

Menu Name : PiMS Arts High School Grades 9-12 Lunch Menu		Options Provided : Hot, Hot Vegetarian Meals	
Grade Level / Age Group : 9-12 Grades		Meal Pattern : NSLP	
October - 2024			

		Tuesday, October 1, 2024	Wednesday, October 2, 2024	Thursday, October 3, 2024	Friday, October 4, 2024		
Hot Meals	October is 'Farm-To-School' Month	BBQ Meatballs	Asian Chow Mein Bowl	Spicy Chicken Patty Sandwich	Fresh Baked Pizza Slice	Week VI	
		Mashed Potatoes Assorted Salad Bar WG Roll & Birthday Cake Grahams Chilled Fruit Cocktail, 100% Fruit Juice Box & Choice Milk	Whole Grain Chow Mein Noodles with Asian Sesame Chicken Assorted Salad Bar Bananas Choice Milk	WG Bun & Ketchup Assorted Salad Bar Fresh Orange Hot Cheetos, 100% Fruit Juice Box & Choice Milk	Assorted Salad Bar Large Crisp Varietal Apple Choice Milk		
Hot Veg		Veggie Garden Burger w/Ketchup	Big Daddy's French Pizza Bread	Grilled Cheese Sandwich	Fresh Hot Cheese Pizza		

		Monday, October 7, 2024	Tuesday, October 8, 2024	Wednesday, October 9, 2024	Thursday, October 10, 2024	Friday, October 11, 2024		
Hot Meals	CKC Chef's Texas Burger w/American Cheese Slice	WG Ranch Crackers Assorted Salad Bar Chilled Peaches 100% Fruit Juice Box & Choice Milk	General Tso Chicken Steamed Brown Rice Assorted Salad Bar Chilled Fruit Cocktail 100% Fruit Juice Box & Choice Milk	All Beef Hot Dog WG Hot Dog Bun, Ketchup & Mustard Assorted Salad Bar Vanilla Wafers Bananas & Choice Milk	Turkey Sausage & Waffle Sliders Easy Bite Mini Waffles w/ Syrup & Turkey Sausage Patties Assorted Salad Bar Fresh Orange 100% Fruit Juice Box & Choice Milk	Pizza Hand Pie Assorted Salad Bar Large Crisp Varietal Apple Choice Milk Animal Crackers	Week I	
		Hot Veg	Vegetarian Croissant Sandwich	Pizza Crunchers	Cheese Hot Pocket w/ Dipping Sauce	Cheesy Quesadilla		Veggie & Cheese Lasagna

		Monday, October 14, 2024	Tuesday, October 15, 2024	Wednesday, October 16, 2024	Thursday, October 17, 2024	Friday, October 18, 2024		
Hot Meals	Soft Shell Tortilla Taco	WG Tortilla, Taco Seasoned Beef, Shred Cheese & Crema Assorted Salad Bar Chilled Peaches & 100% Fruit Juice Box Scooby Grahams & Choice Milk	Chili Chicken Drumstick Seasoned Rice Assorted Salad Bar Chilled Fruit Cocktail 100% Fruit Juice Box & Choice Milk	Mozzarella Burger Ketchup Assorted Salad Bar Bananas Wheat Crackers & Choice Milk	Premium Chicken Nuggets & Ranch WG Dinner Roll Assorted Salad Bar Fresh Orange 100% Fruit Juice Box & Choice Milk	Fresh Baked Pizza Slice Assorted Salad Bar Large Crisp Varietal Apple Choice Milk	Week II	
		Hot Veg	Bean & Cheese Burrito	Pizza Crunchers	Garden Mozzarella Burger w/Ketchup	Easy-Cheesy Pull Aparts		Fresh Hot Cheese Pizza

		Monday, October 21, 2024	Tuesday, October 22, 2024	Wednesday, October 23, 2024	Thursday, October 24, 2024	Friday, October 25, 2024		
Hot Meals	Crunch Wrap	Wg Tortilla, Spicy Chicken Tenders Shred Cheese & Boom Sauce Assorted Salad Bar Chilled Peaches, 100% Fruit Juice Box & Choice Milk	Cheesy Beef Joe (Taste Test Winner) CKC's Cheesy Twist on a Beef Joe Assorted Salad Bar Chilled Fruit Cocktail Flamas, 100% Fruit Juice Box & Choice Milk	Sichuan Chicken Steamed Seasoned Rice Assorted Salad Bar Bananas Choice Milk	Italiano Rosy Alfredo Pasta Bake WG Penne Rosa w/ Grilled Chicken Assorted Salad Bar Fresh Orange Wafers, 100% Fruit Juice Box & Choice Milk	Brunch Lunch French Toast Sticks & Syrup Assorted Salad Bar Large Crisp Varietal Apple Choice Milk	Week III	
		Hot Veg	Fluffy Omelet, Buttermilk Pancakes & Syrup	Cheesy Quesadilla	French Bread	Stuffed Rigatoni		Multi Cheese Croissant Sandwich

