







# KID'S STOP Cafe



eat. learn. live.

## MARCH 2018 COMPASS SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>USDA is an equal opportunity employer and provider.</p> <p>Menus Are Subject to Change</p>	 <p><b>Celebrate National Nutrition Month With Whole Grains</b></p>	<p>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.</p>	<p><b>1</b></p> <p>Whole Wheat French Toast Sticks String Cheese Stick Oven Hash Brown</p>	<p><b>2</b></p> <p>Whole Grain Cheese Pizza <i>Asian Wheat Berry Salad</i></p> 
<p>Alternative Meals: 2. Blueberry Muffin Fun Lunch: WG Blueberry Muffin, Danimal's Strawberry Yogurt, String Cheese and Goldfish Crackers 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll</p>				
<p><b>5</b></p> <p>Oven Baked Chicken Nuggets BBQ Dipping Sauce <i>Quinoa and Shredded Spiced Brussel Sprouts</i></p> 	<p><b>6</b></p> <p>Beef Nacho Plate Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans</p>	<p><b>7</b></p> <p>Meatball Sub with Mozzarella Cheese Chilled Cucumber and Mandarin Orange Citrus Salad Baked Lay's Potato Chips <i>(Available with All Meals)</i></p>	<p><b>8</b></p> <p>Maple Whole Wheat Mini Pancakes Hard Boiled Egg Oven Baked Tater Tots</p>	<p><b>9</b></p> <p><b>NO SCHOOL</b></p> <p><b>STUDENT LED CONFERENCES</b></p>
<p>Alternative Meals: 2. Sunbutter and Jelly Sandwich on Wheat Bread 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll</p>				
<p><b>12</b></p> <p>Cheeseburger on Whole Wheat Bun Seasoned Mixed Veggies Rolled Gold Mini Pretzels <i>(Available with All Meals)</i></p>	<p><b>13</b></p> <p>Meatless Cheesy Pasta Bake Marinara Sauce Roasted Brussel Sprouts Whole Wheat Dinner Roll</p>	<p><b>14</b></p> <p>Turkey Hot Dog on Whole Wheat Bun BBQ Baked Beans</p>	<p><b>15</b></p> <p>Mini Whole Wheat Maple Waffles Low Fat Vanilla Yogurt with <i>Homemade Granola (nut free)</i> Roasted Cinnamon Glazed Sweet Potatoes</p> 	<p><b>16</b></p> <p>Whole Grain Cheese Pizza Tossed Salad with Romaine Spinach, Kale, Cucumbers and Tomatoes</p>
<p>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</p>				
<p><b>19</b></p> <p>Warm Egg and Cheese on Whole Wheat Bagel Oven Baked Sweet Potato Puffs</p>	<p><b>20</b></p> <p>Oven Baked Popcorn Chicken <i>Whole Grain Wild Rice</i> Seasoned Sweet Corn</p> 	<p><b>21</b></p> <p>Whole Wheat Pasta with Meatballs Oven Roasted Garbanzo Beans Whole Wheat Breadstick</p>	<p><b>22</b></p> <p>Maple Whole Wheat Mini Pancakes Danimal's Strawberry Yogurt Cup Oven Baked Tater Tots</p>	<p><b>23</b></p> <p>Whole Grain Cheese Pizza <i>Black Bean and Wheat Berry Salad</i></p> 
<p>Alternative Meals: 2. Pizza Bagel Fun Lunch: WG Bagel, Mozzarella Cheese, Pizza Sauce and Baby Snack Carrots 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll</p>				
<p><b>26</b></p> <p>Creamy Macaroni and Cheese Seasoned Steamed Broccoli Whole Wheat Breadstick Annie's Organic Bunny Grahams <i>(Available with All Meals)</i></p>	<p><b>27</b></p> <p>Oven Baked Chicken Patty Sandwich <i>Cilantro Lime Brown Rice and Quinoa</i> Seasoned Carrots</p> 	<p><b>28</b></p> <p>Mini Whole Wheat Cinnamon French Toast String Cheese Stick Oven Hash Brown</p>	<p><b>29</b></p> <p>2 Cheese Filled Whole Grain Bosco Breadsticks Pizza Sauce for Dunking Chilled Chic Pea Salad</p>	<p><b>30</b></p> <p>Blueberry Muffin Danimal's Strawberry Yogurt String Cheese Stick Baby Snack Carrots Goldfish Crackers</p>
<p>Alternative Meals: 2. Sliced Turkey and American Cheese Wrap 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll</p>				
<p><b>Available With All Meals</b></p> <p>Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p><b>Available With All Meals</b></p> <p>Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p><b>Available With All Meals</b></p> <p>Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p><b>Available With All Meals</b></p> <p>Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p><b>Available With All Meals</b></p> <p>Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>

### DAILY BREAKFAST MENU

Monday: Whole Grain Blueberry Muffin or Kix Cereal  
Tuesday: Chocolate Chip/Oatmeal Breakfast Bar or Frosted Mini Wheats Cereal  
Wednesday: Nutrigrain Fruit Bar or Rice Krispy Cereal  
Thursday: Low Fat Vanilla Yogurt with Nut Free Granola or Special K Cereal  
Friday: Whole Grain Cinnamon Pop Tart or Cheerios Cereal

All breakfast served with fruit and milk.



### March Food Focus

#### Whole Grains

Look On the Menu For:

Quinoa  
Brown Rice  
Wheat Berries  
Wild Rice  
Granola