

## SEPTEMBER 2025

## TASTY

## HEALTHY

## FUN

## VARIETY

## BALANCED

Name of the menu : K-8 Grades Allergen Free Lunch Menu

Options : Hot Meals

Grade : K-8 Grades

Meal Pattern : NSLP

Meal : Lunch

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)

	Monday, 9/1/2025	Tuesday, 9/2/2025	Wednesday, 9/3/2025	Thursday, 9/4/2025	Friday, 9/5/2025
Week VI HOT MEAL	NO SCHOOL Labor Day Holiday	NO SCHOOL Teacher Professional Development Day	<b>Chicken Fajita w/Rice</b>  Seasoned Chicken & Peppers  Served w/ Brown Rice  Black Beans  Fruit of the Day & Milk Substitute	<b>Beef Meatballs</b>  Brown Rice  Steamed Carrots & Peas  Fruit of the Day  Corn Chips & Milk Substitute	<b>Chicken &amp; Potatoes</b>  Steamed Rice  Fresh Carrot Slims  Fruit of the Day  Milk Substitute
	Monday, 9/8/2025	Tuesday, 9/9/2025	Wednesday, 9/10/2025	Thursday, 9/11/2025	Friday, 9/12/2025
Week I HOT MEAL	<b>Yummy Beef &amp; Scallion</b>  Golden Corn Chips  Black Bean & Fresh Carrots  Fruit of the Day  Milk Substitute	<b>Chicken Sukkhar</b>  Steamed Rice  Steamed Green Beans  Fruit of the Day  Milk Substitute	<b>Beef Fried Rice</b>  Fresh Broccoli  Fruit of the Day  Milk Substitute	<b>Spice Rubbed Chicken Fillet</b>  Steamed Rice  Baby Carrots  Fruit of the Day  Milk Substitute	<b>Beef Taco Meat Over Rice</b>  Serve Seasoned Beef on Brown Rice  Steamed Black Beans & Corn  Fruit of the Day & Corn Chips  Milk Substitute
	Monday, 9/15/2025	Tuesday, 9/16/2025	Wednesday, 9/17/2025	Thursday, 9/18/2025	Friday, 9/19/2025
Week II HOT MEAL	<b>Chicken Supreme</b>  Steamed Rice  Steamed Green Beans  Fruit of the Day  Milk Substitute	<b>Beef Nachos</b>  Taco Beef & Golden Corn Chips  Black Bean & Corn  Fruit of the Day  Milk Substitute	<b>Marinated Grilled Chicken Fillet</b>  Brown Rice  Fresh Baby Carrots  Fruit of the Day  Milk Substitute	<b>Chicken Pilaf</b>  Crisp Broccoli  Fruit of the Day  Milk Substitute	<b>Beef &amp; Potatoes</b>  Steamed Rice  Steamed Peas  Fruit of the Day  Milk Substitute
	Monday, 9/22/2025	Tuesday, 9/23/2025	Wednesday, 9/24/2025	Thursday, 9/25/2025	Friday, 9/26/2025
Week III HOT MEAL	<b>Chicken Fried Rice</b>  Steamed Broccoli  Fruit of the Day  Milk Substitute	<b>Beef &amp; Broccoli</b>  Brown Rice  Steamed Corn  Fruit of the Day  Milk Substitute	<b>Chicken Fajita w/Rice</b>  Seasoned Chicken & Peppers  Served w/ Brown Rice  Black Beans  Fruit of the Day & Milk Substitute	<b>Beef Meatballs</b>  Brown Rice  Steamed Carrots & Peas  Fruit of the Day  Corn Chips & Milk Substitute	<b>Chicken &amp; Potatoes</b>  Steamed Rice  Fresh Carrot Slims  Fruit of the Day  Milk Substitute
	Monday, 9/29/2025	Tuesday, 9/30/2025			
Week IV HOT MEAL	<b>Yummy Beef &amp; Scallion</b>  Golden Corn Chips  Black Bean & Fresh Carrots  Fruit of the Day  Milk Substitute	<b>Chicken Sukkhar</b>  Steamed Rice  Steamed Green Beans  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. 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 uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek at the upcoming menu plan.