

Maranatha Christian Academy

January 2010



ckcgoodfood.com

Menu Details

All menus are jointly developed and fully approved by our Registered Dietician and follow the NSLP Guidelines.

CKC proudly serves these fresh fruits year round: bananas, variety of apples, oranges, tangerines, pears, kiwi. Watermelon and strawberries when in season.

CKC proudly serves these fresh vegetables year round: spinach, romaine, iceberg, shredded lettuce, purple & green cabbage, broccoli, cauliflower. Cucumbers and tomatoes when in season.

Salad Language:

Mixed or Mixed Garden Salad: Spinach & Iceberg

Crisp Garden Salad: Crisp Iceberg w/purple cabbage & shredded carrot

Tossed Mixed Salad: Romaine tossed w/ crisp Iceberg, purple cabbage & shredded carrot

CKC steams or bakes all food.

CKC uses baked chips and proudly presents many that are Gluten Free (GF).

CKC does not use MSG, little to no salt, no peanuts/nuts, nut oils or pork in any of it's home cooked meal preparations.

Milk is served daily. It is recommended to serve skim or 1% milk as a healthier option.

Monday	Tuesday	Wednesday	Thursday	Friday
Soft Shell Chicken Taco Tortilla & Shredded Lettuce Taco Sauce Tortilla Chips (GF) Fresh Fruit Whole Grain Chocolate Bear Grahams 4	Cheeseburger Wheat Bun & Pickle Slices Bacon Cheddar Straw Chips (GF) Crisp Salad & FF Dressing Chilled Diced Pears HS: Tropical Treats 5	Chicken Poppers Ketchup Corn Chips (GF) Assorted Fresh Veggies & Dip Fresh Fruit 6	Meatball Sub Hoagie Roll Honi Snack Mix Coleslaw & Dressing Chilled Diced Peaches 7	Fresh, Hot Delivered Pizza Mixed Greens Garden Salad Shredded Cheese Fat Free Dressing Fresh Fruit MJM Lemon Bear Grahams 8
Honey BBQ Rib Sandwich Hoagie Roll Steamed Corn Chilled Applesauce Mini Vanilla Wafers HS: Spicy BBQ Rib 11	Chicken & Bean Nachos w/Corn Chips: Big Bag Gold Corn Chips(GF) Taco Meat, Beans & Taco Sauce, Shredded Cheese & Lettuce Fresh Fruit 12	Teriyaki Beef Dippers Classic Rice w/Soy Sauce Mixed Garden Salad FF Dressing Fresh Fruit HS: Apple Cinnamon Bear Grahams 13	Breaded Chicken Sandwich Wheat Hamburger Bun Ketchup, Shredded Lettuce & Pickles Coleslaw (Lite Dressing) Bacon Cheddar Straw Chips (GF) Fresh Fruit 14	Fresh, Hot Delivered Pizza Mixed Greens Garden Salad Fat Free Dressing 100% Real Fruit Juice Cup Animal Crackers 15
Martin Luther King Day 18	Soft Shell Beef Taco Flour Tortilla, Seasoned Taco Meat, Shredded Cheese & Lettuce Taco Sauce Fresh Fruit HS: Mini Oatmeal Cookies 19	Chicken Krunch Wrap Flour Tortilla, Golden Chicken Tenders, Shredded Lettuce & Cheese FF Ranch Sauce Cheese Balls Fresh Fruit HS: Fruit Snacks 20	Cheeseburger Bites Ketchup Breadstick Fresh Veggies & FF Dip Chilled Pears Mini Vanilla Wafer Cookies 21	Fresh, Hot Delivered Pizza Mixed Greens Garden Salad w/CROUTONS Fat Free Dressing 100% Real Fruit Juice Cup Animal Crackers 22
No School				
Hamburger Wheat Bun Ketchup Cheese Stix Straw Chips (GF) Assorted Fresh Veggies & FF Dip Fresh Fruit HS: Strawberry Waffle Grahams 25	Nacho Chicken Rice Bowl Spanish Rice Topped w/ Nacho Seasoned Chicken Shredded Lettuce & Taco Sauce Flour Tortilla 100% Real Fruit Juice Cup 26	BBQ Beefsteak Hoagie Cheesy O's (GF) Creamy Coleslaw Chilled Mandarin Oranges 27	All Beef Hot Dog Hot Dog Bun Ketchup & Mustard Whale Cheese Crackers Carrots & Buttermilk Ranch Fresh Fruit HS: Fruit Snack 28	Half Day (No Lunch) 29