

OCTOBER 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)

Wednesday, 10/1/2025

Thursday, 10/2/2025

Friday, 10/3/2025

Week IV
HOT MEAL

Beef Fried Rice

Fresh Broccoli

Fruit of the Day

Milk Substitute

Spice Rubbed Chicken Fillet

Steamed Rice

Baby Carrots

Fruit of the Day

Milk Substitute

Beef Taco Meat Over Rice

Serve Seasoned Beef on Brown Rice

Steamed Black Beans & Corn

Fruit of the Day & Corn Chips

Milk Substitute

Monday, 10/6/2025

Tuesday, 10/7/2025

Wednesday, 10/8/2025

Thursday, 10/9/2025

Friday, 10/10/2025

Week V
HOT MEAL

Chicken Supreme

Steamed Rice

Steamed Green Beans

Fruit of the Day

Milk Substitute

Beef Nachos

Taco Beef & Golden Corn Chips

Black Bean & Corn

Fruit of the Day

Milk Substitute

Marinated Grilled Chicken Fillet

Brown Rice

Fresh Baby Carrots

Fruit of the Day

Milk Substitute

Chicken Pilaf

Crisp Broccoli

Fruit of the Day

Milk Substitute

Beef & Potatoes

Steamed Rice

Steamed Peas

Fruit of the Day

Milk Substitute

Monday, 10/13/2025

Tuesday, 10/14/2025

Wednesday, 10/15/2025

Thursday, 10/16/2025

Friday, 10/17/2025

Week VI
HOT MEAL

Chicken Fried Rice

Steamed Broccoli

Fruit of the Day

Milk Substitute

Beef & Broccoli

Brown Rice

Steamed Corn

Fruit of the Day

Milk Substitute

Chicken Fajita w/Rice

Seasoned Chicken & Peppers

Served w/ Brown Rice

Black Beans

Fruit of the Day & Milk Substitute

**Staff Professional
Development Day
NO SCHOOL for
CHILDREN**

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Development Day
NO SCHOOL for
CHILDREN**

Monday, 10/20/2025

Tuesday, 10/21/2025

Wednesday, 10/22/2025

Thursday, 10/23/2025

Friday, 10/24/2025

Week I
HOT MEAL

Yummy Beef & Scallion

Golden Corn Chips

Black Bean & Fresh Carrots

Fruit of the Day

Milk Substitute

Chicken Sukkhar

Steamed Rice

Steamed Green Beans

Fruit of the Day

Milk Substitute

Beef Fried Rice

Fresh Broccoli

Fruit of the Day

Milk Substitute

Spice Rubbed Chicken Fillet

Steamed Rice

Baby Carrots

Fruit of the Day

Milk Substitute

Beef Taco Meat Over Rice

Serve Seasoned Beef on Brown Rice

Steamed Black Beans & Corn

Fruit of the Day & Corn Chips

Milk Substitute

Monday, 10/27/2025

Tuesday, 10/28/2025

Wednesday, 10/29/2025

Thursday, 10/30/2025

Friday, 10/31/2025

Week II
HOT MEAL

Chicken Supreme

Steamed Rice

Steamed Green Beans

Fruit of the Day

Milk Substitute

Beef Nachos

Taco Beef & Golden Corn Chips

Black Bean & Corn

Fruit of the Day

Milk Substitute

Marinated Grilled Chicken Fillet

Brown Rice

Fresh Baby Carrots

Fruit of the Day

Milk Substitute

**Parent/Teacher
Conferences
NO SCHOOL for
CHILDREN**

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NO SCHOOL for
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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.