


# KID'S STOP

# Cafe



eat. learn. live.

## OCTOBER 2018 COMPASS SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Oven Baked Chicken Nuggets BBQ Dipping Sauce Seasoned Green Beans Whole Wheat Dinner Roll	<b>2</b> Penne with Meatballs Marinara Sauce Seasoned Mixed Veggies  <b>Scooby-Do Graham Crackers</b> <i>(Available with All Meals)</i>	<b>3</b> Soft Beef Taco Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans	<b>4</b> Whole Wheat French Toast Sticks String Cheese Stick Oven Hash Brown	<b>5</b> 2 Cheese Filled Whole Grain Bosco Breadsticks Marinated Cucumber and Tomato 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				
<b>8</b>  <b>NO SCHOOL TODAY</b>	<b>9</b> Warm Egg and Cheese on Whole Wheat Bagel Baby Snack Carrots  <b>Rolled Gold Mini Pretzels</b> <i>(Available with All Meals)</i>	<b>10</b> Teriyaki Chicken Stir-fry Oriental Mixed Veggies Seasoned Brown Rice	<b>11</b> Maple Whole Wheat Mini Pancakes Hard Boiled Egg Oven Roasted Cinnamon Butternut Squash	<b>12</b> Whole Grain Cheese Pizza Broccoli and Carrot Ranch Salad
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				
<b>15</b> Meatless Cheesy Pasta Bake Marinara Sauce Roasted Brussel Sprouts Whole Wheat Dinner Roll	<b>16</b> Beef Nacho Plate Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Pinto Beans	<b>17</b> Creamy Macaroni and Cheese Seasoned Mixed Veggies Whole Wheat Breadstick	<b>18</b> Mini Whole Wheat Maple Waffles Low Fat Vanilla Yogurt with Homemade Granola ( <i>nut free</i> ) Roasted Cinnamon Glazed Sweet Potatoes	<b>19</b>  <b>NO SCHOOL Conference day</b>
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				
<b>22</b> Meatball Sub Topped with Mozzarella Cheese Seasoned Roasted Garbanzo Beans	<b>23</b> Oven Baked Chicken Nuggets BBQ Dipping Sauce Seasoned Carrots Whole Wheat Dinner Roll	<b>24</b> Sloppy Joe on Wheat Roll Seasoned Sweet Corn  <b>Frito Lay Corn Chips</b> <i>(Available with All Meals)</i>	<b>25</b> Maple Whole Wheat Mini Pancakes Danimal's Strawberry Yogurt Cup Oven Baked Tater Tots	<b>26</b> Whole Grain Cheese Pizza Local Kale and Jicama Salad with Mandarin Oranges
Alternative Meals: 2. Hummus Fun Lunch: Hummus, String Cheese, Green Pepper Strips and Tortilla Chips 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<b>29</b> Turkey Hot Dog on Whole Wheat Bun BBQ Baked Beans	<b>30</b> Whole Wheat Pasta Meat Sauce Oven Roasted Summer Squash Whole Wheat Breadstick	<b>31</b> Oven Baked Chicken Patty Sandwich Seasoned Sweet Peas	Check Out Our Menus On-Line <a href="http://skschools.nutrislice.com">skschools.nutrislice.com</a> 	Menus Are Subject to Change
Alternative Meals: 2. Tossed Salad with Shredded Mozzarella Cheese, Romaine Lettuce, Tomatoes, Cucumbers and 2 Breadsticks 3. Cheerios Fun Lunch with 2 String Cheese Sticks and Baby Snack Carrots				
<b>Available With All Meals</b> Chilled Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Chilled Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Chilled Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Chilled Fruit Selection 1% White Milk Fat Free Chocolate Milk	<b>Available With All Meals</b> Fresh 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:

choice of entrée supplying protein and grain two (2) vegetable side dishes one (1) fruit side dish and choice of milk

USDA is an equal opportunity employer and provider.

### Food Focus of the Month

Autumn Squash

This month  
we're celebrating  
**autumn squash**



in your café!

DISCOVERY  
KITCHEN