

# CEC-Castle Rock SEPTEMBER MENU

## 2025

### Chef Mikey Presents

My Kid's Lunch

A division of Michael's of Denver Catering

303-778-0916



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Labor Day</b> <i>100% Juice</i> <i>Fresh Green Apple</i>	<i>Blueberry Lemon Bar A</i> <i>100% Juice</i> <i>Fresh Green Apple</i> <b>Meatball Sub</b> <b>Marinara Sauce</b> <b>Hoagie Roll</b> <b>Romaine Salad</b> <b>Ranch Dressing</b> <b>Pineapple</b>	<i>Mini Bagels</i> <i>w/Strawberry Cream</i> <i>Cheese</i> <i>100% Juice</i> <i>Applesauce Cup</i> <b>Seasoned Beef Chili</b> <b>Shredded Cheddar</b> <b>Homemade Cornbread</b> <b>Baked French Fries</b> <b>Fresh Banana</b>	<i>Cinnamon Roll</i> <i>Dried Fruit</i> <i>Fresh Banana</i> <b>Chicken Potstickers</b> <b>Soy Sauce</b> <b>Carrot Bites</b> <b>Ranch Dip</b> <b>Fresh Apple</b>	<i>Apple Cinnamon Bread</i> <i>100% Juice</i> <i>Fruit Cup</i> <b>Sun Butter &amp; Jelly</b> <b>Sandwich</b> <b>Celery Sticks</b> <b>Ranch Dip</b> <b>Seasonal Fruit</b>
<i>Apple Berry Crisp Bar B</i> <i>100% Juice</i> <i>Fresh Apple</i> <b>Chicken Fajitas</b> <b>Onions, Peppers</b> <b>Tortillas, Salsa</b> <b>Black Beans</b> <b>Frozen Fruit Cup</b>	<i>Maple Waffle</i> <i>Dried Apples</i> <i>Fresh Orange</i> <b>Chicken Nuggets</b> <b>Buttermilk Biscuit</b> <b>BBQ Sauce</b> <b>Baby Carrots, Ranch</b> <b>Dip</b> <b>Green Apple</b>	<i>Vanilla Yogurt</i> <i>Honey Granola</i> <i>100% Juice</i> <i>Sliced Peaches</i> <b>Beef Meat Sauce</b> <b>Rotini Pasta</b> <b>Broccoli, Ranch Dip</b> <b>Sliced Peaches</b>	<i>Banana Chocolate Chip</i> <i>Oatmeal Round</i> <i>Dried Fruit</i> <i>Fresh Banana</i> <b>Breakfast Burrito</b> <b>Scrambled Eggs</b> <b>Cheddar Cheese, Salsa</b> <b>Hash Browns</b> <b>Orange Quarters</b>	<i>Pumpkin Bread</i> <i>String Cheese</i> <i>100% Juice</i> <i>Applesauce Cup</i> <b>Cheese Stuffed</b> <b>Breadsticks</b> <b>Marinara Dipping</b> <b>Sauce</b> <b>Coleslaw</b> <b>Seasonal Fruit</b>
<i>Strawberry Cinnaboli</i> <i>100% Juice</i> <i>Fresh Apple</i> <b>Turkey Hot Dog</b> <b>Wheat Bun, Ketchup</b> <b>Baked Beans</b> <b>Pineapple</b>	<i>Cocoa Puffs Bowl</i> <i>Dried Apples</i> <i>Fresh Orange</i> <b>Meatballs in Marinara</b> <b>Garlic Knot</b> <b>Romaine Salad</b> <b>Ranch Dressing</b> <b>Cinnamon Apples</b>	<i>Lemon Poppyseed</i> <i>Bread</i> <i>String Cheese</i> <i>100% Juice</i> <i>Fruit Cup</i> <b>Orange Chicken</b> <b>Brown Rice</b> <b>Carrot Bites, Ranch Dip</b> <b>Fresh Banana</b>	<i>Blueberry Lemon A</i> <i>Dried Fruit</i> <i>Fresh Banana</i> <b>Beef Sloppy Joe</b> <b>Wheat Bun</b> <b>Steamed Corn</b> <b>Orange Quarters</b>	<i>Banana Bread</i> <i>Vanilla Yogurt</i> <i>100% Juice</i> <i>Applesauce Cup</i> <b>Chef Salad</b> <b>Ham, Turkey, Cheddar</b> <b>Cheese</b> <b>Romaine Lettuce</b> <b>Cucumber, Tomato</b> <b>Ranch Dressing</b> <b>Cornbread</b> <b>Seasonal Fruit</b>

22 <i>Blueberry Lemon Bar A</i> <i>100% Juice</i> <i>Fresh Green Apple</i>  <b>Mini Corn Dogs</b> <b>Ketchup</b> <b>Baked Beans</b> <b>Cinnamon Apples</b>	23 <i>Cheerios Bowl</i> <i>String Cheese</i> <i>Dried Apples</i> <i>Fresh Orange</i>  <b>Chicken Tikka Masala</b> <b>Brown Rice</b> <b>Steamed Broccoli</b> <b>Frozen Fruit Cup</b>	24 <i>Mini Bagels</i> <i>w/Strawberry Cream</i> <i>Cheese</i> <i>100% Juice</i> <i>Applesauce Cup</i>  <b>Cheese Calzone</b> <b>Marinara Dipping</b> <b>Sauce</b> <b>Steamed Peas</b> <b>Sliced Peaches</b>	25 <i>Cinnamon Roll</i> <i>Dried Fruit</i> <i>Fresh Banana</i>  <b>Chicken Nuggets &amp;</b> <b>Waffles</b> <b>Syrup</b> <b>Carrot Bites, Ranch Dip</b> <b>Orange Quarters</b>	26 <b>No School</b>
29 <i>Apple Berry Crisp Bar B</i> <i>100% Juice</i> <i>Fresh Apple</i>  <b>Chicken Parm</b> <b>Sandwich</b> <b>Marinara, Mozzarella</b> <b>Wheat Bun</b> <b>Steamed Corn</b> <b>Sliced Pears</b>	30 <i>Maple Waffle</i> <i>Dried Apples</i> <i>Fresh Orange</i>  <b>Cheese Lasagna Roll</b> <b>Up</b> <b>Romaine Salad</b> <b>Italian Dressing</b> <b>Cinnamon Apples</b>			

***\*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.***