



Menu Name : Laura Jeffrey Academy Lunch Menu

Grade Level / Age Group : K-8 Grades

Options Provided : Hot, Hot Vegetarian & Cold Meals

Meal Pattern : NSLP

Meal: Lunch

**February - 2024**

What's Cooking in CKC?		Thursday, February 1, 2024	Friday, February 2, 2024
Hot Meal	<p>Teriyaki Dipping Sauce - Light Teriyaki sauce, with a fresh CKC twist. A hint of sweetness and savoriness elevates the Asian Chicken Dumplings to the next level.</p> <p>Bean &amp; Cheese Pupusas - Thick Masa Tortillas filled with bean and cheese, tracing roots to Salvadoran Pupusas.</p>	<b>Sesame Chicken</b>	<b>Twisted Cheesy Breadsticks</b>
		Steamed Seasoned Rice	Cold Italian Dip
		Mixed Greens Salad & Dressing	Steamed Peas
Hot Veg	Tots & Beef Crunch - Seasoned Beef Crumble with Smashed Tater Tots served over crunchy Tostitos.	Fresh Orange	Crisp Varietal Apple
Cold		Choice Milk	Choice Milk
		<b>Grilled Cheese Sandwich</b>	<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelet</b>
		<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

	Monday, February 5, 2024	Tuesday, February 6, 2024	Wednesday, February 7, 2024	Thursday, February 8, 2024	Friday, February 9, 2024
Hot Meal	<b>Cool Ranch Crunch Burger</b> ... <i>(yep, we will send Ketchup)</i>	<b>Asian Chicken Dumplings</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Mandarin Orange Chicken</b>	<b>Cheese Pizza Quesadilla</b>
	Top your Burger with Cool Ranch Doritos	Teriyaki Dipping Sauce	Baby Carrots & Dip	Steamed Brown Rice	Steamed Corn
	CKC Baked Beans	Celery Sticks	Banana	Garden Greens Salad & Homemade Dressing	Crisp Varietal Apple
Hot Veg	Cinnamon Apple Slices	Chilled Pears	Choice Milk	Fresh Orange	Choice Milk
Cold	Choice Milk	Choice Milk		Choice Milk	
	<b>Bean &amp; Cheese Burrito</b>	<b>Egg Fried Rice &amp; WG Roll</b>	<b>Fresh Hot Cheese Pizza</b>	<b>French Pizza Bread</b>	<b>Grilled Cheese Sandwich</b>
	<b>Wowbutter &amp; Jelly sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/ Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

	Monday, February 12, 2024	Tuesday, February 13, 2024	Wednesday, February 14, 2024	Thursday, February 15, 2024	Friday, February 16, 2024
Hot Meal	<b>Chicken Tenders &amp; Ketchup</b>	<b>Bean &amp; Cheese Pupusa</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Tots &amp; Beef Crunch</b>	<b>Garlic Dusted French Bread Pizza</b>
	Cracker Crisps	Boom Sauce	Mixed Salad & Dressing	Seasoned Beef & Smashed Tater Tots served on Tostitos	Italian Dip
	Baby Carrots & Dip	Steamed Corn	Banana	Crema	Garden Greens Salad & Dressing
Hot Veg	Cinnamon Apple Slices	Chilled Pears	Choice Milk	Lemony Pinto Beans	Crisp Varietal Apple
Cold	Choice Milk	Choice Milk		Fresh Orange & Choice Milk	Choice Milk
	<b>Cheese Hot Pocket &amp; Sauce</b>	<b>Veggie Garden Burger</b>	<b>Fresh Hot Cheese Pizza</b>	<b>Stuffed Dipping Bites/ Italian Dip</b>	<b>Cheesy Pull Aparts</b>
	<b>Wowbutter &amp; Jelly sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/ Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

