

This institution is an equal opportunity provider

April 2021 K-12 & Adult Programs Allergen Free - No Soy, Egg, Dairy & Gluten - Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Food, but Not Food</p> <p>Oatmeal is a popular ingredient in many skin soothing lotions and creams.</p> <p>Citrus fruits act as natural deodorizer and insect repellent.</p> <p>Salt and lemon mixture removes rust.</p> <p>Ketchup removes tarnish from brass fixtures.</p>			<p>1</p> <p>Seasoned Beef & Potato</p> <p>Golden Corn Chips</p> <p>Fresh Carrots & Broccoli</p> <p>Fruit of the Day</p>	<p>2</p> <p>Chicken Supreme</p> <p>Mashed Potatoes</p> <p>Fresh Broccoli & Chopped Tomatoes</p> <p>Fruit of the Day</p>
<p>Week III</p>	<p>5</p> <p>Yummy Beef & Scallion</p> <p>Golden Corn Chips</p> <p>Fresh Carrots & Broccoli</p> <p>Fruit of the Day</p>	<p>6</p> <p>Chicken Sukkhar</p> <p>Steamed Carrots</p> <p>Steamed Corn</p> <p>Fruit of the Day</p>	<p>7</p> <p>CKC Chicken Stew</p> <p>Brown Rice</p> <p>Fresh Carrots & Broccoli</p> <p>Fruit of the Day</p>	<p>8</p> <p>Spice Rubbed Chicken Fillet</p> <p>Sweet Potatoes</p> <p>Fresh Broccoli & Chopped Tomatoes</p> <p>Fruit of the Day</p>
<p>Allergen Free Hot Lunch</p>	<p>9</p> <p>Seasoned Beef & Potato</p> <p>Golden Corn Chips</p> <p>Fresh Carrots & Broccoli</p> <p>Fruit of the Day</p>	<p>12</p> <p>Chicken Supreme</p> <p>Mashed Potatoes</p> <p>Fresh Broccoli & Chopped Tomatoes</p> <p>Fruit of the Day</p>	<p>13</p> <p>Yummy Beef & Scallion</p> <p>Golden Corn Chips</p> <p>Fresh Carrots & Broccoli</p> <p>Fruit of the Day</p>	<p>14</p> <p>Chicken Sukkhar</p> <p>Steamed Green Beans</p> <p>Steamed Corn</p> <p>Fruit of the Day</p>
<p>Week IV</p>	<p>15</p> <p>CKC Chicken Stew</p> <p>Brown Rice</p> <p>Fresh Carrots & Broccoli</p> <p>Fruit of the Day</p>	<p>16</p> <p>Spice Rubbed Chicken Fillet</p> <p>Sweet Potatoes</p> <p>Fresh Broccoli & Chopped Tomatoes</p> <p>Fruit of the Day</p>	<p>19</p> <p>Seasoned Beef & Potato</p> <p>Golden Corn Chips</p> <p>Fresh Carrots & Broccoli</p> <p>Fruit of the Day</p>	<p>20</p> <p>Chicken Supreme</p> <p>Mashed Potatoes</p> <p>Fresh Broccoli & Chopped Tomatoes</p> <p>Fruit of the Day</p>
<p>Allergen Free Hot Lunch</p>	<p>21</p> <p>Yummy Beef & Scallion</p> <p>Golden Corn Chips</p> <p>Fresh Carrots & Broccoli</p> <p>Fruit of the Day</p>	<p>22</p> <p>Chicken Sukkhar</p> <p>Steamed Green Beans</p> <p>Steamed Corn</p> <p>Fruit of the Day</p>	<p>23</p> <p>CKC Chicken Stew</p> <p>Brown Rice</p> <p>Fresh Carrots & Broccoli</p> <p>Fruit of the Day</p>	<p>26</p> <p>Spice Rubbed Chicken Fillet</p> <p>Sweet Potatoes</p> <p>Fresh Broccoli & Chopped Tomatoes</p> <p>Fruit of the Day</p>
<p>Week V</p>	<p>27</p> <p>Seasoned Beef & Potato</p> <p>Golden Corn Chips</p> <p>Fresh Carrots & Broccoli</p> <p>Fruit of the Day</p>	<p>28</p> <p>Chicken Supreme</p> <p>Mashed Potatoes</p> <p>Fresh Broccoli & Chopped Tomatoes</p> <p>Fruit of the Day</p>	<p>29</p> <p>Yummy Beef & Scallion</p> <p>Golden Corn Chips</p> <p>Fresh Carrots & Broccoli</p> <p>Fruit of the Day</p>	<p>30</p> <p>Chicken Sukkhar</p> <p>Steamed Carrots</p> <p>Steamed Corn</p> <p>Fruit of the Day</p>
<p>Allergen Free Hot Lunch</p>	<p>Week VI</p>	<p>Week VII</p>	<p>Week VIII</p>	<p>Week I</p>

*Skim and 1% milk choices offered daily.
*All Bread/Chips/Tortillas listed in the menu are whole-grain products.