



Menu Info		Name : December Crown of Life Lunch Menu		Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads	
		Age Group : K-8		Meal : Lunch	
		'Chef Spotlight - Laurie Yohn (General Manager, CKC)		Wednesday, December 01, 2021	Thursday, December 02, 2021
		Memories Preserved in Food		Friday, December 03, 2021	
Week II	"Cooking and baking have always been a passion of mine. Growing up in a large family with 8 siblings, our parents taught us the importance of eating healthy and caring for our bodies. We grew our own produce, picked up fresh eggs & milk from the neighbor almost daily, and our father would make Saturday morning trips to the local meat market. My mother baked fresh bread and/or cookies daily! That was our treat after walking down our mile long driveway where the bus picked and dropped us off. Both of our parents were great cooks and bakers. We neither went to restaurants nor ate convenience foods until I was age 13-14. Boil-in-a-bag dinners were the hot ticket item back in the day but we got that "treat" only on Fridays! My mother went into the work force when I was 12 and this is when I started to prepare meals for my family.	Meatball Sub w/Mozzarella		Brunch Lunch	Tex Mex Wrap
Hot Meal		Salad Bar		Buttermilk Pancakes & Syrup	Seasoned Beef, Tator Tots, Eggs & Cheese
		Mixed Berry Animal Crackers		Fruited Yogurt Cup	WG Tortilla
		Chilled Grapes		Salad Bar	Salad Bar
Hot Veg		Veggie Lasagna Roll		Buttermilk Pancakes & Syrup w/Fruited Yogurt Cup	Cheese Quesadilla
Cold		Turkey & Cheese Wrap w/Mayo		CKC Crazy Good Chicken Bun	Asian Chicken Sticky Bun
		Monday, December 06, 2021	Tuesday, December 07, 2021	Wednesday, December 08, 2021	Thursday, December 09, 2021
Week III	Chicken Fritter Wrap w/ Youza Sauce	Good Ole Fashioned Hamburger	Mandarin Orange Chicken	Cheesy Lasagna Roll	Mongolian Meatballs
Hot Meal	WG Tortilla & Golden Chix Fritters w/ Shred Chz, Chopped Cilantro & CKC Youza Sauce	w/ Pickle Rounds & Ketchup	Steamed Brown Rice	Salad Bar	WG Dinner Roll
	Nacho Chz Doritos	WG Cool Ranch Doritos	Salad Bar	Tropical Fruit Mix	Mashed Potatoes
	Salad Bar & Fruited Applesauce	Salad Bar	Chilled Grapes	Elf Grahams	Salad Bar
		Banana			Crisp Varietal Apple
Hot Veg	Bean & Cheese Burrito	Veggie Burger	Egg Fried Rice	Veggie Lasagna Roll	Teriyaki Veggie Nuggets
Cold	Chicken & Cheese Torta Sandwich	Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken Sandwich w/Sauce	Chicken & Cheddar Wrap	Teriyaki Chicken Bun
		Monday, December 13, 2021	Tuesday, December 14, 2021	Wednesday, December 15, 2021	Thursday, December 16, 2021
Week IV	Chicken Tender Dunkers w/Ranch	Tender Salisbury Steak & Gravy	Stir Fry Chicken Bowl	Brunch Lunch	BBQ Roasted Chicken Drumstick
Hot Meal	Goldfish Pretzels	WG Dinner Roll	Stir Fry Chicken on Top of Rice	French Toast Sticks	Dinner Roll
	Salad Bar	Mashed Potatoes	Salad Bar	Syrup	Salad Bar
	Fruited Applesauce	Salad Bar	Crisp Varietal Apple	Salad Bar	Tropical Fruit Mix
		Banana	Fortune Cookie	Chilled Grapes	Scooby Grahams
Hot Veg	Pizza Crunchers & Italian Dip	Swedish Veggie Patty w/ WG Roll	Cheese Bosco Sticks w/ Marinara Sauce	French Toast Sticks & Syrup	Grilled Cheese Sandwich
Cold	Turkey Bun	CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap, Cheetos	Sesame Chicken Bun	Chicken & Cheese Torta Sandwich
		Monday, December 20, 2021	Tuesday, December 21, 2021	Wednesday, December 22, 2021	Thursday, December 23, 2021
Week V					
Hot Meal	NO SCHOOL CHRISTMAS BREAK	NO SCHOOL CHRISTMAS BREAK	NO SCHOOL CHRISTMAS BREAK	NO SCHOOL CHRISTMAS BREAK	NO SCHOOL CHRISTMAS BREAK
Hot Veg					
Cold					
		Monday, December 27, 2021	Tuesday, December 28, 2021	Wednesday, December 29, 2021	Thursday, December 30, 2021
Week VI					
Hot Meal	NO SCHOOL CHRISTMAS BREAK	NO SCHOOL CHRISTMAS BREAK	NO SCHOOL CHRISTMAS BREAK	NO SCHOOL CHRISTMAS BREAK	NO SCHOOL CHRISTMAS BREAK
Hot Veg					
Cold					
	Hot Veg and Cold meals are served with vegetables and fruit of the day				

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Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruits and milk)

Days	Monday	Tuesday	Wednesday	Thursday	Friday
Deli Salads (Vegetarian choices come with eggs in the place of chicken)	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	Grilled Chicken Power Green Salad
	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	Powerful greens like Kale and Spinach raise the bar on this super green salad, with craisins bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.

*Skim and 1% milk choices offered daily.

*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

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Menu is subject to infrequent changes