

CEC CASTLE ROCK OCTOBER MENU

2024

(uni breakfast, bulk lunch)

Chef Mikey Presents

My Kid's Lunch

A division of Michael's of Denver Catering

303-778-0916



Monday	Tuesday	Wednesday	Thursday	Friday
	1 <i>Maple Waffle</i> <i>Dried Apples</i> <i>Fresh Orange</i> Chicken Nuggets Buttermilk Biscuit BBQ Sauce Baby Carrots, Ranch Dip Green Apple	2 <i>Vanilla Yogurt</i> <i>Honey Granola</i> <i>100% Juice</i> <i>Sliced Peaches</i> Beef Meat Sauce Rotini Pasta Broccoli, Ranch Dip Sliced Peaches	3 <i>Banana Chocolate Chip</i> <i>Oatmeal Round</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Chicken Fajitas Onions, Peppers Tortillas, Salsa Black Beans Orange Quarters	4 <i>Pumpkin Bread</i> <i>String Cheese</i> <i>100% Juice</i> <i>Applesauce Cup</i> Cheese Stuffed Breadsticks Marinara Dipping Sauce Coleslaw Seasonal Fruit
7 <i>Strawberry Cinnaboli</i> <i>100% Juice</i> <i>Fresh Apple</i> Turkey Hot Dog Wheat Bun, Ketchup Baked Beans Pineapple	8 <i>Cocoa Puffs Bowl</i> <i>Dried Apples</i> <i>Fresh Orange</i> Orange Chicken Brown Rice Carrot Bites, Ranch Dip Cinnamon Apples	9 <i>Lemon Poppyseed Bread</i> <i>String Cheese</i> <i>100% Juice</i> <i>Fruit Cup</i> Meatballs in Marinara Garlic Knot Romaine Salad Ranch Dressing Fresh Banana	10 <i>Breakfast Bar A</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Crispy Chicken Sandwich Wheat Bun Buffalo Sauce Steamed Corn Orange Quarters	11 <i>Banana Bread</i> <i>Vanilla Yogurt</i> <i>100% Juice</i> <i>Applesauce Cup</i> Ham & Cheese Sandwich Deli Ham Sliced Provolone Coleslaw Seasonal Fruit
14 No School	15 No School	16 No School	17 No School	18 No School
21 <i>Breakfast Bar B</i> <i>100% Juice</i> <i>Fresh Apple</i> Meatball Sub Marinara Sauce Hoagie Roll Carrot Bites, Ranch Dip Sliced Pears	22 <i>Maple Waffle</i> <i>Dried Apples</i> <i>Fresh Orange</i> Breakfast Sandwich Buttermilk Biscuit Egg Patty Cheddar Cheese Hash Browns Fresh Green Apple	23 <i>Vanilla Yogurt</i> <i>Honey Granola</i> <i>100% Juice</i> <i>Sliced Peaches</i> Cheese Lasagna Roll Up Romaine Salad Italian Dressing Cinnamon Apples	24 <i>Apple Cinnamon</i> <i>Oatmeal Round</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Beef Soft Tacos Cheddar Cheese Tortillas, Salsa Refried Beans Orange Quarters	25 <i>Pumpkin Bread</i> <i>String Cheese</i> <i>100% Juice</i> <i>Applesauce Cup</i> Turkey & Cheese Croissant Deli Turkey Sliced Cheddar Cucumber Salad

				Seasonal Fruit
28	29	30	31	
<i>Strawberry Cinnaboli</i> <i>100% Juice</i> <i>Fresh Apple</i> Chicken Tenders BBQ Sauce Homemade Cornbread Carrot Bites, Ranch Dip Kiwi-Strawberry Sidekick	<i>Cocoa Puffs Bowl</i> <i>Dried Apples</i> <i>Fresh Orange</i> Grilled Hamburger Wheat Bun, Ketchup Baked Beans Sliced Peaches	<i>Lemon Poppyseed</i> <i>Bread</i> <i>String Cheese</i> <i>100% Juice</i> <i>Fruit Cup</i> Pancakes, Syrup Sausage Patty Hash Browns Orange Quarters	<i>Breakfast Bar A</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Macaroni & Cheese BBQ Chicken Broccoli, Ranch Dip Fresh Green Apple	

****This institution is an equal opportunity provider.***

*****All meals are served with a choice of 1% or skim white milk. Chocolate milk is offered on Fridays.***

******This menu is subject to change based on item availability***

*******Shelf stable meal kits available upon request.***

Our menu items may contain milk, eggs, wheat, soy, sesame, fish or shellfish.