

Menu Name : North Metro Flex K-8 Grades Lunch Menu

Grade Level / Age Group : K-8 Grades

Meal Pattern : NSLP

Meal : Lunch

NOVEMBER - 2024

Building Lunch Menus Students Love

Friday, November 1, 2024

Hot Meals

According to the USDA, schools are responsible for about 530,000 tons of discarded food (excluding milk) annually. We can only nourish students if they eat the meals we provide.

We create menus to hold students' interest throughout the year. We include a mix of long-time favorite meals as well as trendier foods that expose students to new flavors and cultures. Each week, we offer healthy whole grains, different proteins and a variety of fruits and vegetables to prevent boredom. We continually monitor the popularity of meals and replace those that are less popular with new ones to inspire joyful eaters. We also let students choose from multiple daily options rather than forcing everyone to take something they may not like.

These measures help ensure our meals feed more students and fewer trash cans.

Fresh Hot Delivered Pizza

Broccoli Florets & Dip

Crisp Varietal Apple

Choice Milk

Week IV

Monday, November 4, 2024

Tuesday, November 5, 2024

Wednesday, November 6, 2024

Thursday, November 7, 2024

Friday, November 8, 2024

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 Meals

Week V

Monday, November 11, 2024

Tuesday, November 12, 2024

Wednesday, November 13, 2024

Thursday, November 14, 2024

Friday, November 15, 2024

Premium Chicken Nuggets

BBQ Meatballs

Asian Chow Mein Bowl

Premium Chicken Patty Sandwich

Fresh Hot Delivered Pizza

Ketchup

Mashed Potatoes

Whole Grain Chow Mein Noodles with Asian Sesame Chicken

WG Bun & Ketchup

Mixed Greens Salad w/ Dressing

Dill Cobber Crackers

Chilled Fruit Cocktail

Sliced Cucumbers & Dip

CKC Baked Beans

Crisp Varietal Apple

Baby Carrots & Dip

Birthday Cake Grahams

Banana

Celery Sticks & Dip

Choice Milk

Cinnamon Apple Slices & Choice Milk

Choice Milk

Choice Milk

Fresh Orange & Choice Milk

Hot Meals

Week VI

Monday, November 18, 2024

Tuesday, November 19, 2024

Wednesday, November 20, 2024

Thursday, November 21, 2024

Friday, November 22, 2024

CKC Chef's Texas Burger w/American Cheese Slice

Brunch Lunch

All Beef Hot Dog

Sweet & Sour Chicken

Fresh Hot Delivered Pizza

Steamed Corn

French Toast Sticks & Syrup

WG Hot Dog Bun, Ketchup

Steamed Brown Rice

Buttered Carrots w/ Fresh Herbs

Cinnamon Apple Slices

Celery Sticks, Carrot Slims & Ranch

CKC Baked Beans

Garden Greens Salad & Dressing

Crisp Varietal Apple

Choice Milk

Chilled Fruit Cocktail

Banana

Fresh Orange

Choice Milk

Choice Milk

Vanilla Wafers & Choice Milk

Choice Milk

Hot Meals

Week I

Monday, November 25, 2024

Tuesday, November 26, 2024

Wednesday, November 27, 2024

Thursday, November 28, 2024

Friday, November 29, 2024

Soft Shell Tortilla Taco

Mild Honey Sauced Drumstick

Mozzarella Burger

Premium Chicken Nuggets & Ketchup

Fresh Hot Delivered Pizza

WG Tortilla, Taco Seasoned Beef, Shred Cheese & Boom Sauce

Mildly Seasoned Flavorful Chicken Drumstick

Ketchup

WG Dinner Roll

Broccoli Florets & Dip

Steamed Corn

Celery Sticks, Carrot Slims & Dip

CKC Baked Beans

Baby Carrots w/ Dip

Crisp Varietal Apple

Cinnamon Apple Slices

Animal Crackers

Cucumber Slices & Banana

Fresh Orange

Choice Milk

Choice Milk

Chilled Fruit Cocktail & Choice Milk

Strawberry Grahams & Choice Milk

Choice Milk

Hot Meals

Week II

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.

DECEMBER 2024 Menu (Subject to Change)

	Monday, December 2, 2024	Tuesday, December 3, 2024	Wednesday, December 4, 2024	Thursday, December 5, 2024	Friday, December 6, 2024	
Hot Meals	Crunch Wrap	Cheesy Joe (Taste Test Winner)	Mandarin Orange Chicken	Italiano Rosy Alfredo Pasta Bake	Fresh Hot Delivered Pizza	Week III
	Wg Tortilla, Chicken Tenders	CKC's Cheesy Twist on a Beef Joe	Steamed Seasoned Rice	WG Penne Rosa w/ Grilled Chicken	Carrot Slims	
	Shred Cheese & Boom Sauce	CKC Baked Beans	Sliced Cucumbers & Dip	Mixed Greens Salad & Dressing	Crisp Varietal Apple	
	Steamed Corn	Baby Carrots	Banana	Fresh Orange	Choice Milk	
	Cinnamon Apple Slices & Choice Milk	Chilled Fruit Cocktail & Choice Milk	Choice Milk	Choice Milk		
Hot Meals	Juicy Ranchola Drumstick	Cheddar Nachos	The Cheeseburger , that Never Gets Old-Fashioned	Golden Corn Dog		Week IV
	Baby Carrots & Dip	Scoop the Creamy Melted Cheese & Chicken Nachos with Corn Chips for the 'Oh, so, yummy' Crunch	WG Bun, Cheese Slice & Ketchup	WG Chicken Corn Dog served with Ketchup		
	Cinnamon Apple Slices	Pinto Beans, Celery Sticks & Dip	Vanilla Wafers	Potato Stix w/ Ketchup		
	French Toast Grahams	Chilled Fruit Cocktail & Choice Milk	Cucumber Slices & Dressing	Fresh Orange		
	Choice Milk		Banana & Choice Milk	Choice Milk		