

Menu Name : K-8 Allergen Free Lunch Menu		Meal Pattern : NSLP				Meal : Lunch
Grade Level / Age Group : K-8 Grades		OCTOBER - 2024				
NO DAIRY NO GLUTEN (NO WHEAT) NO EGG NO SOY NO FISH		NO SHELL FISH NO SESAME (SEEDS & OIL) NO PEANUTS NO TREE NUTS NO SUNFLOWER (SEEDS, OIL & BUTTER)				
Hot Meals	October is 'Farm-To-School' Month		Tuesday, October 1, 2024	Wednesday, October 2, 2024	Thursday, October 3, 2024	Friday, October 4, 2024
			Beef & Broccoli	Chicken Fajita w/Rice	Beef Meatballs	Chicken & Potatoes
			Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice
			Steamed Corn	Served w/ Brown Rice	Steamed Green Beans	Crisp Broccoli
			Fruit of the Day	Black Beans	Fruit of the Day	Fruit of the Day
		Milk Substitute	Fruit of the Day & Milk Substitute	Milk Substitute	Milk Substitute	
Week VI						
Hot Meals	Monday, October 7, 2024	Tuesday, October 8, 2024	Wednesday, October 9, 2024	Thursday, October 10, 2024	Friday, October 11, 2024	
	Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat Over Rice	
	Golden Corn Chips	Steamed Rice	Steamed Peas	Steamed Rice	Serve Seasoned Beef on Brown Rice	
	Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day	Fresh Broccoli	Black Beans & Carrots	
	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	Fruit of the Day & Corn Chips	
Milk Substitute	Milk Substitute		Milk Substitute	Milk Substitute		
Week I						
Hot Meal	Monday, October 14, 2024	Tuesday, October 15, 2024	Wednesday, October 16, 2024	Thursday, October 17, 2024	Friday, October 18, 2024	
	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes	
	Steamed Rice	Taco Beef & Golden Corn Chips	Brown Rice	Sliced Cucumbers	Steamed Rice	
	Fresh Baby Carrots	Black Bean & Corn	Crisp Broccoli	Fruit of the Day	Steamed Peas	
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	
Milk Substitute	Milk Substitute	Milk Substitute		Milk Substitute		
Week II						
Hot Meal	Monday, October 21, 2024	Tuesday, October 22, 2024	Wednesday, October 23, 2024	Thursday, October 24, 2024	Friday, October 25, 2024	
	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/Rice	Beef Meatballs	Chicken & Potatoes	
	Baby Carrots	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice	
	Fruit of the Day	Steamed Corn	Served w/ Brown Rice	Steamed Green Beans	Crisp Broccoli	
	Corn Chips	Fruit of the Day	Black Beans	Fruit of the Day	Fruit of the Day	
Milk Substitute	Milk Substitute	Fruit of the Day & Milk Substitute	Milk Substitute	Milk Substitute		
Week III						
Hot Meal	Monday, October 28, 2024	Tuesday, October 29, 2024	Wednesday, October 30, 2024	Thursday, October 31, 2024	Farm-To-School - What & Why?	
	Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	October is Farm-to-School Month in the U.S., a time for students to learn about locally grown and produced food items supplied by nearby farmers, producers and ranchers. Farm-to-school foods ensure the freshest foods in school meals and help support local economies	
	Golden Corn Chips	Steamed Rice	Steamed Peas	Steamed Rice		
	Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day	Fresh Broccoli		
	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day		
Milk Substitute	Milk Substitute		Milk Substitute			
Week IV						

Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Participants) etc.

Milk / Milk Substitute offered daily. Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Participants) etc. 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)						
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>Beef Taco Meat Over Rice</p> <p>Serve Seasoned Beef on Brown Rice</p> <p>Black Beans & Carrots</p> <p>Fruit of the Day & Corn Chips</p> <p>Milk Substitute</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
	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes	
	Steamed Rice	Taco Beef & Golden Corn Chips	Brown Rice	Sliced Cucumbers	Steamed Rice	
	Fresh Baby Carrots	Black Bean & Corn	Crisp Broccoli	Fruit of the Day	Steamed Peas	
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	
Milk Substitute	Milk Substitute	Milk Substitute		Milk Substitute		
Hot Meal	Monday, November 11, 2024					Week VI
	Chicken Fried Rice					
	Baby Carrots					
	Fruit of the Day					
Corn Chips						
Milk Substitute						