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CKC Good Food

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# NOVEMBER 2026

TASTY | HEALTHY | FUN | VARIETY | BALANCED

Name of the menu : North Metro Flex Academy Lunch Menu

Grade : K-8 Grades | Meal Pattern : NSLP | Meal : Lunch

| | Monday, 11/2/2026 | Tuesday, 11/3/2026 | Wednesday, 11/4/2026 | Thursday, 11/5/2026 | Friday, 11/6/2026 |
|---|---|---|---|---|---|
| Week I HOT MEAL | **Chicken Patty Sandwich**<br>WG Bun & Ketchup<br>Baked Beans & Fresh Cut Celery<br>Crisp Apple Wedges & Choice Milk<br>**Hooray! Special Chips Day!**<br>**Cool Ranch Doritos** | **Waffles & Chicken Sausage**<br>Maple Waffles w/ Syrup<br>Chicken Sausage Patty<br>Carrot Slims w/ Dip<br>Fruit Cup & Choice Milk | **Hot Italian Beef Meatball Sub**<br>Marinara Meatballs, WG Sub, Mozzarella Cheese (Served Separately)<br>Potato Wedges w/ Ketchup<br>Sliced Cucumbers<br>Banana & Choice Milk | **Sweet & Sour Chicken**<br>Steamed Seasoned Rice<br>Crisp Broccoli w/Dip<br>Mixed Fruit Cup<br>Choice Milk | **Fresh Hot Delivered Pizza**<br>Mixed Salad & Dressing<br>(Romaine, LCR & Dressing)<br>Fresh Orange Wedges<br>Choice Milk |
| | Monday, 11/9/2026 | Tuesday, 11/10/2026 | Wednesday, 11/11/2026 | Thursday, 11/12/2026 | Friday, 11/13/2026 |
| Week II HOT MEAL | **PopMax Chicken & Creamy Cheesy Hashbrowns**<br>Popcorn Chicken w/ Ketchup<br>Creamy Cheesy Hashbrowns<br>Celery Sticks w/Dip<br>WG Roll, Crisp Apple Wedges & Choice Milk | **Classic Hamburger**<br>WG Bun , Pickles & Ketchup<br>Potato Smiles<br>Carrot Slims w/ Dip<br>Fruit Cup & Choice Milk | **Creamy Mac & Cheese**<br>Sliced Cucumbers, Baby Carrots & Dip<br>Banana<br>Choice Milk<br>**Woohoo! Special Treat Day!**<br>**Brownie Chocolate Chip Cookie** | **Pulled Chicken Taco**<br>Seasoned Pulled Chicken Taco served with WG Tortilla, Shred Lettuce, Shred Cheddar Cheese & Crema<br>Cheesy Refried Beans<br>Mixed Fruit Cup & Choice Milk | **Fresh Hot Delivered Pizza**<br>Mixed Green Salad w/Dressing<br>Fresh Orange Wedges<br>Choice Milk |
| | Monday, 11/16/2026 | Tuesday, 11/17/2026 | Wednesday, 11/18/2026 | Thursday, 11/19/2026 | Friday, 11/20/2026 |
| Week III HOT MEALS | **Brunch Lunch**<br>Buttermilk Pancakes w/ Syrup<br>Colby Cheese Omelet<br>Baby Carrots & Dip<br>Crisp Apple Wedges & Choice Milk | **Crispy Chicken Tenders**<br>Ketchup<br>WG Roll<br>Baked Beans & Celery Sticks<br>Fruit Cup & Choice Milk | **Glazed Beef Meatballs**<br>Steamed Rice<br>Garden Salad w/ Dressing<br>Banana<br>Choice Milk | **Roasted Chicken Drumstick**<br>WG Roll<br>Mashed Potatoes & Cucumbers<br>Mixed Fruit Cup & Choice Milk<br>**Yahoo! Special Chips Day!**<br>**Baked Cheetos** | **Fresh Hot Delivered Pizza**<br>Eaz-Bite Veggie Medley w/ Ranch<br>(Carrots & Sugar Peas)<br>Fresh Orange Wedges<br>Choice Milk |
| | Monday, 11/23/2026 | Tuesday, 11/24/2026 | Wednesday, 11/25/2026 | Thursday, 11/26/2026 | Friday, 11/27/2026 |
| Week IV HOT MEALS | **Battered Corn Dog**<br>WG Chicken Corn Dog served with Ketchup<br>Baked Beans<br>Crisp Celery, Crisp Apple Wedges & Choice Milk<br>**Hooray! Special Chips Day!**<br>**Cool Ranch Doritos** | **Twin Faves Day**<br>**Chicken Nuggets w/ Ketchup**<br>**Mac & Cheese**<br>Baby Carrots, Sugar Snap Peas w/Dip<br>Fruit Cup & Choice Milk | **Zeus Frito Crunch**<br>Greek Style Seasoned Beef, Fritos, Tzatziki Sauce<br>Steamed Corn<br>Shred Lettuce<br>Banana & Choice Milk | **Mandarin Orange Chicken Bowl**<br>Steamed Rice<br>Sliced Cucumbers & Carrot Slims<br>Mixed Fruit Cup<br>Choice Milk | **Fresh Hot Delivered Pizza**<br>Caesar Salad<br>(Romaine, Shred Carrots, Croutons, Cheese & Caesar Dressing)<br>Fresh Orange Wedges<br>Choice Milk |
| | Monday, 11/30/2026 | | | | |
| Week V HOT MEALS | **Big Bite Pop-Chicken & Mashed Potatoes**<br>Popcorn Chicken w/ Ketchup<br>Mashed Potatoes<br>Celery Sticks w/ Dip & WG Roll<br>Crisp Apple Wedges & Choice Milk | | | | |

