

KID'S STOP Cafe



eat. learn. live.

MAY 2018 COMPASS SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menus Are Subject to Change	1 Soft Beef Taco Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans	2 Meatball Sub with Mozzarella Cheese Chilled Cucumber and Mandarin Orange Citrus Salad Baked Lay's Potato Chips <i>(Available with All Meals)</i>	3 Whole Wheat French Toast Sticks String Cheese Stick Oven Hash Brown	4 Whole Grain Cheese Pizza Marinated Tomato and Cucumber Salad
	Alternative Meals: 2. Sliced Ham and Cheese on Wheat Sub Roll 3. Tossed Salad with Shredded Cheddar Cheese, Romaine Lettuce, Tomatoes, Cucumbers and 2 Breadsticks			
7 Warm Egg and Cheese on Whole Wheat Bagel Oven Baked Sweet Potato Puffs	8 Oven Baked Chicken Nuggets BBQ Dipping Sauce Seasoned Mixed Veggies Seasoned Whole Grain Wild Rice	9 Cheeseburger on Wheat Roll Chilled Garbanzo Bean Salad Oven Roasted Crinkle Cut French Fries	10 Maple Whole Wheat Mini Pancakes Hard Boiled Egg Oven Baked Tater Tots	11 2 Cheese Filled Whole Grain Bosco Breadsticks Pizza Sauce for Dunking Green Pepper Strips Low Fat Ranch Dressing
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				
14 Meatless Cheesy Pasta Bake Marinara Sauce Roasted Brussel Sprouts Whole Wheat Dinner Roll	15 Beef Nacho Plate Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Pinto Beans	16 Turkey Hot Dog on Whole Wheat Bun BBQ Baked Beans	17 Mini Whole Wheat Maple Waffles Low Fat Vanilla Yogurt with Homemade Granola <i>(nut free)</i> Roasted Cinnamon Glazed Sweet Potatoes	18 Whole Grain Cheese Pizza Tossed Salad with Romaine Spinach, Kale, Cucumbers and Tomatoes
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				
21 Whole Wheat Pasta with Meat Sauce Oven Roasted Garbanzo Beans Whole Wheat Breadstick Goldfish Cinnamon Cookie <i>(Available with All Meals)</i>	22 Teriyaki Chicken Stir Fry Oriental Mixed Vegetables Fluffy Brown Rice	23 Oven Baked Chicken Patty Sandwich Cilantro Lime Brown Rice With Quinoa Seasoned Carrots	24 Maple Whole Wheat Mini Pancakes Danimal's Strawberry Yogurt Cup Oven Baked Tater Tots	25 Whole Grain Cheese Pizza Chilled Sweet Corn and Red Pepper Salad
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				
28 NO SCHOOL TODAY	29 Creamy Macaroni and Cheese Seasoned Steamed Broccoli Whole Wheat Breadstick Annie's Organic Bunny Grahams <i>(Available with All Meals)</i>	30 Crunchy Beef Taco Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans	31 Mini Whole Wheat Cinnamon French Toast String Cheese Stick Oven Hash Brown	June 1st 2 Cheese Filled Whole Grain Bosco Breadsticks Pizza Sauce for Dunking Italian Pasta Salad with Fresh Veggies
Alternative Meals: 2. Nacho Fun Lunch: Low Fat Cheddar Cheese, Tortilla Chips, Low Sodium Salsa and Baby Snack Carrots 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 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.

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.

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 opportunity employer and
 provider.

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 On-Line
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