

<b>October 2020 Childcare #2 Main Menu (Includes Hot Lunch Options)</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Lunch</b>	<b>Potatoes, Reverse Pshycology &amp; Rebranding</b>			<b>Brunch Lunch</b>	<b>Baked Macaroni w/Meatsauce</b>
<b>Week I</b>	When first introduced, the farmers in Prussia hated potatoes and refused to plant them, as they don't have any smell or taste. King Frederick wanted to change this image of potatoes. So, he ordered his staff to plant a 'Royal Garden' of potatoes and guard it heavily. Seeing the admiration and security given to these tubers, local farmers started stealing the plant from Royal Garden. The guards too pretended not to notice this, as per King's orders. This reverse pshycology made potatoes a well-established crop in Prussia.			Pancake & Syrup Fruited Yogurt Cup & Cheese Stick Chilled Fruit of the Day 100% V Juice	Shredded Mozzarella Cheese Steamed Green Beans Fresh Fruit of the Day
<b>Hot Lunch</b>	<b>BBQ Meatballs</b> Corn Muffin CKC Baked Beans Chilled Fruit of the Day	<b>Stuffed Cheese Breadstick</b> Italian Dippin Sauce Cucumber Slices & Dip Fresh Fruit of the Day	<b>Beef Taco Pasta Bake</b> Penne Pasta, Seasoned Beef Cheese & Cilantro Cheesy Refried Beans Fresh Fruit of the Day	<b>Chicken &amp; Potato Pilaf</b> Steamed Broccoli Chilled Fruit of the Day	<b>Pizza Quesadilla</b> Garden Salad & Dressing Fresh Fruit of the Day
<b>Week II</b>					
<b>Hot Lunch</b>	<b>Scallop Potatoes &amp; Beef</b> Dinner Roll Steamed Peas & Carrots Chilled Fruit of the Day	<b>Orange Chicken</b> Steamed Rice Marinated Chilled Broccoli Fresh Fruit of the Day	<b>Cheeseburger Pasta Bake</b> Crisp Garden Salad & Dressing Fresh Fruit of the Day	<b>Cheese Calzone</b> Cucumbers w Dip Chilled Fruit of the Day	<b>OSELC CLOSED</b>
<b>Week III</b>					
<b>Hot Lunch</b>	<b>Old Fashioned Sloppy Joe</b> Whole Grain Bun Steamed Mixed Veggies Chilled Fruit of the Day	<b>Chicken Taco</b> WG Tortilla, Chicken & Cheese Cheesy Refried Beans Fresh Fruit of the Day	<b>Swiss Salisbury Steak</b> Mashed Sweet Potatoes Whole Grain Bakery Roll Fresh Fruit of the Day	<b>Mac &amp; Cheese</b> Steamed Green Beans Chilled Fruit of the Day	<b>French Toast Sticks</b> Syrup Fresh Fruit of the Day 100% 4.23 oz V Juice
<b>Week IV</b>					
<b>Hot Lunch</b>	<b>Golden Chicken Patty Sandwich</b> WG Bakery Bun & Ketchup Steamed Peas Chilled Fruit of the Day	<b>Soft Shell Hearty Beef Taco</b> WG Tortilla, Homemade Taco Meat Shredded Cheese Cucumber Slices Fresh Fruit of the Day	<b>Sweet &amp; Sour Chicken</b> Wheat Dinner Roll Steamed Broccoli Fresh Fruit of the Day	<b>Creamy Swedish Meatballs</b> Dinner Roll Mashed Sweet Potatoes Chilled Fruit of the Day	<b>Chicken Enchilada Pasta</b> Fresh Cilantro Crisp Salad & Homemade Dressing Fresh Fruit of the Day
<b>Week V</b>					

\*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!!!**



 651-453-1136  
 [www.ckcgoodfood.com](http://www.ckcgoodfood.com)