



Menu Name : St.Paul City Schools Grades K-8 Lunch Menu Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads  
 Grade Level / Age Group : K-8 Grades Meal Pattern : NSLP Meal: Lunch

**March - 2024**

Whats Cooking in CKC?		Friday, March 1, 2024
Hot Meal	Chicken Tamale - Authentic, soft & moist Chicken & Green Sauce Tamale.	<b>Cheese Stuffed Hot Pocket</b> Warm Red Sauce Sliced Cucumbers & Dip Crisp Varietal Apple Choice Milk Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet Sunbutter & Jelly sandwich
	Southern Drumstick - Mildly Seasoned Southern style Chicken Drumstick.	
Hot Veg		
Cold		

	Monday, March 4, 2024	Tuesday, March 5, 2024	Wednesday, March 6, 2024	Thursday, March 7, 2024	Friday, March 8, 2024
Hot Meal	<b>Premium Chicken Nuggets</b> Ketchup WG Dinner Roll CKC Baked Beans 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 Tamales Boom Sauce Steamed Corn Banana & Choice Milk	<b>Penne Pasta &amp; Meatsauce</b> Garden Greens Salad & Dressing Fresh Orange Choice Milk	<b>Brunch Lunch</b> Buttermilk Pancakes & Syrup Fruited Yogurt Cup Carrot Slims & Dip Crisp Varietal Apple & Choice Milk
Hot Veg	Grilled Cheese Sandwich	Cheese Quesadilla	Veggie Bean Burrito	Veggie Garden Burger & Mayo	French Bread Pizza
Cold	Sunbutter & Jelly sandwich	Honey Mustard Chicken Bun	Sunbutter & Jelly sandwich	Chicken Caesar Wrap	Sunbutter & Jelly sandwich

	Monday, March 11, 2024	Tuesday, March 12, 2024	Wednesday, March 13, 2024	Thursday, March 14, 2024	Friday, March 15, 2024
Hot Meal	<b>All Beef Hot Dog</b> WG Hot Dog Bun, Ketchup CKC Baked Beans Cinnamon Apples Choice Milk	<b>CKC Sticky Drumstick</b> Wheat Thins Baby Carrots & Dip Chilled Pears Choice Milk	<b>Asian Chicken Pot Stickers</b> Teriyaki Dipping Sauce Celery Sticks 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
Hot Veg	Cheese Calzone	Stuffed Dipping Bites w/ Sauce	Veggie Bean Burrito	Grilled Cheese Sandwich	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet
Cold	Sunbutter & Jelly sandwich	Honey Mustard Chicken Bun	Sunbutter & Jelly sandwich	Chicken Caesar Wrap	Sunbutter & Jelly sandwich

	Monday, March 18, 2024	Tuesday, March 19, 2024	Wednesday, March 20, 2024	Thursday, March 21, 2024	Friday, March 22, 2024
Hot Meal	<b>Old Fashioned Cheeseburger w/Bun &amp; Ketchup</b> 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> WG Tortilla, 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 Crisp Varietal Apple Choice Milk
Hot Veg	Bean & Cheese Burrito	Egg Fried Rice & WG Roll	Cheesy Pull Aparts	French Pizza Bread	Grilled Cheese Sandwich
Cold	Sunbutter & Jelly sandwich	Honey Mustard Chicken Bun	Sunbutter & Jelly sandwich	Chicken Caesar Wrap	Sunbutter & Jelly sandwich

	Monday, March 25, 2024	Tuesday, March 26, 2024	Wednesday, March 27, 2024	Thursday, March 28, 2024	Friday, March 29, 2024
Hot Meal	<b>Chicken Tenders &amp; Ketchup</b> WG Bakery Roll Street Corn Salad Cinnamon Apples Choice Milk	<b>Bean &amp; Cheese Pupusa</b> Boom Sauce Baby Carrots & Dip Chilled Pears Choice Milk	<i>New</i> <b>Southern Drumstick</b> Mildly Seasoned Chicken Drumstick WG Dinner Rolls Fresh Sliced Cucumbers & Banana 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
Hot Veg	Cheese Hot Pocket & Sauce	Veggie Garden Burger	Cheesy Quesadilla	Stuffed Dipping Bites/ Italian Dip	Cheesy Pull Aparts
Cold	Sunbutter & Jelly sandwich	Honey Mustard Chicken Bun	Sunbutter & Jelly sandwich	Chicken Caesar Wrap	Sunbutter & Jelly sandwich

	Monday, March 25, 2024	Tuesday, March 26, 2024	Wednesday, March 27, 2024	Thursday, March 28, 2024	Friday, March 29, 2024
(Vegetarian choices come with eggs & cheese in the place of meat)	<b>Grilled Chicken Caesar Salad</b> Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains.	<b>Grilled Chicken Asian Salad</b> Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls added to complete the WG requirement.	<b>Grilled Chicken SW Taco Salad</b> 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.	<b>Classic Chef Salad</b> 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	<b>Quinoa Power Bowl Salad</b> 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 and Spinach.

\*\*\* Hot Veg and 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)

		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>Chicken Patty Sandwich</b>	Bakery Bun & Ketchup Steamed Corn Cinnamon Apple Slices Choice Milk	<b>Mongolian Meatballs</b> Seasoned Rice & Fresh Green Onions Carrot Slims Chilled Pears Choice Milk	<b>Corn Dog</b> WG Chicken Corn Dog served w/ Ketchup CKC Baked Beans Banana Choice Milk	<b>Hearty Tinga Wrap</b> WG Tortilla, Chicken Tinga & Shred Chz Coleslaw - <i>Dare you to try in your Tinga wrap</i> :) Fresh Orange Choice Milk	<b>Brunch Lunch</b> French Toast Sticks w/ Syrup Mixed Greens Salad & Dressing Crisp Varietal Apple Choice Milk	<b>Week IV</b>
	Hot Veg	<b>Buttermilk Pancakes w/ Syrup &amp; Yogurt Cup</b>	<b>Pizza Calzone</b>	<b>Stuffed Breadsticks w/ Dip</b>	<b>Veggie Garden Burger</b>	<b>Grilled Cheese Sandwich</b>	
	Cold	<b>Sunbutter &amp; Jelly sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Sunbutter &amp; Jelly sandwich</b>	<b>Chicken Caesar Wrap</b>	<b>Sunbutter &amp; Jelly sandwich</b>	
		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>	Wg Tortilla, Chicken Tenders Shred Lettuce, Shred Chz & Boom Sauce Seasoned Corn Cinnamon Apples & Choice Milk	<b>Sweet &amp; Sour Chicken</b> WG Roll & Steamed Seasoned Rice Baby Carrots & Dip Chilled Pears Choice Milk	<b>Walking Taco</b> Corn Chips, Seasoned Beef w/ Shred Chz Cheesy Refried Beans Banana & Choice Milk	<b>Teriyaki Drumstick</b> WG Bakery Roll Crisp Broccoli & Dip Fresh Orange Choice Milk		<b>Week V</b>
	Hot Veg	<b>Cheesy Pull Aparts</b>	<b>Pizza Crunchers</b>	<b>Bean Taco Wrap</b>	<b>Egg Fried Rice</b>		
	Cold	<b>Sunbutter &amp; Jelly sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Sunbutter &amp; Jelly sandwich</b>	<b>Chicken Caesar Wrap</b>		