

Menu Name : North Metro Flex K-8 Grades Lunch Menu		Meal Pattern : NSLP			Meal : Lunch
Grade Level / Age Group :K-8 Grades		JANUARY - 2025			
Hot Meals	COLOR YOUR TRAY: The Power of Fruits in School Meals		Wednesday, January 1, 2025	Thursday, January 2, 2025	Friday, January 3, 2025
	<p>From fresh and frozen to canned, dried and 100% juice, all forms of fruit have a place on our school meal menus. Whether it's enjoying a juicy pear at lunch or enjoying a handful of raisins as a snack, every fruit choice contributes to one's overall health and well-being.</p> <p>Fruit is packed with essential vitamins, minerals and antioxidants that promote overall health and well-being. Whether it's the vitamin C boost from citrus fruits, the potassium-rich goodness of bananas or the fiber-packed sweetness of apples, each fruit offers its unique nutritional benefits. By incorporating a variety of fruits into our school meals, we provide students with a range of nutrients to help them thrive both in and out of the classroom.</p>		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		
Hot Meals	Monday, January 6, 2025	Tuesday, January 7, 2025	Wednesday, January 8, 2025	Thursday, January 9, 2025	Friday, January 10, 2025
	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	Mandarin Orange Fruit Cup	Choice Milk
Choice Milk	Chilled Fruit Cocktail & Choice Milk	Strawberry Grahams & Choice Milk	Choice Milk		
Hot Meals	Monday, January 13, 2025	Tuesday, January 14, 2025	Wednesday, January 15, 2025	Thursday, January 16, 2025	Friday, January 17, 2025
	Crunch Wrap	Classic Beef Sloppy Joe	Mandarin Orange Chicken	Italiano Rosy Alfredo Pasta Bake	Fresh Hot Delivered Pizza
	Wg Tortilla, Chicken Tenders	Traditional Sloppy Joe meat served on WG Bun & Shred Cheese served on side	Steamed Seasoned Rice	WG Penne Rosa w/ Grilled Chicken	Carrot Slims
	Shred Cheese & Boom Sauce		Sliced Cucumbers & Dip	Mixed Greens Salad & Dressing	Crisp Varietal Apple
	Steamed Corn	CKC Baked Beans & Crisp Celery	Banana	Frozen Fruit Cup	Choice Milk
Cinnamon Apple Slices & Choice Milk	Chilled Fruit Cocktail & Choice Milk	Choice Milk	Choice Milk		
Hot Meals	Monday, January 20, 2025	Tuesday, January 21, 2025	Wednesday, January 22, 2025	Thursday, January 23, 2025	Friday, January 24, 2025
	Juicy Ranchola Drumstick	Chicken Enchilada Crunch Lunch	The Cheeseburger , that Never Gets Old-Fashioned	Golden Corn Dog	Fresh Hot Delivered Pizza
	Baby Carrots & Dip	Seasoned Chicken Enchilada with Fritos Corn Chips for a crunchy base Served with Cheese on side	WG Bun, Cheese Slice & Ketchup	WG Chicken Corn Dog served with Ketchup	Broccoli Florets & Dip
	Cinnamon Apple Slices		Crispy Ranch Crackers	Seasoned Corn	Crisp Varietal Apple
	WG Roll	Warm Lime Beans , Celery Sticks & Dip	Cucumber Slices & Dressing	Mandarin Orange Fruit Cup	Choice Milk
Choice Milk	Chilled Fruit Cocktail & Choice Milk	Banana & Choice Milk	Wafers & Choice Milk		
Hot Meals	Monday, January 27, 2025	Tuesday, January 28, 2025	Wednesday, January 29, 2025	Thursday, January 30, 2025	Friday, January 31, 2025
	Golden Chicken Tenders & Ketchup	Walking Taco	Mac & Cheese	Chinese Teriyaki Chicken	Fresh Hot Delivered Pizza
	Steamed Corn	Beef Taco Meat, Nacho Cheese Doritos, Shred Cheese & 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		

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.



FEBRUARY 2025 Menu (Subject to Change)						
	Monday, February 3, 2025	Tuesday, February 4, 2025	Wednesday, February 5, 2025	Thursday, February 6, 2025	Friday, February 7, 2025	
Hot Meals	Premium Chicken Nuggets	BBQ Meatballs	Asian Chow Mein Bowl	Premium Chicken Patty Sandwich	Fresh Hot Delivered Pizza	Week VI
	Ketchup	Mashed Potatoes	<i>Whole Grain Chow Mein Noodles with Asian Sesame Chicken</i>	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	Mandarin Orange Fruit Cup & Choice Milk		
	Monday, February 10, 2025	Tuesday, February 11, 2025	Wednesday, February 12, 2025	Thursday, February 13, 2025	Friday, February 14, 2025	
Hot Meals	CKC Chef's Texas Burger w/American Cheese Slice	Brunch Lunch	All Beef Hot Dog	Sweet & Sour Chicken	Fresh Hot Delivered Pizza	Week I
	Baked Beans & Celery Stix	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	Potato Stix w/ Ketchup	Garden Greens Salad & Dressing	Crisp Varietal Apple	
	Choice Milk	Chilled Fruit Cocktail	Banana	Frozen Fruit Cup	Choice Milk	
	Crispy Ranch Crackers	Choice Milk	Choice Milk	Choice Milk		