

Menu Name : North Metro Flex K-8 Grades Lunch Menu						
Grade Level / Age Group : K-8 Grades		Meal Pattern : NSLP		Meal : Lunch		
DECEMBER - 2024						
Hot Meals	Monday, December 2, 2024	Tuesday, December 3, 2024	Wednesday, December 4, 2024	Thursday, December 5, 2024	Friday, December 6, 2024	Week III
	Crunch Wrap	Cheesy Joe (Taste Test Winner)	Mandarin Orange Chicken	Italiano Rosy Alfredo Pasta Bake	Fresh Hot Delivered Pizza	
	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	Frozen Fruit Cup	Choice Milk	
Cinnamon Apple Slices & Choice Milk	Chilled Fruit Cocktail & Choice Milk	Choice Milk	Choice Milk			
Hot Meals	Monday, December 9, 2024	Tuesday, December 10, 2024	Wednesday, December 11, 2024	Thursday, December 12, 2024	Friday, December 13, 2024	Week IV
	Juicy Ranchola Drumstick	Cheddar Nachos	The Cheeseburger , that Never Gets Old-Fashioned	Golden Corn Dog	Fresh Hot Delivered Pizza	
	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	Broccoli Florets & Dip	
	Cinnamon Apple Slices		Vanilla Wafers	Potato Stix w/ Ketchup	Crisp Varietal Apple	
	French Toast Grahams	Pinto Beans, Celery Sticks & Dip	Cucumber Slices & Dressing	Frozen Fruit Cup	Choice Milk	
Choice Milk	Chilled Fruit Cocktail & Choice Milk	Banana & Choice Milk	Choice Milk			
Hot Meals	Monday, December 16, 2024	Tuesday, December 17, 2024	Wednesday, December 18, 2024	Thursday, December 19, 2024	Friday, December 20, 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	Frozen Fruit Cup	Choice Milk	
Choice Milk	Choice Milk	Choice Milk	Choice Milk			
Hot Meals	Monday, December 23, 2024	Tuesday, December 24, 2024	Wednesday, December 25, 2024	Thursday, December 26, 2024	Friday, December 27, 2024	Week VI
	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	Frozen Fruit Cup & Choice Milk			
Hot Meals	Monday, December 30, 2024	Tuesday, December 31, 2024	<p style="text-align: center;">Lunch Recipes Pass Tests Too!</p> <p>Just like students, our lunch recipes must pass a lot of tests! Tests like:</p> <ul style="list-style-type: none"> <li style="width: 50%;">• Trendiness <li style="width: 50%;">• Ability to be made in large quantities <li style="width: 50%;">• Cultural relevance <li style="width: 50%;">• Labor intensity to prepare <li style="width: 50%;">• Flavor <li style="width: 50%;">• Ingredient availability <li style="width: 50%;">• Spiciness <li style="width: 50%;">• Taste after being held at temperature for a while <li style="width: 50%;">• Nutritional quality <p>And they must pass the real test - TASTE TESTS! New entrées are evaluated by sometimes more than 100 people of a large age range before being added to our menu.</p>			Week I
	CKC Chef's Texas Burger w/American Cheese Slice	Brunch Lunch				
	Steamed Corn	French Toast Sticks & Syrup				
Cinnamon Apple Slices	Celery Sticks, Carrot Slims & Ranch					
Choice Milk	Chilled Fruit Cocktail					
	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.



JANUARY 2025 Menu (Subject to Change)						
Hot Meals	Wednesday, January 1, 2025		Thursday, January 2, 2025		Friday, January 3, 2025	
	All Beef Hot Dog		Sweet & Sour Chicken		Fresh Hot Delivered Pizza	
	WG Hot Dog Bun, Ketchup		Steamed Brown Rice		Buttered Carrots w/ Fresh Herbs	
	CKC Baked Beans		Garden Greens Salad & Dressing		Crisp Varietal Apple	
	Banana		Frozen Fruit Cup		Choice Milk	
		Vanilla Wafers & Choice Milk		Choice Milk	Week I	
Monday, January 6, 2025		Tuesday, January 7, 2025		Wednesday, January 8, 2025		
Hot Meals	Soft Shell Tortilla Taco	Mild Honey Sauced Drumstick	Mozzarella Burger			Premium Chicken Nuggets & Ketchup
	WG Tortilla, Taco Seasoned Beef, Shred Cheese & Boom Sauce	Mildly Seasoned Flavorful Chicken Drumstick	Ketchup			WG Dinner Roll
	Steamed Corn	Celery Sticks, Carrot Slims & Dip	CKC Baked Beans			Baby Carrots w/ Dip
	Cinnamon Apple Slices	Animal Crackers	Cucumber Slices & Banana		Frozen Fruit Cup	
	Choice Milk	Chilled Fruit Cocktail & Choice Milk	Strawberry Grahams & Choice Milk		Choice Milk	
				Fresh Hot Delivered Pizza	Week II	
				Broccoli Florets & Dip		
				Crisp Varietal Apple		
				Choice Milk		