

Menu Name : Cologne Academy K-8 Grades Lunch Menu		Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads				
Grade Level / Age Group : K-8 Grades		Meal : Lunch				
		Meal Pattern : NSLP				
OCTOBER - 2024						
Hot Meal	October is Farm-To-School Month	Tuesday, October 1, 2024	Wednesday, October 2, 2024	Thursday, October 3, 2024	Friday, October 4, 2024	
		BBQ Meatballs	Asian Chow Mein Bowl	Premium Chicken Patty Sandwich	Fresh Baked Pan Pizza	
		Mashed Potatoes Assorted Salad Bar Birthday Cake Grahams Chilled Fruit Cocktail & Choice Milk	Whole Grain Chow Mein Noodles with Asian Sesame Chicken Assorted Salad Bar Banana Choice Milk	WG Bun & Ketchup Assorted Salad Bar Fresh Orange Ranch Crackers & Choice Milk	Assorted Salad Bar Crisp Varietal Apple Choice Milk	
		<i>Pizza Crunchers</i>	<i>French Pizza Bread</i>	<i>Fluffy Omelet, Buttermilk Pancakes & Srvup</i>	<i>Fresh Baked Cheese Pizza</i>	
Hot Veg	Wowbutter & Jelly sandwich	WW Chicken Salad Sandwich	Roasted Turkey on WW Bread	Crunchy Ranch Chx Wrap w/ Herb Infused Ranch Din	Week VI	
Cold						
Hot Meal	Monday, October 7, 2024	Tuesday, October 8, 2024	Wednesday, October 9, 2024	Thursday, October 10, 2024		Friday, October 11, 2024
	CKC Chef's Texas Burger w/American Cheese Slice	Brunch Lunch	All Beef Hot Dog	Sweet & Sour Chicken		Twisted Cheese Breadsticks
	Potato Stix w/ Ketchup Assorted Salad Bar Chilled Peaches Choice Milk	French Toast Sticks & Syrup Assorted Salad Bar Chilled Fruit Cocktail Choice Milk	WG Hot Dog Bun, Ketchup Assorted Salad Bar Banana Vanilla Wafers & Choice Milk	Steamed Brown Rice Assorted Salad Bar Fresh Orange Choice Milk	Seasoned Red Sauce Assorted Salad Bar Crisp Varietal Apple Choice Milk	
	<i>Cheese Croissant Sandwich</i>	<i>Cheese Calzone</i>	<i>Cheese Hot Pocket w/ Dipping Sauce</i>	<i>Veggie & Cheese Lasagna</i>	<i>Cheesy Quesadilla</i>	
Hot Veg	Wowbutter & Jelly sandwich	Turkey & Cheese Bun w/ Mayo PC	Egg Salad Sandwich on WW Bread	Hoagie Chicken Club	Chicken Caesar Wrap	
Cold						
Hot Meal	Monday, October 14, 2024	Tuesday, October 15, 2024	Wednesday, October 16, 2024	Thursday, October 17, 2024	Friday, October 18, 2024	
	Soft Shell Tortilla Taco	Mild Honey Sauced Drumstick	No School	No School	No School	
	WG Tortilla, Taco Seasoned Beef, Shred Cheese & Crema Assorted Salad Bar Chilled Peaches Choice Milk	Mildly Seasoned Flavorful Chicken Drumstick Assorted Salad Bar Mixed Berry Grahams Chilled Fruit Cocktail & Choice Milk				
	<i>Bean & Cheese Burrito</i>	<i>Pizza Crunchers</i>				
Hot Veg	Quick Grab Lunch Combo (Soft Baked Oatmeal Bar & Bean Crisps)	Wowbutter & Jelly sandwich				
Cold						
Hot Meal	Monday, October 21, 2024	Tuesday, October 22, 2024	Wednesday, October 23, 2024	Thursday, October 24, 2024	Friday, October 25, 2024	
	Chicken Tenders w/Boom Sauce	Cheesy Beef Joe (Taste Test Winner)	Butter Chicken	Italiano Rosy Alfredo Pasta Bake	Brunch Lunch	
	Assorted Salad Bar Chilled Peaches Choice Milk WG Dinner Roll	CKC's Cheesy Twist on a Beef Joe Assorted Salad Bar Chilled Fruit Cocktail Choice Milk	Steamed Seasoned Rice Assorted Salad Bar Banana Choice Milk	WG Penne Rosa w/ Grilled Chicken Assorted Salad Bar Fresh Orange Choice Milk & Vanilla Wafers	Easy-Bite Mini Waffles & Syrup w/ Yogurt Swirl Cuo Hash Brown Patty w/ Ketchup Assorted Saald Bar Crisp Varietal Apple & Choice Milk	
	<i>Cheese Calzone</i>	<i>Cheesy Quesadilla</i>	<i>French Bread</i>	<i>Stuffed Rigatoni & Wafers</i>	<i>Multi Cheese Croissant Sandwich</i>	
Hot Veg	Wowbutter & Jelly sandwich	Turkey & Cheese Bun w/ Mayo PC	Hoagie Chicken Club	Chicken Caesar Wrap		
Cold						
Hot Meal	Monday, October 28, 2024	Tuesday, October 29, 2024	Wednesday, October 30, 2024	Thursday, October 31, 2024	Farm-To-School - What & Why?	
	Tikka Drumstick	Cheddar Nachos	The Cheeseburger , that Never Gets Old-Fashioned	Golden Corn Dog		
	Assorted Salad Bar Chilled Peaches French Toast Grahams Choice Milk	Scoop the Creamy Melted Cheese & Chicken Nachos with Corn Chips for the 'Oh, so, yummy' Crunch Assorted Salad Bar Chilled Fruit Cocktail & Choice Milk	WG Bun, Cheese Slice & Ketchup Crispy Ranch Crackers Assorted Salad Bar Banana & Choice Milk	WG Chicken Corn Dog served with Ketchup Potato Stix w/ Ketchup Assorted Saald Bar Fresh Orange & Choice Milk		
	<i>Easy-Cheesy Pull Aparts</i>	<i>French Bread Pizza</i>	<i>Creamy Mac & Cheese w/ WG Roll</i>	<i>Grilled Cheese Sandwich</i>		
Hot Veg	Quick Grab Lunch Combo (Soft Baked Oatmeal Bar & Bean Crisps)	Wowbutter & Jelly sandwich	WW Chicken Salad Sandwich	Roasted Turkey on WW Bread		
Cold				October is Farm-to-School Month in the U.S., a time for students to learn about locally grown and produced food items supplied by nearby farmers, producers and ranchers. Farm-to-school foods ensure the freshest foods in school meals and help support local		

*** Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.

Skim & 1% milk served daily.

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.

NOVEMBER 2024 Menu (Subject to Change)						
Hot Meal	What is CKC Good Food's Role in supporting Farm Fresh Foods?				Friday, November 1, 2024	Week IV
	CKC Good Food regularly features food items that are sourced from local food vendors. Some of the local and regional producers featured on our menus include Bushel Boy Farms (Owatonna, MN), Wescott Orchards (Elgin, MN) and Prairie Farms dairy farmers.				Fresh Baked Pan Pizza Assorted Salad Bar Crisp Varietal Apple Choice Milk	
					<i>Fresh Baked Cheese Pizza</i>	
					Crunchy Ranch Chx Wrap w/ Herb Infused Ranch Din	
Hot Veg						
Cold						
Hot Meal	Monday, November 4, 2024	Tuesday, November 5, 2024	Wednesday, November 6, 2024	Thursday, November 7, 2024	Friday, November 8, 2024	Week V
	Golden Chicken Tenders & Ketchup Assorted Salad Bar Chilled Peaches Vanilla Chat-Snax Choice Milk	Walking Taco Beef Taco Meat, Nacho Cheese Doritos, Shred Cheese & Crema Assorted Salad Bar Chilled Fruit Cocktail Choice Milk	Mac & Cheese Strawberry Grahams Assorted Salad Bar Banana Choice Milk	Chinese Teriyaki Chicken Steamed Seasoned Rice Assorted Salad Bar Fresh Orange Choice Milk	Garlic Dusted French Bread Assorted Salad Bar Crisp Varietal Apple Choice Milk	
	<i>Fluffy Omelet, Buttermilk Pancakes & Syrup</i>	<i>Bean & Cheese Pupusa w/ Boom Sauce</i>	<i>Cheese Hot Pocket w/ Warm Red Sauce</i>	<i>Stuffed Rigatoni</i>	<i>Multi Cheese Croissant Sandwich</i>	
	Wowbutter & Jelly sandwich	Turkey & Cheese Bun w/ Mayo PC	Egg Salad Sandwich on WW Bread	Hoagie Chicken Club	Chicken Caesar Wrap	
Hot Veg						
Cold						
Hot Meal	Monday, November 11, 2024					Week VI
	Premium Chicken Nuggets Honey Mustard Sauce Dill Cobber Crackers Assorted Salad Bar Chilled Peaches & Choice Milk					
	<i>Easy Cheesy Pull Aparts</i>					
	Quick Grab Lunch Combo (Soft Baked Oatmeal Bar & Bean Crisps)					
Hot Veg						
Cold						

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