



Menu Name : FIT Academy Grades K-8 Lunch Menu			Options Provided : Hot, Cold Meals & Deli Salads			
Grade Level / Age Group : K-8 Grades			Meal Pattern : NSLP		Meal: Lunch	
March - 2024						
Hot Meal	Whats Cooking in CKC?				Friday, March 1, 2024	Week V
	Chicken Tamale - Authentic, soft & moist Chicken & Green Sauce Tamale.				Cheese Stuffed Hot Pocket	
	Southern Drumstick - Mildly Seasoned Southern style Chicken Drumstick.				Warm Red Sauce	
					Sliced Cucumbers & Dip	
					Crisp Varietal Apple	
Cold					Choice Milk	
	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	Week VI
	Premium Chicken Nuggets	Hot Italian Sub	Fritos Enchilada Nachos	New Authentic Chicken Tamale	Brunch Lunch	
	Ketchup	'All Beef' Marinara Meatballs & Shred Cheese served on WG Bun	Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce	Authentic, soft, moist Chicken & Green Sauce Tamale	Buttermilk Pancakes & Syrup	
	WG Dinner Roll	Steamed Green Beans		Boom Sauce	Colby Cheese Omelet	
	Carrot Slims & Dip	Chilled Pears	Cheesy Refried Beans	Steamed Street Corn	Crisp Broccoli & Dip	
	Cinnamon Apples & Choice Milk	Choice Milk	Banana & Choice Milk	Fresh Orange & Choice Milk	Crisp Varietal Apple & 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	Thursday, March 14, 2024	Friday, March 15, 2024	Week I
	All Beef Hot Dog	CKC Sticky Drumstick	Asian Chicken Dumplings	Sesame Chicken	Twisted Cheesy Breadsticks	
	WG Hot Dog Bun, Ketchup	Wheat Thins	Teriyaki Dipping Sauce	Steamed Seasoned Brown Rice	Cold Italian Dip	
	CKC Baked Beans	Baby Carrots & Dip	Celery Sticks	Mixed Greens Salad & Dressing	Steamed Peas	
	Cinnamon Apple Slices	Chilled Pears	Banana	Fresh Orange	Crisp Varietal Apple	
	Strawberry Bites & 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	
Hot Meal	Monday, March 18, 2024	Tuesday, March 19, 2024	Wednesday, March 20, 2024	Thursday, March 21, 2024	Friday, March 22, 2024	Week II
	Cool Ranch Crunch Burger.. <i>(yep, we will send ketchup)</i>	Brunch Lunch	Soft Tortilla Taco	Mandarin Orange Chicken	Cheese Pizza Quesadilla	
	Top your Burger with Cool Ranch Chips	French Toast Sticks & Syrup	Seasoned Beef, Cheese & Crema	Steamed Brown Rice	Baby Carrots	
	CKC Baked Beans	Celery Sticks	Seasoned Corn	Garden Greens Salad & Homemade Dressing	Crisp Varietal Apple	
	Cinnamon Apples & Choice Milk	Chilled Pears	Banana	Fresh Orange	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	
Hot Meal	Monday, March 25, 2024	Tuesday, March 26, 2024	Wednesday, March 27, 2024	Thursday, March 28, 2024	Friday, March 29, 2024	Week III
	Chicken Tenders & Ketchup	Bean & Cheese Pupusa	New Southern Drumstick	Tots & Beef Crunch	Garlic Dusted French Bread Pizza	
	Cracker Crisps	Boom Sauce	Mildly Seasoned Chicken Drumstick	Seasoned Beef & Smashed Tater Tots served on Tostitos	Garden Greens Salad & Dressing	
	Baby Carrots & Dip	Street Corn Salad	WG Dinner Roll	Crema	Crisp Varietal Apple	
	Cinnamon Apples	Chilled Pears	Sliced Cucumbers & Banana	Lemony Pinto Beans	Choice Milk	
	Choice Milk	Choice Milk	Grahams & Choice Milk	Fresh Orange & Choice Milk		
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Cheese Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	
(Vegetarian choices come with eggs & cheese in the place of meat)	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	Classic Chef Salad	Quinoa Power Bowl Salad	Deli Salads
	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains.	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls added to complete the WG requirement.	Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	We just time-travelled and brought back this timeless gem. It's simple. It's classic. It's vintage. This Egg, Turkey, Tomatoes and Salad combo is sure to appeal eyes and taste buds. WG rolls fill the grain part.	Not just vintage, we cover current trends too. This salad has "New-age Superfood" Quinoa as its base. Not stopping there, it becomes more powerful with Beans, Egg and Spinach.	
	*** Cold meals are served with vegetables, fruit of the day & milk.					
	*** Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)					
Skim & 1% milk served daily.						The menus are 100% pork-free
All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.						All rice dishes /rice products are made of whole grain brown rice

Skim &amp; 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)					
Hot Meal	Monday, April 1, 2024	Tuesday, April 2, 2024	Wednesday, April 3, 2024	Thursday, April 4, 2024	Friday, April 5, 2024
	<b>Chicken Patty Sandwich</b>	<b>Mongolian Meatballs</b>	<b>Corn Dog</b>	<b>Hearty Tinga Wrap</b>	<b>Brunch Lunch</b>
	Bakery Bun & Ketchup	Seasoned Rice & Fresh Green Onions	WG Chicken Corn Dog served w/ Ketchup	WG Tortilla, Chicken Tinga & Shred Chz	French Toast Sticks w/ Syrup
	Steamed Corn	Carrot Slims	CKC Baked Beans	Coleslaw - <i>Dare you to try in your Tinga wrap :)</i>	Mixed Greens Salad & Dressing
	Cinnamon Apple Slices	Chilled Pears	Banana	Fresh Orange	Crisp Varietal Apple
Cold	Choice Milk	Choice Milk	Vanilla Wafers & Choice Milk	Choice Milk	Choice Milk
	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Hot Meal	Monday, April 8, 2024	Tuesday, April 9, 2024	Wednesday, April 10, 2024	Thursday, April 11, 2024	Week V
	<b>Crunchy Tender Roll-up</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Walking Taco</b>	<i>New</i> <b>Teriyaki Drumstick</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	Crisp Broccoli & Dressing	
	Seasoned Corn	Chilled Pears	Cheesy Refried Beans	Fresh Orange	
Cold	Cinnamon Apples & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	
	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	