



Menu Name : FIT Academy Grades 9-12 Lunch Menu			Options Provided : Hot, Cold Meals & Deli Salads		
Grade Level / Age Group : 9-12 Grades			Meal Pattern : NSLP		Meal: Lunch
March - 2024					
Hot Meal	Whats Cooking in CKC?				Friday, March 1, 2024
	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
					Large 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
	Premium Chicken Nuggets w/ Ketchup	Hot Italian Sub	Fritos Enchilada Nachos	New Authentic Chicken Tamale	Brunch Lunch
	WG Roll	'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
	Carrot Slims & Dip	Steamed Green Beans		Boom Sauce	Colby Cheese Omelet
	Cinnamon Apples	Chilled Pears & 100% Fruit Juice	Cheesy Refried Beans	Steamed Street Corn	Crisp Broccoli, Baby Carrots & Dip
100% Fruit Juice & Choice Milk	Choice Milk	Honey Grahams, Bananas & Choice Milk	Fresh Orange, 100% Fruit Juice & Choice Milk	Large Crisp Varietal Apple & Choice Milk	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	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
	All Beef Hot Dog	CKC Sticky Drumstick	Asian Chicken Dumplings	Sesame Chicken	Twisted Cheesy Breadsticks
	WG Hot Dog Bun, Ketchup & Mustard	Wheat Thins, WG Roll	Teriyaki Dipping Sauce	Steamed Seasoned Brown Rice	Italian Dip
	CKC Baked Beans	Baby Carrots & Dip	Celery Sticks, Carrot Slims & Dip	Mixed Greens Salad & Dressing	Steamed Peas
	Strawberry Bites & Cinnamon Apples	Chilled Pears	Banana	Fresh Orange & 100% Fruit Juice	Large Crisp Varietal Apple
100% Fruit Juice & Choice Milk	100% Fruit Juice & Choice Milk	Choice Milk	Choice Milk	Choice Milk	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	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
	Cool Ranch Crunch Burger(vep, we will send mayo)	Brunch Lunch	Soft Tortilla Taco	Mandarin Orange Chicken	Cheese Pizza Quesadilla
	Top your Burger with Cool Ranch Doritos	French Toast Sticks & Syrup	Seasoned Beef, Shredd Lettuce & Chz	Steamed Brown Rice	Baby Carrots & Dip
	CKC Baked Beans	Celery Sticks & Carrot Slims	Seasoned Corn & Crema	Garden Greens Salad & Homemade Dressing	Large Crisp Varietal Apple
	Cinnamon Apple Slices	Chilled Pears & 100% Fruit Juice	Bananas	Fresh Orange & 100% Fruit Juice	Choice Milk
100% Fruit Juice & Choice Milk	Choice Milk	Scooby Bones & Choice Milk	Choice Milk		
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	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
	Chicken Tenders & Dip	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	Large Crisp Varietal Apple
	Cinnamon Apple Slices	Chilled Pears & 100% Fruit Juice	Sliced Cucumbers, Carrot Slims	Lemony Pinto Beans & Fresh Orange	Choice Milk
100% Fruit Juice & Choice Milk	Choice Milk	Grahams, Banana & Choice Milk	Vanilla Chat Snax, 100% Fruit Juice & 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
	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, Corn, 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.					
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
	Chicken Patty Sandwich	Mongolian Meatballs	Corn Dog	Hearty Tinga Wrap	Brunch Lunch
	Bakery Bun & Mayo	Seasoned Rice & Fresh Green Onions	WG Chicken Corn Dog served w/ Ketchup	WG Tortilla, Chicken Tinga & Shred Chz	French Toast Sticks w/ Syrup
	Veggie Crisps & Steamed Corn	Carrot Slims	CKC Baked Beans & Carrot Slims	Coleslaw - <i>Dare you to try in your Tinga wrap :)</i>	Mixed Greens Salad & Dressing
	Cinnamon Apple Slices	Chilled Pears & 100% Fruit Juice	Bananas	Fresh Orange & 100% Fruit Juice	Large Crisp Varietal Apple
Cold	100% Fruit Juice & Choice Milk	Choice Milk	Vanilla Wafers & Choice Milk	Berry Crackers & 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
	Crunchy Tender Roll-up	Sweet & Sour Chicken	Walking Taco	<i>New</i> Teriyaki Drumstick	
	Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Roll & Strawberry Bites	
	Shred Lettuce & Steamed Corn	Baby Carrots & Dip	w/ Shred Chz, Shredded Lettuce	Crisp Broccoli & Carrot Slims	
	Cinnamon Apples	Chilled Pears & 100% Fruit Juice	Cheesy Refried Beans	Fresh Orange & 100% Fruit Juice	
Cold	100% Fruit Juice & Choice Milk	Choice Milk	Chat Snax, Bananas & Choice Milk	Choice Milk	
	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	