

KID'S STOP Cafe



eat. learn. live.

JANUARY 2018 COMPASS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
USDA is an equal opportunity employer and provider.	2 Creamy Macaroni and Cheese Oven Roasted Garbanzo Beans Whole Wheat Breadstick	3 Cheeseburger on Whole Wheat Bun Roasted Fresh Brussel Sprouts Whole Grain Goldfish Crackers <i>(Available with All Meals)</i>	4 Whole Wheat French Toast Sticks String Cheese Stick Oven Hash Brown	5 Whole Grain Cheese Pizza Caesar Salad with Romaine Lettuce and Croutons
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				
8 Oven Baked Chicken Nuggets BBQ Dipping Sauce Seasoned Sweet Corn	9 Beef Nacho Plate Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans	10 Diced Chicken in Gravy Mashed Sweet Potatoes Green Beans Wheat Dinner Roll	11 Maple Whole Grain Mini Pancakes Oven Baked Ham Steak Oven Baked Hash Brown	12 Whole Grain Cheese Pizza Fresh Red and Yellow Pepper Strips with Cinnamon Vanilla Yogurt Honey Dip
Alternative Meals: 2. Hummus Fun Lunch: Hummus Cup, Fresh Green Pepper Strips, String Cheese and Tortilla Chips 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
15 NO SCHOOL TODAY	16 Creamy Macaroni and Cheese Seasoned Mixed Veggies Whole Wheat Breadstick	17 Meatball Sub with Mozzarella Cheese Chilled Three Bean Salad Baked Lays Chips <i>(Available with All Meals)</i>	18 Mini Maple Waffles Chilled Hard Boiled Egg Baked Sweet Potato Puffs	19 Whole Grain Cheese Pizza Tossed Salad with Fresh Spinach, Tomatoes and Cucumbers
Alternative Meals: 2. Fresh Chicken Salad on Wheat Sub Roll 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
22 Turkey Hot Dog on Whole Wheat Bun BBQ Baked Beans	23 Pasta with Italian Meat Sauce Oven Roasted Squash and Zucchini Cinnamon Goldfish Cookies <i>(Available with All Meals)</i>	24 Oven Baked Chicken Patty Sandwich Seasoned Carrots	25 Maple Whole Grain Mini Pancakes Sausage Patty Oven Baked Hash Brown	26 Whole Grain Cheese Pizza Seasoned Sweet Corn Caesar Salad with Romaine Lettuce and Croutons Whole Wheat Bread Stick
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				
29 Meatless Cheesy Pasta Bake Caesar Salad with Romaine Lettuce and Croutons Whole Wheat Bread Stick	30 Crunchy Beef Taco Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans	31 Oven Baked Chicken Patty Sandwich Seasoned Carrots Annie's Organic Bunny Grahams <i>(Available with All Meals)</i>		A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk.
Alternative 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				
Available With All Meals Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk	Available With All Meals Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk	Available With All Meals Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk	Available With All Meals Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk	Available With All Meals 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 Special K 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.



Check Out Our Menus On-Line
skschools.nutrislice.com