

Menu Name : K-8 Grades Allergen Free Lunch Menu				Meal Pattern : NSLP		Meal : Lunch				
Grade Level / Age Group : K-8 Grades				MAY - 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	<div>Milk in School Meals</div> <p>Milk is more than just a beverage; it's a powerhouse of essential nutrients crucial for growing bodies. From calcium and vitamin D to protein and potassium, milk offers a myriad of health benefits, supporting bone health, muscle function and overall growth.</p> <p>We offer fat-free and low-fat (unflavored or flavored) milk at mealtimes. This ensures students receive the nutritional benefits of milk without added fats. For students with a medically documented food allergy, we provide lactose-free milk as an alternative.</p>			Thursday, May 1, 2025		Friday, May 2, 2025				
				Beef Meatballs		Chicken & Potatoes				
				Brown Rice		Steamed Rice				
				Steamed Carrots & Peas		Fresh Carrot Slims				
				Fruit of the Day		Fruit of the Day				
				Corn Chips & Milk Substitute		Milk Substitute				
Hot Meals	Monday, May 5, 2025		Tuesday, May 6, 2025		Wednesday, May 7, 2025		Thursday, May 8, 2025		Friday, May 9, 2025	
	Yummy Beef & Scallion		Chicken Sukkhar		Beef Fried Rice		Spice Rubbed Chicken Fillet		NO SCHOOL for Children STAFF Professional Development Day	
	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		Milk Substitute			
Hot Meals	Monday, May 12, 2025		Tuesday, May 13, 2025		Wednesday, May 14, 2025		Thursday, May 15, 2025		Friday, May 16, 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				Milk Substitute	
Hot Meals	Monday, May 19, 2025		Tuesday, May 20, 2025		Wednesday, May 21, 2025		Thursday, May 22, 2025		Friday, May 23, 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, May 26, 2025		Tuesday, May 27, 2025		Wednesday, May 28, 2025		Thursday, May 29, 2025		Friday, May 30, 2025	
	NO SCHOOL Memorial Day Holiday		Chicken Sukkhar		Beef Fried Rice		Spice Rubbed Chicken Fillet		Beef Taco Meat Over Rice	
			Steamed Rice		Fresh Broccoli		Steamed Rice		Serve Seasoned Beef on Brown Rice	
			Steamed Green Beans		Fruit of the Day		Baby Carrots		Steamed Black Beans & Corn	
			Fruit of the Day		Milk Substitute		Fruit of the Day		Fruit of the Day & Corn Chips	
			Milk Substitute				Milk Substitute		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. <div>All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.</div> <div>This menu is 100% pork-free.</div> <div>All rice dishes /rice products are made of whole grain brown rice.</div>										

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