Assorted Fluid Milk / Fluid Milk Substitute Choices offered.

This menu is pork-free.

This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek at the upcoming menu plan.

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Menu is subject to infrequent changes

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## WHAT GOES INTO OUR MENUS?

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

All rice dishes /rice products are made of whole grain brown rice.

All juices listed in the menu are 100% full-strength fruit Juice.

(Menu Subject to Change)

# DECEMBER 2026

| | TASTY | HEALTHY | FUN | VARIETY | BALANCED |
|---|---|---|---|---|---|
| | | Tuesday, 12/1/2026 | Wednesday, 12/2/2026 | Thursday, 12/3/2026 | Friday, 12/4/2026 |
| Week V HOT MEAL | | **Cheeseburger**<br>Bun, Chz Slice & Ketchup<br>Baked Beans<br>Sugar Snap Peas<br>Fruit Cup & Choice Milk | **Chicken Tenders w/ Mix & Match Sauce**<br>Ketchup, Fry-Yay Sauce<br>Baby Carrots w/Dip<br>Banana & WG Roll<br>Choice Milk | **Asian Chicken Dumplings**<br>Momo Sauce<br>Crisp Broccoli w/ Dip<br>Mixed Fruit Cup<br>Choice Milk | **Fresh Hot Delivered Pizza**<br>Sliced Cucumbers & Dip<br>Fresh Orange Wedges<br>Choice Milk<br>**Yahoo! Special Chips Day!**<br>**Nacho Cheese Doritos** |
| | Monday, 12/7/2026 | Tuesday, 12/8/2026 | Wednesday, 12/9/2026 | Thursday, 12/10/2026 | Friday, 12/11/2026 |
| Week VI HOT MEAL | **Premium Chicken Nuggets**<br>Ketchup<br>Tater Tots w/ Ketchup<br>Sugar Snap Peas & WG Roll<br>Crisp Apple Wedges & Choice Milk | **All Beef Hot Dog**<br>Served with Ketchup<br>Baby Carrots w/ Dip<br>Fruit Cup & Choice Milk<br>**Yahoo! Special Treat Day!**<br>**Confetti Cookie** | **Brunch Lunch**<br>French Toast Sticks w/ Syrup<br>Cucumber Slices w/ Dip<br>Banana<br>Choice Milk | **Walking Taco**<br>Nacho Doritos, Seasoned Beef Taco<br>Fill with Shred Lettuce, Shred Cheddar Cheese & Mild Salsa<br>Cheesy Refried Beans<br>Mixed Fruit Cup & Choice Milk | **Fresh Hot Delivered Pizza**<br>Paired with Chopped Italian Salad<br>(Romaine, Shred Carrots & Grape Tomatoes with Italian Dressing)<br>Fresh Orange Wedges<br>Choice Milk |

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