

Maranatha Christian Academy

February 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
Cheeseburger Ketchup Baked Cheese Stix (GF) Cabbage & Carrot Coleslaw Chilled Pears Fruit Snacks 1	Crispy Chicken Ranch Wrap Flour Tortilla, Golden Chicken Tenders, Shredded Lettuce, Cheese & Ranch Sauce Corn Tortilla Chips Fresh Fruit HS: Fruit Snacks 2	Beefy Chili Cheese Tots Tator Tots Topped w/Beefy Chili & Shredded Cheddar Cheese Crisp Garden Salad w/Croutons Fat Free Dressing Wheat Dinner Roll Chilled Fruit 3	Fiesta Bean Burrito Taco Sauce Steamed Corn Chilled Pineapple 4	Fresh Hot Delivered Pizza Mixed Greens Garden Salad, Shredded Cheese, Croutons, Fat Free Dressing Fresh Fruit HS: Chocolate Chip Cookies 5
Grilled Honey BBQ Riblette Wheat Bun Baked Cheesy O's (GF) Assorted Fresh Veggies & FF Dip Chilled Pears HS: Fruit Snack 8	Beef & Cheese Taco Snack Burrito Taco Sauce & Sour Cream Steamed Corn & Margarine Chilled Pineapple Fruit Snacks 9	Grilled Chicken Sandwich Wheat Burger Bun w/ Lite Mayo Whale Cheddar Crackers Mixed Salad w/Croutons Reg. Ranch Dressing Chilled Diced Peaches 10	Professional Day No School 11	Professional Day No School 12
Presidents' Day No School 15	Soft Shell Beef Taco Shredded Lettuce & Cheese Taco Sauce Steamed Corn Fresh Fruit Whole Grain Mini Chocolate Chip Cookies 16	Cheese Dunkers & Marinara Mixed Salad w/Croutons Fat Free Dressing Chilled Mandarin Oranges Fruit Snacks 17	Chicken Patty Sandwich Wheat Bun, Shredded Lettuce Ketchup Assorted Fresh Veggies & Dip Baked Cheese Stix (GF) Chilled Peaches 18	Fresh Hot Delivered Pizza Mixed Greens Garden Salad, Shredded Cheese, Fat Free Dressing Chilled Peaches 19
Chicken Nuggets Ketchup Cheese Balls (GF) Crisp Garden Salad FF Ranch Dressing Chilled Pineapple 22	Juicy Hamburger Ketchup & Mustard Pickles Wheat Burger Bun Tossed Mixed Salad FF Dressing Corn Chips (GF) Chilled Peaches 23	Grilled Chicken Patty Wheat Bun & Lite Mayo Mixed Garden Salad Lite Italian Dressing Baked Cheese Stix (GF) Chilled Mandarin Oranges HS: Animal Crackers 24	Walking Beef Taco Giant Bag Round Corn Chips (GF), Seasoned Taco Meat, Shredded Lettuce & Cheese Taco Sauce Fresh Fruit 25	Fresh Hot Delivered Pizza Mixed Greens Garden Salad, Shredded Cheese, Fat Free Dressing 100% Real Fruit Juice Cup HS: Mini Chocolate Chip Cookies 26