		Monday, October 28, 2024	Tuesday, October 29, 2024	Wednesday, October 30, 2024	Thursday, October 31, 2024	Farm-To-School - What & Why?			
Hot Meal	Spicy Coco-Lime Chicken Drumstick	Warm Seasoned Rice Assorted Salad Bar Chilled Peaches 100% Fruit Juice Box & Choice Milk	Cheddar Nachos Scoop the Creamy Melted Chz & Chix Nachos with Corn Chips for the 'Oh, so, yummy' Crunch Chilled Fruit Cocktail & Assorted Salad Bar Mixed Berry Grahams, 100% Fruit Juice Box & Choice Milk	The Cheeseburger , that Never Gets Old-Fashioned WG Bun, Cheese Slice & Ketchup Crispy Ranch Crackers Assorted Salad Bar Bananas & Choice Milk	Golden Corn Dog WG Chicken Corn Dog served with Ketchup Potato Stix & Ketchup Assorted Salad Bar & Fresh Orange 100% Fruit Juice Box & Choice Milk	October is Farm-to-School Month in the U.S., a time for students to learn about locally grown and produced food items supplied by nearby farmers, producers and ranchers. Farm-to-school foods ensure the freshest foods in school meals and help support local economies.		Week IV	
		Hot Veg	Easy-Cheesy Pull Aparts	Garden Burger w/Mayo	Creamy Mac & Cheese & Grahams				Cheese Calzone

*** Hot Vegetarian 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.

This menu is 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.



NOVEMBER 2024 Menu (Subject to Change)						
Hot Meal	<p>What is CKC Good Food's Role in supporting Farm Fresh Foods?</p> <p>CKC Good Food regularly features food items that are sourced from local food vendors. Some of the local and regional producers featured on our menus include Bushel Boy Farms (Owatonna, MN), Wescott Orchards (Elgin, MN) and Prairie Farms dairy farmers.</p>				<p>Friday, November 1, 2024</p> <p>Fresh Baked Pizza Slice</p> <p>Assorted Salad Bar</p> <p>Large Crisp Varietal Apple</p> <p>Choice Milk</p>	Week IV
	Hot Veg					
Hot Meal	<p>Monday, November 4, 2024</p> <p>Spicy Chicken Tenders & Youza Sauce</p> <p>Assorted Salad Bar</p> <p>Chilled Peaches</p> <p>WG Roll</p> <p>100% Fruit Juice Box & Choice Milk</p>	<p>Tuesday, November 5, 2024</p> <p>Walking Taco</p> <p>Beef Taco Meat, Nacho Cheese Doritos, Shred Cheese & Crema</p> <p>Assorted Salad Bar</p> <p>Chilled Fruit Cocktail</p> <p>Vanilla Chat-Snax, 100% Fruit Juice Box & Choice Milk</p>	<p>Wednesday, November 6, 2024</p> <p>Chinese Teriyaki Chicken</p> <p>Steamed Seasoned Rice</p> <p>Assorted Salad Bar</p> <p>Bananas</p> <p>Choice Milk</p>	<p>Thursday, November 7, 2024</p> <p>Hot Honey Beef Noodles</p> <p>Assorted Salad Bar</p> <p>Fresh Orange</p> <p>Choice Milk</p> <p>100% Fruit Juice Box</p>	<p>Friday, November 8, 2024</p> <p>Cheese Hot Pocket</p> <p>Warm Red Sauce</p> <p>Assorted Salad Bar</p> <p>Large Crisp Varietal Apple</p> <p>Grahams & Choice Milk</p>	Week V
	Hot Veg	<p><i>Fluffy Omelet, Buttermilk Pancakes & Syrup</i></p>	<p><i>Bean & Cheese Pupusa w/ Boom Sauce</i></p>	<p><i>Stuffed Rigatoni & Grahams</i></p>	<p><i>French Pizza Bread</i></p>	
Hot Meal	<p>Monday, November 11, 2024</p> <p>Buffalo Chicken Nuggets</p> <p>Ranch Dip</p> <p>Dill Cobber Crackers</p> <p>Assorted Salad Bar</p> <p>Chilled Peaches, 100% Fruit Juice Box & Choice Milk</p>					Week VI
	Hot Veg	<p><i>Twisty Stuffed Breadsticks w/ Dip</i></p>				