

January 2021 Childcare #2 Main Menu (Hot Lunch Option)					
	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Lunch	First Grains in Food History Einkorn, a very early ancestor of wheat is said to be in existence from 10000 years ago Emmer, another wheat variety, which is botanically more closer to modern wheat, could have been prevalent, possibly from 7000 years ago Rice, another dietary staple, is argued to be cultivated from 10000 years ago Barley has been in existence for more than 8000 years The last found trove of Barley, that dates back to 6000 years, possesses strikingly similar DNA sequence of modern Barley				1
Hot Lunch	4 Scallop Potatoes & Beef Dinner Roll Steamed Peas & Carrots Chilled Fruit of the Day	5 Orange Chicken Steamed Rice Marinated Chilled Broccoli Fresh Fruit of the Day	6 Cheeseburger Pasta Bake Crisp Garden Salad & Dressing Fresh Fruit of the Day	7 Cheese Calzone Cucumbers w Dip Chilled Fruit of the Day	8 Mongolian Meatballs WG Roll Steamed Carrots Fresh Fruit of the Day
Week III					
Hot Lunch	11 Old Fashioned Sloppy Joe Whole Grain Bun Steamed Mixed Veggies Chilled Fruit of the Day	12 Chicken Taco WG Tortilla, Chicken & Cheese Cheesy Refried Beans Fresh Fruit of the Day	13 Swiss Salisbury Steak Mashed Sweet Potatoes Whole Grain Bakery Roll Fresh Fruit of the Day	14 Mac & Cheese Steamed Green Beans Chilled Fruit of the Day	15 French Toast Sticks Syrup Fresh Fruit of the Day 100% 4.23 oz V Juice
Week IV					
Hot Lunch	18 Golden Chicken Patty Sandwich WG Bakery Bun & Ketchup Steamed Peas Chilled Fruit of the Day	19 Soft Shell Hearty Beef Taco WG Tortilla, Homemade Taco Meat Shredded Cheese Cucumber Slices Fresh Fruit of the Day	20 Sweet & Sour Chicken Wheat Dinner Roll Steamed Broccoli Fresh Fruit of the Day	21 Creamy Swedish Meatballs Dinner Roll Mashed Sweet Potatoes Chilled Fruit of the Day	22 Chicken Enchilada Pasta Fresh Cilantro Crisp Salad & Homemade Dressing Fresh Fruit of the Day
Week V					
Hot Lunch	25 Golden Chicken Nuggets Ketchup Dinner Roll Steamed Mixed Veggies Chilled Fruit of the Day	26 Brunch Lunch French Toast Sticks & Syrup 100% 4.23 oz V Juice Fresh Fruit of the Day	27 Au Gratin Potatoes & Chicken Fresh Bakery Roll Garden Salad & Dressing Fresh Fruit of the Day	28 All Beef Hamburger WG Bun & Ketchup Cucumber Slices & Dip Chilled Fruit of the Day	29 Cheese Quesadilla Steamed Green Beans Fresh Fruit of the Day
Week VI					

*Skim and 1% milk choices offered daily.
*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

**Fresh, Healthy, Good Food
Every Day!!!**



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Menu is subject to infrequent changes

Weeks	Vegetarian Lunch Options are Offered Daily (Served with Veggie & Fruit of the Day)*				
I,III,V	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Veg	Garden Burger	Cheese Calzone	Pizza Crunchers w/Italian Dip	Mac & Cheese	Wild Mikes Cheese Bites & Italian Dip
Cold	Cheese Bun	Yogurt Cup, Cheese Stick & Muffin	Wow Butter Cup, Cheese Stick & Bagel	Cheese Sandwich on Wheat Bread	Yogurt Cup, Cheese Stick & Muffin
II,IV,VI	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Veg	Cheese Quesadilla & Cholula	Cheese Lasagna	Stuffed Cheese Bread w/Italian Dip	Bean & Cheese Burrito	Grilled Cheese Sandwich
Cold	Yogurt, Cheese Cubes & Stuffed Cream Cheese Bagel	Cheese Cup, String Cheese & Tortilla	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Hard Cooked Eggs & Muffin
*Hot vegetarian lunches come with the veggie & fruit of hot lunches - Cold Vegetarian lunches come with the veggie & fruit of Cold Lunches					