



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

January - 2024

	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 Beef, 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	Friday, January 12, 2024	
Hot Meal	Chicken Corn Dog	Mongolian Meatballs	Hearty Tinga Wrap	Golden Chicken Patty Sandwich	Brunch Lunch	Week IV
	Ketchup	Seasoned Rice & Fresh Green Onions	WG Tortilla, Chicken Tinga & Shred Chz	Bakery Bun & Ketchup	French Toast Sticks w/ Syrup	
	CKC Baked Beans	Carrot Slims	Coleslaw - <i>Dare you to try in your Tinga wrap :)</i>	Steamed Corn	Mixed Greens Salad & Dressing	
	Cinnamon Apple Slices	Chilled Pears	Banana	Fresh Orange	Crisp Varietal Apple	
	Vanilla Wafers & 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	

	Monday, January 15, 2024	Tuesday, January 16, 2024	Wednesday, January 17, 2024	Thursday, January 18, 2024	Friday, January 19, 2024	
Hot Meal	Crunchy Tender Roll-up	Sweet & Sour Chicken	Walking Taco	Chicken Tikka Drumstick	Cheese Stuffed Hot Pocket	Week V
	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, January 22, 2024	Tuesday, January 23, 2024	Wednesday, January 24, 2024	Thursday, January 25, 2024	Friday, January 26, 2024	
Hot Meal	Premium Chicken Nuggets	Hot Italian Sub	Butter Chicken	Fritos Enchilada Nachos	Cheesy Pasta Bake	Week VI
	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, January 29, 2024	Tuesday, January 30, 2024	Wednesday, January 31, 2024	Happy New Year !		
Hot Meal	Mac & Cheetos	CKC Sticky Drumstick	All Beef Hot Dog	What's Cooking in CKC? - Chicken Tinga Wrap Smoky, Juicy Chicken Tinga served on a wrap, with a side of Garlic Coleslaw. We dare you to try the Tinga wrap with the Coleslaw.		Week I
	<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			
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo			

*** 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.

February 2024 Menu (Subject to Change)

		Thursday, February 1, 2024	Friday, February 2, 2024
Hot Meal		Sesame Chicken Steamed Seasoned Brown Rice Mixed Greens Salad & Dressing Fresh Orange Choice Milk	Twisted Cheesy Breadsticks Cold Italian Dip Steamed Peas Crisp Varietal Apple Choice Milk
	Cold	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) Top your Burger with Cool Ranch Chips CKC Baked Beans Cinnamon Apples & Choice Milk	Asian Chicken Dumplings Teriyaki Dipping Sauce Celery Sticks Chilled Pears Choice Milk	Soft Tortilla Taco Seasoned Beef, Cheese & Crema Street Corn, Shredded Lettuce Banana Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Garden Greens Salad & Homemade Dressing Fresh Orange Choice Milk	Cheese Pizza Quesadilla Baby Carrots Vanilla Wafers Crisp Varietal Apple Choice Milk
	Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun