, Healthy, Good Food
Every Day!



this institution is an equal opportunity provider

October 2018 Childcare #1 Pizza Eow Menu

Week 5	Monday, October 1, 2018	Tuesday, October 2, 2018	Wednesday, October 3, 2018	Thursday, October 4, 2018	Friday, October 5, 2018
Hot Lunch	Golden Chicken Patty Sandwich WG Bakery Bun & Ketchup Steamed Peas & Carrots Fruit of the Day	Beef Soft Taco Flour Tortilla, Seasoned Beef Shredded Cheese Cheesy Refried Beans Fruit of the Day	Sweet & Sour Chicken Dinner Roll Steamed Broccoli Fruit of the Day	Swedish Meatballs Dinner Roll Creamy Mashed Potatoes Fruit of the Day	Chicken Tenders Ketchup 5 Way Mixed Vegetables Fruit of the Day
Vegetarian Sandwich	Bean & Cheese Burrito Honey Mustard Chix & Lettuce Ciabatta or Chz Sand	Twisted Mozzarella Breadstick w/Marinara Turkey & Lettuce Sand or Chz Sand	Double Cheese Omelet Chicken (No Nut Pesto) & Lettuce Bun or Chz Sand	Macaroni & Cheese Egg Salad & Lettuce Bun or Chz Sand	Cheese Enchilada Citrus Chicken Salad w/Lettuce Bun or Chz Sand
Week 6	Monday, October 8, 2018	Tuesday, October 9, 2018	Wednesday, October 10, 2018	Thursday, October 11, 2018	Friday, October 12, 2018
Hot Lunch	Meatballs & Ketchup Dinner Roll Steamed Peas & Carrots Fruit of the Day	Mac & Cheese Steamed Broccoli Fruit of the Day	Brunch Lunch French Toast Sticks, Sausage & Syrup Potato Cubes Fruit of the Day	Beef Hamburger Ketchup Steamed Green Beans Fruit of the Day	Fresh Hot Delivered Pizza Steamed Mixed Vegetable Fruit of the Day
Vegetarian Sandwich	Cheese Bosco Stick & Italian Ranch Grilled Greek Chicken Bun or Chz Sand	Cheese Ravioli w/Red Sauce Mediterranean Egg Salad & Lettuce Bun or Chz Sand	Veggie Cheeseburger Sesame Chicken & Lettuce on Ciabatta or Chz Sand	French Toast Sticks (5) & Syrup Chicken Chutney Salad & Lettuce Sandwich or Chz Sand	Cheese Pizza Lime Chicken w/Lettuce Bun or Chz Sand
Week 1	Monday, October 15, 2018	Tuesday, October 16, 2018	Wednesday, October 17, 2018	Thursday, October 18, 2018	Friday, October 19, 2018
Hot Lunch	Chicken Tenders Ketchup Mixed Veggies Fruit of the Day	Queso Meatballs Diced Tomatoes & Steamed Rice Cheesy Refried Beans Fruit of the Day	BBQ Chicken Soft Dinner Roll Steamed Peas & Carrots Fruit of the Day	Brunch Lunch Pancake & Sausage Patties Crispy Cubes & Ketchup Fruit of the Day	Spaghetti & Meatsauce Shredded Cheese Steamed Green Beans Fruit of the Day
Vegetarian Sandwich	Double Cheese Omelet Turkey & Lettuce Sand or Chz Sand	Cheese Enchilada Egg Salad & Lettuce Bun or Chz Sand	Veggie Burger Grilled Curry Chicken & Lettuce on Ciabatta or Chz Sand	Bean & Cheese Burrito Chicken Craisin & Lettuce Sandwich or Chz Sand	Macaroni & Cheese Grilled Herb Chicken Bun or Chz Sand
Week 2	Monday, October 22, 2018	Tuesday, October 23, 2018	Wednesday, October 24, 2018	Thursday, October 25, 2018	Friday, October 26, 2018
Hot Lunch	Giant Premium Chicken Nuggets Ketchup Steamed Mixed Veggies Fruit of the Day	Stuffed Cheese Bread Italian Dippin Sauce Steamed Peas & Carrots Fruit of the Day	Cheesburger WG Bun & Ketchup Steamed California Normandy Fruit of the Day	Swedish Salisbury Steak Serve with Creamy Mashed Potatoes Fresh Bakery Roll Fruit of the Day	Fresh Hot Delivered Pizza Steamed Green Beans Fruit of the Day
Vegetarian Sandwich	Pancakes & Syrup w/Veggie Sausage Chicken (No Nut Pesto) & Lettuce Bun or Chz Sand	Cheese Quesadilla Honey Mustard Chicken & Lettuce Ciabatta or Chz Sand	French Toast Sticks (5) & Syrup Turkey & Lettuce Sand or Chz Sand	The Max Cheese Stick & Italian Ranch Citrus Chicken Salad w/Lettuce Bun or Chz Sand	Cheese Pizza Egg Salad & Lettuce Bun or Chz Sand
Week 3	Monday, October 29, 2018	Tuesday, October 30, 2018	Wednesday, October 31, 2018	Thursday, November 1, 2018	Friday, November 2, 2018
Hot Lunch	Brunch Lunch Waffle, Sausage & Syrup Crispy Cubes Fruit of the Day	Meatballs & Gravy Dinner Roll Steamed California Normandy Fruit of the Day	Orange Chicken Steamed Rice Steamed Peas Fruit of the Day		
Vegetarian Sandwich	Cheese Enchilada Sesame Chicken & Lettuce on Ciabatta or Chz Sand	Egg Fried Rice Chicken Chutney Salad & Lettuce Sandwich or Chz Sand	Garlic Twisted Mozzarella Stuffed Breadstick Mediterranean Egg Salad & Lettuce Bun or Chz Sand		

Menu is subject to infrequent change

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

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