



Menu Name : K-8 Grades Allergen Free Lunch Menu  
Grade Level / Age Group : K-8 Grades

Meal Pattern : NSLP

Meal : Lunch

**MARCH - 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)**

	Monday, March 3, 2025	Tuesday, March 4, 2025	Wednesday, March 5, 2025	Thursday, March 6, 2025	Friday, March 7, 2025
<b>Hot Meals</b>	<b>Yummy Beef &amp; Scallion</b>	<b>Chicken Sukkhar</b>	<b>Beef Fried Rice</b>	<b>STAFF Professional Development Days NO SCHOOL for CHILDREN</b>	
	Golden Corn Chips	Steamed Rice	Fresh Broccoli		
	Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day		
	Fruit of the Day	Fruit of the Day	Milk Substitute		
	Milk Substitute	Milk Substitute			

	Monday, March 10, 2025	Tuesday, March 11, 2025	Wednesday, March 12, 2025	Thursday, March 13, 2025	Friday, March 14, 2025
<b>Hot Meals</b>	<b>Chicken Supreme</b>	<b>Beef Nachos</b>	<b>Marinated Grilled Chicken Fillet</b>	<b>Chicken Pilaf</b>	<b>Beef &amp; Potatoes</b>
	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

	Monday, March 17, 2025	Tuesday, March 18, 2025	Wednesday, March 19, 2025	Thursday, March 20, 2025	Friday, March 21, 2025
<b>Hot Meals</b>	<b>Chicken Fried Rice</b>	<b>Beef &amp; Broccoli</b>	<b>Chicken Fajita w/Rice</b>	<b>Beef Meatballs</b>	<b>Chicken &amp; Potatoes</b>
	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, March 24, 2025	Tuesday, March 25, 2025	Wednesday, March 26, 2025	Thursday, March 27, 2025	Friday, March 28, 2025
<b>Hot Meals</b>	<b>Yummy Beef &amp; Scallion</b>	<b>Chicken Sukkhar</b>	<b>Beef Fried Rice</b>	<b>Parent/Teacher Conferences NO SCHOOL for CHILDREN</b>	
	Golden Corn Chips	Steamed Rice	Fresh Broccoli		
	Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day		
	Fruit of the Day	Fruit of the Day	Milk Substitute		
	Milk Substitute	Milk Substitute			

	Monday, March 31, 2025
<b>Hot Meals</b>	<b>SPRING BREAK Begins NO SCHOOL</b>
	<p style="text-align: center;"><b>Nutritional Standards for Our Meals</b></p> <p>We get a lot of questions about the nutritional quality of our meals. Schools like ours that participate in federal meal programs are required to meet specific nutritional standards at both breakfast and lunch.</p> <p><i>Our menus must:</i></p> <ul style="list-style-type: none"> <li>• Provide a variety of fruits &amp; veggies each week to provide varied nutrients.</li> <li>• Serve bread, pastas, rice, pizza dough, wraps, etc., comprised of at least 51% healthy whole grains.</li> <li>• Provide 1% or fat-free milk.</li> <li>• Stay below calorie, sodium and saturated fat limits.</li> <li>• Eliminate all trans fats.</li> </ul> <p style="text-align: center;">We welcome your feedback and ideas for our menus!</p>

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. 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.