

# KID'S STOP Cafe



eat. learn. live.

## NOVEMBER 2017 COMPASS SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menus Are Subject to Change USDA is an equal opportunity employer and provider.	A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dish, one fruit side dish, and a choice of milk.	<b>1</b> Turkey Hot Dog on Whole Wheat Bun Oven Baked Tater Tots BBQ Baked Beans	<b>2</b> Maple Whole Grain Mini Pancakes Oven Baked Ham Steak Roasted Glazed Sweet Potatoes	<b>3</b> Whole Grain Cheese Pizza Confreda Farms Local Corn On the Cob
Alternate Meals: 2. Fresh Tuna Salad on a Wheat Wrap 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<b>6</b> Pasta and Meatballs Spaghetti Sauce Glazed Fresh Baby Carrots	<b>7</b> Beef Nacho Plate Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans	<b>8</b> Whole Wheat French Toast Sticks String Cheese Stick Baked Cinnamon Apples Oven Baked Hash Brown	<b>9</b> Whole Grain Cheese Pizza Celery Sticks with Creamy Chickpea Hummus	<b>10</b> <b>NO SCHOOL TODAY</b>
Alternative Meals: 2. Sliced Turkey and American Cheese on Wheat Roll 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<b>13</b> Oven Baked Chicken Nuggets BBQ Dipping Sauce Oven Roasted Garbanzo Beans	<b>14</b> Cheeseburger on Whole Wheat Bun Roasted Fresh Cauliflower Wheat Dinner Roll	<b>15</b> Creamy Macaroni and Cheese Romaine Caesar Salad with Croutons Soft Baked Pretzel	<b>16</b> Mini Maple Waffles Chilled Hard Boiled Egg Baked Sweet Potato Puffs	<b>17</b> Whole Grain Cheese Pizza Roasted Fresh Brussel Sprouts
Alternative Meals: 2. Cereal Fun Lunch: Cheerios, Cheddar Whole Grain Goldfish, String Cheese Stick and Danimal's Strawberry Yogurt 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<b>20</b> Diced Roasted Turkey in Gravy Mashed Potatoes Roasted Local Summer Squash and Zucchini  Annie's Organic Bunny Grahams <i>(Available with All Meals)</i>	<b>21</b> Pasta with Italian Meat Sauce Seasoned Peas and Carrots Whole Wheat Bread Stick	<b>22</b> Maple Whole Grain Mini Pancakes Oven Baked Ham Steak Oven Baked Hash Brown  Thanksgiving Pencil Give Away <i>(Available with All Meals)</i>	<b>Enjoy Your Thanksgiving</b>	
Alternative Meals: 2. Fresh Chicken Salad on a Wheat Sub Roll 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<b>27</b> Oven Baked Chicken Patty Sandwich Seasoned Sweet Corn  Reduced Calorie Cheese Itz <i>(Available with All Meals)</i>	<b>28</b> Meatball Sub with Mozzarella Cheese and Sauce Locally Grown Oven Roasted Cinnamon Butternut Squash	<b>29</b> Soft Beef Taco Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans	<b>30</b> Egg and Cheese on Wheat Bagel Roasted Glazed Sweet Potatoes	<b>Dec 1</b> Whole Grain Cheese Pizza Local Kale Slaw with Jicama and Mandarin Oranges
Alternative Meals: 2. Sliced Ham and American Cheese on Wheat Tortilla Wrap 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<b>Available With All Meals</b> Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk

### DAILY BREAKFAST MENU

**Monday:**  
Whole Grain Blueberry Muffin or Low Sugar Kix Cereal

**Tuesday:**  
Danimal's Strawberry Yogurt and Graham Crackers or Frosted Mini Wheats Cereal

**Wednesday:**  
Nutrigrain Fruit Bar or Rice Krispy Cereal

**Thursday:**  
Danimal's Strawberry Yogurt and Graham Crackers or Special K Cereal

**Friday:**  
Whole Wheat Bagel with Cream Cheese or Cheerios Cereal

All breakfast served with fruit and milk.



Look for the Local Produce This Month:  
Kale, Corn on the Cob, Butternut Squash,  
Summer Squash and Zucchini