## Fresh, Healthy, Good Food Every Day!

## CKC GOOD FOOD

September 2018 K-8 CKC "No Cereal" Cold Breakfast Grab Bag

this institution is an equal opportunity provider

Week 1	Monday, September 3, 2018	Tuesday, September 4, 2018	Wednesday, September 5, 2018	Thursday, September 6, 2018	Friday, September 7, 2018
	Nutrigrain Cereal Bar (1 comp)	Nature Valley Choc Chip Crisps (1 comp)	Team Cheerios Cereal Bar (1 comp)	Pillsbury Apple Frudel (2 comp)	Pillsbury Mini Maple Waffle Madness (2 comp)
	* Chz Sticks (1 comp) / Have Scholar Add to Bag	* Yogurt (1 comp)/ Have Scholar Add to Bag	* Chz Sticks (1 comp) / Have Scholar Add to Bag	100% Fruit Juice Box (1 comp)	100% Fruit Juice Box (1 comp)
	100% Fruit Juice Box (1 comp)	100% Fruit Juice Box (1 comp)	100% Fruit Juice Box (1 comp)		
	Barra de Cereal	Barra de Cereal	Barra de Cereal	Pan de Manzana	Waffel
	Palito de Queso	Yogurt	Palito De Queso	Jugo	Jugo
	Leche y Jugo	Leche y Jugo	Leche Y Jugo	Leche	Leche
Week 2	Monday, September 10, 2018	Tuesday, September 11, 2018	Wednesday, September 12, 2018	Thursday, September 13, 2018	Friday, September 14, 2018
	Trix Cereal Bar (1 comp)	WG Single Cinnamon Pop Tart (1 comp)	Bakecrafters WG Honey Bun (2 comp)	Pillsbury Mini Strawberry Pancakes (2 comp)	Kelloggs Strawberry Nutrigrain Bar (1 comp)
	* Chz Sticks (1 comp) / Have Scholar Add to Bag	* Yogurt (1 comp)/ Have Scholar Add to Bag	100% Fruit Juice Box (1 comp)	100% Fruit Juice Box (1 comp)	* Chz Sticks (1 comp) / Have Scholar Add to Bag
	100% Fruit Juice Box (1 comp)	100% Fruit Juice Box (1 comp)			100% Fruit Juice Box (1 comp)
	Barra de Cereal	Pop Tart de Canela	Honey Bun	Panqueques de Fresa	Barra de Cereal
	Palito de Queso	Yogurt	Jugo	Jugo	Palito de Queso
	Leche y Jugo	Leche y Jugo	Leche	Leche	Leche Y Jugo
Week 3	Monday, September 17, 2018	Tuesday, September 18, 2018	Wednesday, September 19, 2018	Thursday, September 20, 2018	Friday, September 21, 2018
	Fruity Cheerios Cereal Bar (1 comp)	Nature Valley Cinnamon Crisps (1 comp)	Pillsbury Cherry Strudel Frudel (2 comp)	Pillsbury Chocolate Filled Cressent (2 comp)	2oz Blueberry Breakfast Bread (1 comp)
	* Chz Sticks (1 comp) / Have Scholar Add to Bag	* Yogurt (1 comp)/ Have Scholar Add to Bag	100% Fruit Juice Box (1 comp)	100% Fruit Juice Box (1 comp)	* Chz Sticks (1 comp) / Have Scholar Add to Bag
	100% Fruit Juice Box (1 comp)	100% Fruit Juice Box (1 comp)			100% Fruit Juice Box (1 comp)
	Barra de Cereal	Barra de Cereal	Barra de Cereal	Pan relleno de Chocolate	Pan de Arandanos
	Palito de Queso	Yogurt	Jugo	Jugo	Palito de Queso
	Leche y Jugo	Leche y Jugo	Leche	Leche	Leche Y Jugo
Week 4	Monday, September 24, 2018	Tuesday, September 25, 2018	Wednesday, September 26, 2018	Thursday, September 27, 2018	Friday, September 28, 2018
	Apple Cinnamon Cereal Bar (1 comp)	Kelloggs Blueberry Nutrigrain Bar (1 comp)	WG Chocolate Chunk Brekkie (1 comp)	Maple Burstin Mini Pancakes (2 comp)	4 oz French Toast Breakfast Bread (2 comp)
	* Chz Sticks (1 comp) / Have Scholar Add to Bag	* Yogurt (1 comp)/ Have Scholar Add to Bag	* Chz Sticks (1 comp) / Have Scholar Add to Bag	100% Fruit Juice Box (1 comp)	100% Fruit Juice Box (1 comp)
	100% Fruit Juice Box (1 comp)	100% Fruit Juice Box (1 comp)	100% Fruit Juice Box (1 comp)		
	Barra de Cereal	Barra de Cereal	Barra de Cereal	Panqueques	Tostado Frances
	Palito de Queso	Yogurt	Palito de Queso	Jugo	Jugo
	Leche Y Jugo	Leche Y Jugo	Leche y Jugo	Leche	Leche
	Manu is subject to infraguent ch	ongo Ougations? Call	651-453-1136 or visit our website at www.ckc		Skim & 1% Milk choices offered daily