

Menu Name : K-8 Grades Allergen Free Lunch Menu Grade Level / Age Group : K-8 Grades			Meal Pattern : NSLP		Meal : Lunch				
APRIL - 2025									
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	Tuesday, April 1, 2025		Wednesday, April 2, 2025		Thursday, April 3, 2025		Friday, April 4, 2025		
	SPRING BREAK - NO SCHOOL						Week II		
Hot Meals	Monday, April 7, 2025		Tuesday, April 8, 2025		Wednesday, April 9, 2025		Thursday, April 10, 2025	Friday, April 11, 2025	
	Chicken Fried Rice		Beef & Broccoli		Chicken Fajita w/Rice		Beef Meatballs		Chicken & Potatoes
	Steamed Broccoli		Brown Rice		Seasoned Chicken & Peppers		Brown Rice		Steamed Rice
	Fruit of the Day		Steamed Corn		Served w/ Brown Rice		Steamed Carrots & Peas		Fresh Carrot Slims
	Milk Substitute		Fruit of the Day		Black Beans		Fruit of the Day		Fruit of the Day
		Milk Substitute		Fruit of the Day & Milk Substitute		Corn Chips & Milk Substitute		Milk Substitute	
Hot Meals	Monday, April 14, 2025		Tuesday, April 15, 2025		Wednesday, April 16, 2025		Thursday, April 17, 2025		Friday, April 18, 2025
	Yummy Beef & Scallion		Chicken Sukkhar		Beef Fried Rice		Spice Rubbed Chicken Fillet		Beef Taco Meat Over Rice
	Golden Corn Chips		Steamed Rice		Fresh Broccoli		Steamed Rice		Serve Seasoned Beef on Brown Rice
	Black Bean & Fresh Carrots		Steamed Green Beans		Fruit of the Day		Baby Carrots		Steamed Black Beans & Corn
	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	
Hot Meals	Monday, April 21, 2025		Tuesday, April 22, 2025		Wednesday, April 23, 2025		Thursday, April 24, 2025		Friday, April 25, 2025
	Chicken Supreme		Beef Nachos		Marinated Grilled Chicken Fillet		Chicken Pilaf		Beef & Potatoes
	Steamed Rice		Taco Beef & Golden Corn Chips		Brown Rice		Crisp Broccoli		Steamed Rice
	Steamed Green Beans		Black Bean & Corn		Fresh Baby Carrots		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	
Hot Meals	Monday, April 28, 2025		Tuesday, April 29, 2025		Wednesday, April 30, 2025		<div>Whole Grains in School Meals</div> <div>Whole grains are nutritional powerhouses, packed with fiber, vitamins and minerals that provide sustained energy. Our school meals include whole-grain-rich breads and grains to ensure students get the nutritional benefits to keep them focused throughout the day. From whole-grain-rich cereals and muffins at breakfast to whole-grain-rich rice, tortillas and dinner rolls at lunch, our menus feature a variety of grain items to inspire joyful eaters.</div>		
	Chicken Fried Rice		Beef & Broccoli		Chicken Fajita w/Rice				
	Steamed Broccoli		Brown Rice		Seasoned Chicken & Peppers				
	Fruit of the Day		Steamed Corn		Served w/ Brown Rice				
	Milk Substitute		Fruit of the Day		Black Beans				
		Milk Substitute		Fruit of the Day & Milk Substitute					
CKC Good Food follows a detailed process to make sure our allergen free menu meals are free of the allergens listed on our allergen free menu. <b>Please be aware</b> , that the disclaimers from manufacturers and distributors state that the food ingredients we use for our allergen free food/s may have been manufactured/stored in a space where other food ingredients, that may contain potential allergen ingredients like gluten or peanuts are processed/stored.									
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.		