

Menu Name : Woodbury Leadership Academy Grade 9 Lunch Menu		Options Provided : Hot, Hot Vegetarian Meals			
Grade Level / Age Group : 9-12 Grades		Meal Pattern : NSLP			
		Meal : Lunch			
October - 2024					
Hot Meals	October is To-School' Farm-Month	Tuesday, October 1, 2024	Wednesday, October 2, 2024	Thursday, October 3, 2024	Friday, October 4, 2024
		BBQ Meatballs	Asian Chow Mein Bowl	Spicy Chicken Patty Sandwich	Cheese Pizza Quesadilla
		Mashed Potatoes	Whole Grain Chow Mein Noodles with Asian Sesame Chicken	WG Bun & Ketchup	Mixed Greens Salad w/Dressing
		Chilled Fruit Cocktail	Sliced Cucumbers & Dip	CKC Baked Beans & Carrot Slims	Large Crisp Varietal Apple
		WG Roll & Birthday Cake Grahams	Bananas	Fresh Orange	Choice Milk
Hot Veg	100% Fruit Juice Box & Choice Milk	Choice Milk	Hot Cheetos, 100% Fruit Juice Box & Choice Milk	French Toast Grahams	
	Veggie Garden Burger w/Ketchup	French Pizza Bread	Grilled Cheese Sandwich	Vegetarian Stuffed Ravioli	
Hot Meals	Monday, October 7, 2024	Tuesday, October 8, 2024	Wednesday, October 9, 2024	Thursday, October 10, 2024	Friday, October 11, 2024
	CKC Chef's Texas Burger w/American Cheese Slice	General Tso Chicken	All Beef Hot Dog	Turkey Sausage & Waffle Sliders	Pizza Hand Pie
	WG Ranch Crackers	Steamed Brown Rice	WG Hot Dog Bun & Ketchup	Easy Bite Mini Waffles w/ Syrup & Turkey Sausage Patties	Garden Greens Salad & Dressing
	Seasoned Corn	Celery Sticks, Baby Carrots & Dip	CKC Baked Beans	Carrot Slims & Dip	Large Crisp Varietal Apple
	Cinnamon Apple Slices	Chilled Fruit Cocktail	Sliced Cucumbers	Fresh Orange	Choice Milk
Hot Veg	100% Fruit Juice Box & Choice Milk	100% Fruit Juice Box & Choice Milk	Vanilla Wafers, Bananas & Choice Milk	100% Fruit Juice Box & Choice Milk	
	Vegetarian Croissant Sandwich	Pizza Crunchers	Cheese Hot Pocket w/ Dipping Sauce	Cheesy Quesadilla	Veggie & Cheese Lasagna
Hot Meals	Monday, October 14, 2024	Tuesday, October 15, 2024	Wednesday, October 16, 2024	Thursday, October 17, 2024	Friday, October 18, 2024
	Soft Shell Tortilla Taco	Chili Chicken Drumstick	Mozzarella Burger	Premium Chicken Nuggets & Ranch	Garlic Brushed French Bread Pizza
	WG Tortilla, Taco Seasoned Beef, Shred Cheese & Crema	Seasoned Rice	Ketchup	WG Dinner Roll	Broccoli Salad
	Street Corn Salad	Celery Sticks, Carrot Slims & Dip	CKC Baked Beans	Baby Carrots w/ Dip	Large Crisp Varietal Apple
	Cinnamon Apple Slices & 100% Fruit Juice Box	Chilled Fruit Cocktail	Sliced Cucumbers & Bananas	Fresh Orange	Choice Milk
Hot Veg	100% Fruit Juice Box & Choice Milk	100% Fruit Juice Box & Choice Milk	Wheat Crackers & Choice Milk	100% Fruit Juice Box & Choice Milk	
	Bean & Cheese Burrito	Pizza Crunchers	Garden Mozzarella Burger w/Ketchup	Easy-Cheesy Pull Aparts	Creamy Mac & Cheese
Hot Meals	Monday, October 21, 2024	Tuesday, October 22, 2024	Wednesday, October 23, 2024	Thursday, October 24, 2024	Friday, October 25, 2024
