

KID'S STOP Cafe



eat. learn. live.

OCTOBER 2017 COMPASS SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Patty on Wheat Bun Chilled Citrus Black Bean Salad	3 Pasta and Meatballs Spaghetti Sauce Seasoned Carrots	4 Oven Baked Chicken Nuggets BBQ Sauce Seasoned Mixed Veggies Wheat Dinner Roll	5 Maple Whole Grain Pancakes Oven Baked Ham Steak Oven Baked Tater Tots	6 Whole Grain Cheese Pizza Local Kale and Romaine Lettuce Tossed Salad
Alternative Meals: 2. Yogurt Fun Lunch: Danimal's Strawberry Yogurt, String Cheese Stick, Graham Crackers and Baby Snack Carrots 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
9 NO SCHOOL TODAY	10 Beef Nacho Plate Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans	11 Mom's Mashed Potato Bowl Oven Baked Popcorn Chicken Mashed Potatoes Sweet Corn and Gravy	12 Whole Wheat French Toast Sticks with Syrup Sausage Patty Oven Baked Hash Brown	13 Whole Grain Cheese Pizza Local Cabbage Cole Slaw
Alternative Meals: 2. Chicken Patty on Whole Wheat Bun 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
16 Oven Baked Chicken Nuggets BBQ Dipping Sauce Roasted Fresh Cauliflower Wheat Dinner Roll	17 Turkey Hot Dog on Whole Wheat Bun Seasoned Corn BBQ Baked Beans	18 Creamy Macaroni and Cheese Roasted Fresh Brussel Sprouts Soft Baked Pretzel	19 Mini Maple Waffles Chilled Hard Boiled Egg Oven Roasted Cinnamon Sweet Potatoes	20 NO SCHOOL TODAY
Alternative Meals: 2. Bagel Fun Lunch: Wheat Bagel, Sunbutter, Danimal's Strawberry Yogurt and Baby Snack Carrots 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
23 Cheeseburger on Whole Wheat Bun Seasoned Mixed Veggies Lays Baked Potato Chips <i>(Available with All Meals)</i>	24 Pasta with Italian Meat Sauce Glazed Baby Carrots	25 Soft Beef Taco Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans	26 Maple Whole Grain Pancakes Sausage Patty Oven Baked Tater Tots	27 Whole Grain Cheese Pizza Local Kale, Jicama and Mandarin Orange Slaw
Alternative Meals: 2. Home Made Chicken Salad on Wheat Sub Roll 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
30 Chicken Parmesan Wheat Pasta and Sauce Oven Roasted Garbanzo Beans	31 Egg and Cheese on Wheat Bagel Baby Snack Carrots Halloween Sticker Assortment Give Away <i>(Available with All Meals)</i>	The USDA is an Equal Opportunity Employer and Provider Menus Are Subject to Change		
Alternative Meals: 2. Fresh Tuna Salad on Wheat Wrap 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
Available With All Meals Fresh or Cupped Fruit 1% White Milk Fat Free Chocolate Milk Baby Snack Carrots	Available With All Meals Fresh or Cupped Fruit 1% White Milk Fat Free Chocolate Milk Baby Snack Carrots	Available With All Meals Fresh or Cupped Fruit 1% White Milk Fat Free Chocolate Milk Baby Snack Carrots	Available With All Meals Fresh or Cupped Fruit 1% White Milk Fat Free Chocolate Milk Baby Snack Carrots	Available With All Meals Fresh or Cupped Fruit 1% White Milk Fat Free Chocolate Milk Baby Snack Carrots

DAILY BREAKFAST MENU

Monday:
Whole Grain Blueberry Muffin or Low Sugar Kix Cereal

Tuesday:
Chocolate Chip/Oatmeal Breakfast Bar 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.



Visit:
skschools.nutrislice.com
For Menu, Nutritional and Allergen Information