



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

**March - 2024**

Whats Cooking in CKC?		Friday, March 1, 2024
<b>Hot Meal</b>	Chicken Tamale - Authentic, soft & moist Chicken & Green Sauce Tamale.  southern Drumstick - Mildly Seasoned Southern style Chicken Drumstick.	<b>Cheese Stuffed Hot Pocket</b>  Warm Red Sauce  Sliced Cucumbers & Dip  Crisp Varietal Apple  Choice Milk
<b>Cold</b>		Grilled Chicken & Cheese Bun

Monday, March 4, 2024		Tuesday, March 5, 2024		Wednesday, March 6, 2024		Thursday, March 7, 2024		Friday, March 8, 2024	
<b>Hot Meal</b>	<b>Premium Chicken Nuggets</b> Ketchup WG Dinner Roll Carrot Slims & Dip Cinnamon Apples & Choice Milk	<b>Hot Italian Sub</b> 'All Beef' Marinara Meatballs & Shred Cheese served on WG Bun Steamed Green Beans Chilled Pears Choice Milk	<i>New</i> <b>Authentic Chicken Tamale</b> Authentic. soft, moist Chicken & Green Sauce Tamale Boom Sauce Steamed Street Corn Banana & Choice Milk	<b>Fritos Enchilada Nachos</b> Top your Fritos Corn chips with delicious Chicken Enchilada Shred Cheese, Lettuce & boom sauce Cheesy Refried Beans Fresh Orange & Choice Milk	<b>Cheesy Pasta Bake</b> Grahams Crisp Broccoli & Dip Crisp Varietal Apple Choice Milk	<b>Week VI</b>			
<b>Cold</b>	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun				

Monday, March 11, 2024		Tuesday, March 12, 2024		Wednesday, March 13, 2024		Thursday, March 14, 2024		Friday, March 15, 2024	
<b>Hot Meal</b>	<b>Asian Chicken Pot Stickers</b> Teriyaki Dipping Sauce Celery Sticks Cinnamon Apples Choice Milk	<b>CKC Sticky Drumstick</b> Wheat Thins Baby Carrots & Dip Chilled Pears Choice Milk	<b>All Beef Hot Dog</b> WG Bun, Ketchup CKC Baked Beans Strawberry Bites Banana & Choice Milk	<b>Sesame Chicken</b> Steamed Seasoned Brown Rice Mixed Greens Salad & Dressing Fresh Orange Choice Milk	<b>Twisted Cheesy Breadsticks</b> Cold Italian Dip Steamed Peas Crisp Varietal Apple Choice Milk	<b>Week I</b>			
<b>Cold</b>	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun				

Monday, March 18, 2024		Tuesday, March 19, 2024		Wednesday, March 20, 2024		Thursday, March 21, 2024		Friday, March 22, 2024	
<b>Hot Meal</b>	<b>Cool Ranch Crunch Burger..(yep, we will send ketchup)</b> Top your Burger with Cool Ranch Chips CKC Baked Beans Cinnamon Apples & Choice Milk	<b>Brunch Lunch</b> French Toast Sticks & Syrup Celery Sticks Chilled Pears Choice Milk	<b>Soft Tortilla Taco</b> Seasoned Beef, Cheese & Crema Street Corn, Shredded Lettuce Banana Choice Milk	<b>Mandarin Orange Chicken</b> Steamed Brown Rice Garden Greens Salad & Homemade Dressing Fresh Orange Choice Milk	<b>Cheese Pizza Quesadilla</b> Baby Carrots Vanilla Wafers Crisp Varietal Apple Choice Milk	<b>Week II</b>			
<b>Cold</b>	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun				

Monday, March 25, 2024		Tuesday, March 26, 2024		Wednesday, March 27, 2024		Thursday, March 28, 2024		Friday, March 29, 2024	
<b>Hot Meal</b>	<b>Chicken Tenders &amp; Ketchup</b> Cracker Crisps Baby Carrots & Dip Cinnamon Apples Choice Milk	<b>Bean &amp; Cheese Pupusa</b> Boom Sauce Street Corn Salad Chilled Pears Choice Milk	<i>New</i> <b>Southern Drumstick</b> Mildly Seasoned Chicken Drumstick WG Dinner Roll Fresh Sliced Cucumbers & Banana Grahams & Choice Milk	<b>Tots &amp; Beef Crunch</b> Seasoned Beef & Smashed Tater Tots served on Tostitos Crema Lemony Pinto Beans Fresh Orange & Choice Milk	<b>Garlic Dusted French Bread Pizza</b> Garden Greens Salad & Dressing Crisp Varietal Apple Choice Milk	<b>Week III</b>			
<b>Cold</b>	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.

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.

April 2024 Menu (Subject to Change)

	Monday, April 1, 2024	Tuesday, April 2, 2024	Wednesday, April 3, 2024	Thursday, April 4, 2024	Friday, April 5, 2024	
<b>Hot Meal</b>	<b>Corn Dog</b>	<b>Mongolian Meatballs</b>	<b>Hearty Tinga Wrap</b>	<b>Golden Chicken Patty Sandwich</b>	<b>Brunch Lunch</b>	<b>Week IV</b>
	WG Chicken Corn Dog served w/ 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, April 8, 2024	Tuesday, April 9, 2024	Wednesday, April 10, 2024	Thursday, April 11, 2024	
<b>Hot Meal</b>	<b>Crunchy Tender Roll-up</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Walking Taco</b>	<i>New</i> <b>Teriyaki Drumstick</b>	<b>Week V</b>
	Wg Tortilla, Chicken Tenders	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Bakery Roll	
	Shred Lettuce, Shred Chz & Boom Sauce	Baby Carrots & Dip	w/ Shred Chz	Broccoli Florets & Dip	
	Seasoned Corn	Chilled Pears	Cheesy Refried Beans	Fresh Orange	
	Cinnamon Apples & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	