	Monday, February 19, 2024	Tuesday, February 20, 2024	Wednesday, February 21, 2024	Thursday, February 22, 2024	Friday, February 23, 2024
Hot Meal	<b>Chicken Patty Sandwich</b>	<b>Mongolian Meatballs</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Hearty Tinga Wrap</b>	<b>Brunch Lunch</b>
	Bakery Bun & Ketchup	Seasoned Rice & Fresh Green Onions	Steamed Corn	WG Tortilla, Chicken Tinga & Shred Chz	French Toast Sticks w/ Syrup
	CKC Baked Beans & Carrot Slims	Carrot Slims	Banana	Coleslaw - <i>Dare you to try in your Tinga wrap :</i>	Mixed Greens Salad & Dressing
Hot Veg	Cinnamon Apple Slices	Chilled Pears	Choice Milk	Sliced Cucumbers	Crisp Varietal Apple
Cold	Choice Milk	Choice Milk		Fresh Orange & Choice Milk	Choice Milk
	<b>Veggie Garden Burger</b>	<b>Pizza Calzone</b>	<b>Fresh Hot Cheese Pizza</b>	<b>Stuffed Breadsticks w/ Dip</b>	<b>Grilled Cheese Sandwich</b>
	<b>Wowbutter &amp; Jelly sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/ Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

	Monday, February 26, 2024	Tuesday, February 27, 2024	Wednesday, February 28, 2024	Thursday, February 29, 2024
Hot Meal	<b>Crunchy Tender Roll-up</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Chicken Tikka Drumstick</b>
	Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Celery Sticks & Dip	WG Bakery Roll
	Shred Lettuce & Steamed Corn	Baby Carrots	Banana	Banzo Salad
Hot Veg	Cinnamon Apple Slices	Chilled Pears	Choice Milk	Fresh Orange
Cold	Choice Milk	Choice Milk		Choice Milk
	<b>Cheesy Pull Aparts</b>	<b>Pizza Crunchers</b>	<b>Fresh Hot Cheese Pizza</b>	<b>Egg Fried Rice</b>
	<b>Wowbutter &amp; Jelly sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/ Mayo</b>	<b>Chicken Caesar Wrap</b>

\*\*\* 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.

The menus are 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.

March 2024 Menu (Subject to Change)

<b>Hot Meal</b>	<b>Friday, March 1, 2024</b>			
	<b>Cheese Stuffed Hot Pocket</b>			
	Warm Red Sauce			
	Fresh Broccoli & Dip			
Crisp Varietal Apple				
Choice Milk				
<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelet</b>				
<b>Grilled Chicken &amp; Cheese Bun</b>				
<b>Week V</b>				
Hot Veg				
Cold				

<b>Hot Meal</b>	<b>Monday, March 4, 2024</b>	<b>Tuesday, March 5, 2024</b>	<b>Wednesday, March 6, 2024</b>	<b>Thursday, March 7, 2024</b>	<b>Friday, March 8, 2024</b>
	<b>Premium Chicken Nuggets w/ Ketchup</b>	<b>Hot Italian Sub</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Fritos Enchilada Nachos</b>	<b>Brunch Lunch</b>
	WG Bakery Roll CKC Baked Beans Cinnamon Apple Slices Choice Milk	'All Beef' Marinara Meatballs & Shred Cheese served on WG Bun Celery sticks & Dip Chilled Pears Choice Milk	Garden Greens Salad & Dressing Banana Choice Milk	Top your Fritos Corn chips with delicious Chicken Enchilada Shred cheese & boom sauce Steamed Corn Fresh Orange & Choice Milk	Buttermilk Pancakes & Syrup Fruited Yogurt Cup Carrot Slims & Dip Crisp Varietal Apple & Choice Milk
	<b>Grilled Cheese Sandwich</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>	<b>Veggie Bean Burrito</b>	<b>French Bread Pizza</b>
Hot Veg					
Cold	<b>Wowbutter &amp; Jelly sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/ Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>
<b>Week VI</b>					

<b>Hot Meal</b>	<b>Monday, March 11, 2024</b>	<b>Tuesday, March 12, 2024</b>	<b>Wednesday, March 13, 2024</b>
	<b>All Beef Hot Dog</b>	<b>CKC Sticky Drumstick</b>	<b>Fresh Hot Delivered Pizza</b>
	WG Hot Dog Bun, Ketchup CKC Baked Beans Cinnamon Apple Slices Strawberry Bites & Choice Milk	Wheat Thins Baby Carrots & Dip Chilled Pears Choice Milk	Celery Sticks & Dip Banana Choice Milk
	<b>Veggie Burrito</b>	<b>Stuffed Dipping Bites w/Sauce</b>	<b>Fresh Hot Cheese Pizza</b>
Hot Veg			
Cold	<b>Wowbutter &amp; Jelly sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/ Mayo</b>
<b>Week I</b>			