

Menu Name : K-8 Grades Allergen Free Lunch Menu Grade Level / Age Group :K-8 Grades	FEBRUARY - 2025	Meal Pattern : NSLP	Meal : Lunch
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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)
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	Monday, February 3, 2025	Tuesday, February 4, 2025	Wednesday, February 5, 2025	Thursday, February 6, 2025	Friday, February 7, 2025	
Hot Meals	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/Rice	Beef Meatballs	Chicken & Potatoes	Week VI
	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	

	Monday, February 10, 2025	Tuesday, February 11, 2025	Wednesday, February 12, 2025	Thursday, February 13, 2025	Friday, February 14, 2025	
Hot Meals	Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	NO SCHOOL Professional Development Day for Staff	Week I
	Golden Corn Chips	Steamed Rice	Fresh Broccoli	Steamed Rice		
	Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day	Baby Carrots		
	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day		
Milk Substitute	Milk Substitute		Milk Substitute			

	Monday, February 17, 2025	Tuesday, February 18, 2025	Wednesday, February 19, 2025	Thursday, February 20, 2025	Friday, February 21, 2025	
Hot Meals	NO SCHOOL Presidents' Day Holiday	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes	Week II
		Taco Beef & Golden Corn Chips	Brown Rice	Crisp Broccoli	Steamed Rice	
		Black Bean & Corn	Fresh Baby Carrots	Fruit of the Day	Steamed Peas	
		Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	
Milk Substitute		Milk Substitute			Milk Substitute	

	Monday, February 24, 2025	Tuesday, February 25, 2025	Wednesday, February 26, 2025	Thursday, February 27, 2025	Friday, February 28, 2025	
Hot Meals	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/Rice	Beef Meatballs	Chicken & Potatoes	Week III
	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	

Proteins in School Meals

Protein gets a lot of attention these days. In school meals, we categorize protein-rich foods as “meat and meat alternatives.” These include lean meats such as poultry and beef, beans/legumes and cheese. By offering a variety of options on our menus, we accommodate a range of dietary preferences and needs.

These foods are rich sources of protein, essential for building and repairing tissues, supporting immune function, and maintaining overall health. Additionally, they provide vital nutrients such as iron, zinc and B vitamins, which are crucial for cognitive function, energy metabolism and overall well-being.

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. **Please be aware** 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. This menu is 100% pork-free. All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products. All rice dishes /rice products are made of whole grain brown rice.