	Crunch Wrap	Cheesy Beef Joe (Taste Test Winner)	Sichuan Chicken	Italiano Rosy Alfredo Pasta Bake	Brunch Lunch
	Wg Tortilla, Spicy Chicken Tenders	CKC's Cheesy Twist on a Beef Joe	Steamed Seasoned Rice	WG Penne Rosa w/ Grilled Chicken	French Toast Sticks & Syrup
	Shred Cheese & Boom Sauce	CKC Baked Beans & Celery Sticks	Sliced Cucumbers & Dip	Mixed Greens Salad & Dressing	Hash Brown Patties w/ Ketchup
	Baby Carrots	Chilled Fruit Cocktail	Bananas	Fresh Orange	Baby Carrots
Hot Veg	100% Fruit Juice Box & Choice Milk	Flamas, 100% Fruit Juice Box & Choice Milk	Choice Milk	Wafers, 100% Fruit Juice Box & Choice Milk	
	Fluffy Omelet, Buttermilk Pancakes & Syrup	Cheesy Quesadilla	French Bread	Stuffed Rigatoni	Multi Cheese Croissant Sandwich
Hot Meal	Monday, October 28, 2024	Tuesday, October 29, 2024	Wednesday, October 30, 2024	Thursday, October 31, 2024	Farm-To-School - What & Why?
	Spicy Coco-Lime Chicken Drumstick	Cheddar Nachos	The Cheeseburger , that Never Gets Old-Fashioned	Golden Corn Dog	
	Warm Seasoned Rice	Scoop the Creamy Melted Chz & Chix Nachos with Corn Chips for the 'Oh, so, yummy' Crunch	WG Bun, Cheese Slice & Ketchup	WG Chicken Corn Dog served with Ketchup	
	Baby Carrots	Pinto Beans, Celery Sticks & Chilled Fruit Cocktail	Crispy Ranch Crackers	Potato Stix & Ketchup	
	Cinnamon Apple Slices	Mixed Berry Grahams, 100% Fruit Juice Box & Choice Milk	Cucumber Slices & Dressing	Fresh Orange	
Hot Veg	100% Fruit Juice Box & Choice Milk	100% Fruit Juice Box & Choice Milk	100% Fruit Juice Box & Choice Milk		
	Easy-Cheesy Pull Aparts	Garden Burger w/Mayo	Creamy Mac & Cheese w/ WG Roll	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>Twisted Cheesy Breadsticks</p> <p>Warm Red Sauce</p> <p>Broccoli Florets, Carrot Slims & Dip</p> <p>Large Crisp Varietal Apple</p> <p>Choice Milk</p> <p><i>Grilled Cheese Sandwich w/ Americian Cheese</i></p>	Week IV
	Hot Veg					
Hot Meal	<p>Monday, November 4, 2024</p> <p>Spicy Chicken Tenders & Youza Sauce</p> <p>Steamed Peas & Carrots</p> <p>Cinnamon Apple Slices</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>Cheesy Refried Beans</p> <p>Chilled Fruit Cocktail</p> <p>Vanilla Chat-Snax, 100% Fruit Juice Box & Choice Milk</p>	<p>Wednesday, November 6, 2024</p> <p>Hot Honey Beef Noodles</p> <p>Mixed Greens Salad & Dressing</p> <p>Bananas</p> <p>Choice Milk</p>	<p>Thursday, November 7, 2024</p> <p>Chinese Teriyaki Chicken</p> <p>Steamed Seasoned Rice</p> <p>Crisp Broccoli, Baby Carrots & Dip</p> <p>Fresh Orange</p> <p>100% Fruit Juice Box & Choice Milk</p>	<p>Friday, November 8, 2024</p> <p>Cheese Hot Pocket</p> <p>Warm Red Sauce</p> <p>Steamed Corn</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>Baby Carrots & Dip</p> <p>Cinnamon Apple Slices, 100% Fruit Juice Box & Choice Milk</p>					Week VI
	Hot Veg	<p><i>Twisty Stuffed Breadsticks w/ Dip</i></p>				