

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
February - 2024	

What's Cooking in CKC?		Thursday, February 1, 2024	Friday, February 2, 2024
Hot Meal	Teriyaki Dipping Sauce – Light Teriyaki sauce, with a fresh CKC twist. A hint of sweetness and savoriness elevates the Asian Chicken Dumplings to the next level.	Sesame Chicken	Twisted Cheesy Breadsticks
	Bean & Cheese Pupusas - Thick Masa Tortillas filled with bean and cheese, tracing roots to Salvadoran Pupusas.	Steamed Seasoned Brown Rice	Cold Italian Dip
Cold	Tots & Beef Crunch - Seasoned Beef Crumble with Smashed Tater Tots served over crunchy Tostitos.	Mixed Greens Salad & Dressing	Steamed Peas
		Fresh Orange	Crisp Varietal Apple
		Choice Milk	Choice Milk
		Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Monday, February 5, 2024	Tuesday, February 6, 2024	Wednesday, February 7, 2024	Thursday, February 8, 2024	Friday, February 9, 2024
Hot Meal	Cool Ranch Crunch Burger..(yep, we will send ketchup)	Asian Chicken Dumplings	Soft Tortilla Taco	Mandarin Orange Chicken
	Teriyaki Dipping Sauce	Seasoned Beef, Cheese & Crema	Steamed Brown Rice	Cheese Pizza Quesadilla
	Top your Burger with Cool Ranch Chips	Street Corn, Shredded Lettuce	Garden Greens Salad & Homemade Dressing	Baby Carrots
	CKC Baked Beans	Banana	Fresh Orange	Vanilla Wafers
	Cinnamon Apples & Choice Milk	Choice Milk	Choice Milk	Crisp Varietal Apple
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap
				Grilled Chicken & Cheese Bun

Monday, February 12, 2024	Tuesday, February 13, 2024	Wednesday, February 14, 2024	Thursday, February 15, 2024	Friday, February 16, 2024
Hot Meal	Chicken Tenders & Ketchup	Bean & Cheese Pupusa	Smoky Texas Chicken Drumstick	Tots & Beef Crunch
	Cracker Crisps	Boom Sauce	WG Bakery Roll	Seasoned Beef & Smashed Tater Tots served on Tostitos
	Baby Carrots & Dip	Street Corn Salad	Fresh Sliced Cucumbers	Crema
	Cinnamon Apples	Chilled Pears	Banana	Lemony Pinto Beans
	Choice Milk	Choice Milk	Grahmas & Choice Milk	Fresh Orange & Choice Milk
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap
				Garlic Dusted French Bread Pizza
				Italian Dip
				Garden Greens Salad & Dressing
				Crisp Varietal Apple
				Choice Milk
				Grilled Chicken & Cheese Bun

Monday, February 19, 2024	Tuesday, February 20, 2024	Wednesday, February 21, 2024	Thursday, February 22, 2024	Friday, February 23, 2024
Hot Meal	Chicken Corn Dog	Mongolian Meatballs	Hearty Tinga Wrap	Golden Chicken Patty Sandwich
	Ketchup	Seasoned Rice & Fresh Green Onions	WG Tortilla, Chicken Tinga & Shred Chz	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
				Brunch Lunch
				French Toast Sticks w/ Syrup
				Mixed Greens Salad & Dressing
				Crisp Varietal Apple
				Choice Milk
				Grilled Chicken & Cheese Bun

Monday, February 26, 2024	Tuesday, February 27, 2024	Wednesday, February 28, 2024	Thursday, February 29, 2024
Hot Meal	Crunchy Tender Roll-up	Sweet & Sour Chicken	Walking Taco
	Wg Tortilla, Chicken Tenders	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef
	Shred Lettuce, Shred Chz & Boom Sauce	Baby Carrots & Dip	w/ Shred Chz
	Seasoned Corn	Chilled Pears	Cheesy Refried Beans
	Cinnamon Apples & Choice Milk	Choice Milk	Banana & Choice Milk
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo
			Chicken Caesar Wrap

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

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

The menus are 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.

March 2024 Menu (Subject to Change)

Hot Meal	Friday, March 1, 2024			
	Cheese Stuffed Hot Pocket			
	Warm Red Sauce			
	Sliced Cucumbers & Dip			
	Crisp Varietal Apple			
	Choice Milk			
Cold	Grilled Chicken & Cheese Bun			

Hot Meal	Monday, March 4, 2024	Tuesday, March 5, 2024	Wednesday, March 6, 2024	Thursday, March 7, 2024	Friday, March 8, 2024
	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

Hot Meal	Monday, March 11, 2024	Tuesday, March 12, 2024	Wednesday, March 13, 2024		
	Mac & Cheetos	CKC Sticky Drumstick	All Beef Hot Dog		
	<i>Cheetos in the Mac or on the Side?? You decide :)</i>	Wheat Thins	WG Bun, Ketchup		
	Celery Sticks	Baby Carrots & Dip	CKC Baked Beans		
Cinnamon Apples & Choice Milk	Chilled Pears	Strawberry Bites			
	Choice Milk	Banana & Choice Milk			
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo		