

Menu Name : Spectrum High School Grades 6-8 Lunch Menu	Options Provided : Hot & Cold Meals
Grade Level / Age Group : 6-8 Grades	Meal Pattern : NSLP Meal: Lunch
December - 2023	

What's Cooking in CKC?		Friday, December 1, 2023
<i>We cook everyday :) But below dishes are what we cooked, tasted and loved, so much that we add to your menu, this month.</i>		Brunch Lunch
Hot Meal	Cheese Stuffed Hot Pocket - Giant Mozzarella Cheese filled pocket, served with a side of Warm Red Sauce.	French Toast Sticks w/ Syrup
	Hot Italian Sub - 'All Beef ' meatballs cooked in a homemade Marinara sauce, topped with Shredded Cheese, served in Italian Sub style.	Mixed Greens Salad & Dressing
	Sticky Drumstick - Sweet and Sticky, garlic-soy glazed chicken leg.	Crisp Varietal Apple
Cold		Choice Milk
		Grilled Chicken & Cheese Bun

	Monday, December 4, 2023	Tuesday, December 5, 2023	Wednesday, December 6, 2023	Thursday, December 7, 2023	Friday, December 8, 2023
Hot Meal	Crunchy Tender Roll-up	Sweet & Sour Chicken	Walking Taco	Chicken Tikka Drumstick	Cheese Stuffed Hot Pocket
	Wg Tortilla, Chicken Tenders	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Bakery Roll	Warm Red Sauce
	Shred Lettuce, Shred Chz & Boom Sauce	Baby Carrots & Dip	w/ Shred Chz	Broccoli Florets & Dip	Sliced Cucumbers & Dip
	Seasoned Corn	Chilled Pears	Cheesy Refried Beans	Fresh Orange	Crisp Varietal Apple
	Cinnamon Apples & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	Choice Milk
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

	Monday, December 11, 2023	Tuesday, December 12, 2023	Wednesday, December 13, 2023	Thursday, December 14, 2023	Friday, December 15, 2023
Hot Meal	Premium Chicken Nuggets	Hot Italian Sub	Butter Chicken	Fritos Enchilada Nachos	Cheesy Pasta Bake
	Ketchup	'All Beef' Marinara Meatballs & Shred Cheese served on WG Bun	Steamed Seasoned Rice	Top your Fritos Corn chips with delicious Chicken Enchilada	Grahams
	WG Dinner Roll	Celery sticks & Dip	Garden Greens Salad & Dressing	Shred cheese & boom sauce	Carrot Slims & Dip
	CKC Baked Beans & Carrot Slims	Chilled Pears	Banana	Steamed Street Corn	Crisp Varietal Apple
	Cinnamon Apples & Choice Milk	Choice Milk	Choice Milk	Fresh Orange & Choice Milk	Choice Milk
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

	Monday, December 18, 2023	Tuesday, December 19, 2023	Wednesday, December 20, 2023	Thursday, December 21, 2023	Friday, December 22, 2023
Hot Meal	Mac & Cheetos	CKC Sticky Drumstick	All Beef Hot Dog	Sesame Chicken	Twisted Cheesy Breadsticks
	<i>Cheetos in the Mac or on the Side?? You decide :)</i>	Wheat Thins	WG Bun, Ketchup	Steamed Seasoned Brown Rice	Cold Italian Dip
	Celery Sticks	Baby Carrots & Dip	CKC Baked Beans	Chilled Sweet Pea Salad	Mixed Greens Salad & Dressing
	Cinnamon Apples & Choice Milk	Chilled Pears	Strawberry Bites	Fresh Orange	Crisp Varietal Apple
	Cinnamon Apples & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	Choice Milk
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

	Monday, December 25, 2023	Tuesday, December 26, 2023	Wednesday, December 27, 2023	Thursday, December 28, 2023	Friday, December 29, 2023
Hot Meal	Cool Ranch Crunch Burger..(yep, we will send ketchup)	Asian Chicken Dumplings	Soft Tortilla Taco	Mandarin Orange Chicken	Cheese Pizza Quesadilla
	Top your Burger with Cool Ranch Chips	Teriyaki Dipping Sauce	Seasoned Beef, Cheese & Crema	Steamed Brown Rice	Baby Carrots
	CKC Baked Beans	Celery Sticks	Street Corn, Shredded Lettuce	Garden Greens Salad & Homemade Dressing	Vanilla Wafers
	Cinnamon Apples & Choice Milk	Chilled Pears	Banana	Fresh Orange	Crisp Varietal Apple
	Cinnamon Apples & Choice Milk	Choice Milk	Choice Milk	Choice Milk	Choice Milk
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

*** Cold meals are served with vegetables, fruit of the day & milk.

January 2024 Menu (Subject to Change)

	Monday, January 1, 2024	Tuesday, January 2, 2024	Wednesday, January 3, 2024	Thursday, January 4, 2024	Friday, January 5, 2024	
Hot Meal	Chicken Tenders & Ketchup	Classic Hamburger	Smoky Texas Chicken Drumstick	Greek Nachos	Garlic Dusted French Bread Pizza	Week III
	Cracker Crisps	Wg Bun, Ketchup	WG Bakery Roll	Seasoned Meat, Corn Tortilla Chips	Italian Dip	
	Street Corn Salad	Baby Carrots & Dip	Fresh Sliced Cucumbers	Tatziki Sauce	Garden Greens Salad & Dressing	
	Cinnamon Apples	Chilled Pears	Banana	Banzo Salad	Crisp Varietal Apple	
	Choice Milk	Choice Milk	Grahmas & Choice Milk	Fresh Orange & Choice Milk	Choice Milk	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	
	Monday, January 8, 2024	Tuesday, January 9, 2024	Wednesday, January 10, 2024	Thursday, January 11, 2024		
Hot Meal	Chicken Corn Dog	Mongolian Meatballs	Chicken Tinga Wrap	Golden Chicken Patty Sandwich		Week IV
	Ketchup	Seasoned Rice & Fresh Green Onions	WG Tortilla, Shred Cheese	Bakery Bun & Ketchup		
	CKC Baked Beans	Carrot Slims	Coleslaw - <i>Dare you to try in your Tinga wrap :)</i>	Steamed Corn		
	Cinnamon Apple Slices	Chilled Pears	Banana	Fresh Orange		
	Vanilla Wafers & Choice Milk	Choice Milk	Choice Milk	Choice Milk		
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap		