

| Menu Name : North Metro Flex K-8 Grades Lunch Menu | | | | | | | | | | | | |
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| Grade Level / Age Group : K-8 Grades | | Meal Pattern : NSLP | | Meal : Lunch | | | | | | | | |
| OCTOBER - 2024 | | | | | | | | | | | | |
| Hot Meals | October is 'Farm-To-School' Month | | Tuesday, October 1, 2024 BBQ Meatballs© Mashed Potatoes Chilled Fruit Cocktail Birthday Cake Grahams Choice Milk | Wednesday, October 2, 2024 Asian Chow Mein Bowl Whole Grain Chow Mein Noodles with Asian Sesame Chicken Sliced Cucumbers & Dip Banana Choice Milk | Thursday, October 3, 2024 Premium Chicken Patty Sandwich WG Bun & Ketchup CKC Baked Beans Celery Sticks & Dip Fresh Orange & Choice Milk | Friday, October 4, 2024 Fresh Hot Delivered Pizza Mixed Greens Salad w/Dressing Crisp Varietal Apple Choice Milk | Week VI | | | | | |
| | Hot Meals | Monday, October 7, 2024 CKC Chef's Texas Burger w/American Cheese Slice Steamed Corn Cinnamon Apple Slices Choice Milk | Tuesday, October 8, 2024 Brunch Lunch French Toast Sticks & Syrup Celery Sticks, Carrot Slims & Ranch Chilled Fruit Cocktail Choice Milk | Wednesday, October 9, 2024 All Beef Hot Dog WG Hot Dog Bun, Ketchup CKC Baked Beans Banana Vanilla Wafers & Choice Milk | Thursday, October 10, 2024 Sweet & Sour Chicken Steamed Brown Rice Garden Greens Salad & Dressing Fresh Orange Choice Milk | Friday, October 11, 2024 Fresh Hot Delivered Pizza Buttered Carrots w/ Fresh Herbs Crisp Varietal Apple Choice Milk | | Week I | | | | |
| | | Hot Meal | Monday, October 14, 2024 Soft Shell Tortilla Taco WG Tortilla, Taco Seasoned Beef, Shred Cheese & Boom Sauce Steamed Corn Cinnamon Apple Slices Choice Milk | Tuesday, October 15, 2024 Mild Honey Sauced Drumstick Mildly Seasoned Flavorful Chicken Drumstick Celery Sticks, Carrot Slims & Dip Animal Crackers Chilled Fruit Cocktail & Choice Milk | Wednesday, October 16, 2024 Mozzarella Burger Ketchup CKC Baked Beans Cucumber Slices & Banana Strawberry Grahams & Choice Milk | Thursday, October 17, 2024 Premium Chicken Nuggets & Ketchup WG Dinner Roll Baby Carrots w/ Dip Fresh Orange Choice Milk | | | Friday, October 18, 2024 Fresh Hot Delivered Pizza Broccoli Florets & Dip Crisp Varietal Apple Choice Milk | Week II | | |
| | | | Hot Meal | Monday, October 21, 2024 Crunch Wrap WG Tortilla, Chicken Tenders Shred Cheese & Boom Sauce Steamed Corn Cinnamon Apple Slices & Choice Milk | Tuesday, October 22, 2024 Cheesy Joe (Taste Test Winner) CKC's Cheesy Twist on a Beef Joe CKC Baked Beans Baby Carrots Chilled Fruit Cocktail & Choice Milk | Wednesday, October 23, 2024 Mandarin Orange Chicken Steamed Seasoned Rice Sliced Cucumbers & Dip Banana Choice Milk | | | Thursday, October 24, 2024 Italiano Rosy Alfredo Pasta Bake WG Penne Rosa w/ Grilled Chicken Mixed Greens Salad & Dressing Fresh Orange Choice Milk | | Friday, October 25, 2024 Fresh Hot Delivered Pizza Carrot Slims Crisp Varietal Apple Choice Milk | Week III |
| | | | | Hot Meal | Monday, October 28, 2024 Juicy Ranchola Drumstick Baby Carrots & Dip Cinnamon Apple Slices French Toast Grahams Choice Milk | Tuesday, October 29, 2024 Cheddar Nachos Scoop the Creamy Melted Cheese & Chicken Nachos with Corn Chips for the 'Oh, so, yummy' Crunch Pinto Beans, Celery Sticks & Dip Chilled Fruit Cocktail & Choice Milk | | | Wednesday, October 30, 2024 The Cheeseburger , that Never Gets Old-Fashioned WG Bun, Cheese Slice & Ketchup Vanilla Wafers Cucumber Slices & Dressing Banana & Choice Milk | | Thursday, October 31, 2024 Golden Corn Dog WG Chicken Corn Dog served with Ketchup Potato Stix w/ Ketchup Fresh Orange Choice Milk | |

Skim & 1% milk served daily.

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

This menu is 100% pork-free.

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



| NOVEMBER 2024 Menu (Subject to Change) | | | | | | |
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| Hot Meal | What is CKC Good Food's Role in supporting Farm Fresh Foods? | | | | Friday, November 1, 2024 | Week IV |
| | <p>CKC Good Food regularly features food items that are sourced from local food vendors. Some of the local and regional producers featured on our menus include Bushel Boy Farms (Owatonna, MN), Wescott Orchards (Elgin, MN) and Prairie Farms dairy farmers.</p> | | | | <p>Fresh Hot Delivered Pizza</p> <p>Broccoli Florets & Dip</p> <p>Crisp Varietal Apple</p> <p>Choice Milk</p> | |
| Hot Meal | Monday, November 4, 2024 | Tuesday, November 5, 2024 | Wednesday, November 6, 2024 | Thursday, November 7, 2024 | Friday, November 8, 2024 | Week V |
| | Golden Chicken Tenders & Ketchup | Walking Taco | Mac & Cheese | Chinese Teriyaki Chicken | Fresh Hot Delivered Pizza | |
| | Steamed Corn | Beef Taco Meat, Corn Chips, Shred Cheese, Lettuce & Crema | Strawberry Grahams | Steamed Seasoned Rice | Baby Carrots w/ Dip | |
| | Cinnamon Apple Slices | Cheesy Refried Beans | Mixed Greens Salad & Dressing | Crisp Broccoli & Dip | Crisp Varietal Apple | |
| | Vanilla Chat-Snax | Chilled Fruit Cocktail | Banana | Fresh Orange | Choice Milk | |
| Choice Milk | Choice Milk | Choice Milk | Choice Milk | | | |
| Hot Meal | Monday, November 11, 2024 | | | | | Week VI |
| | Premium Chicken Nuggets | | | | | |
| | Ketchup | | | | | |
| | Dill Cobber Crackers | | | | | |
| | Baby Carrots & Dip | | | | | |
| Cinnamon Apple Slices & Choice Milk | | | | | | |