

KID'S STOP Cafe



eat. learn. live.

NOVEMBER 2018 COMPASS SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Check Out Our Menus On-Line skschools.nutrislice.com</p> 			<p>1 Whole Wheat French Toast Sticks String Cheese Stick Oven Hash Brown</p>	<p>2 2 Cheese Filled Whole Grain Bosco Breadsticks Marinated Cucumber and Tomato Salad</p>
<p>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</p>				
<p>5 Meatless Cheesy Pasta Bake Marinara Sauce Roasted Brussel Sprouts Whole Wheat Dinner Roll</p>	<p>6 NO SCHOOL TODAY</p>	<p>7 Soft Beef Taco Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans</p>	<p>8 Maple Whole Wheat Mini Pancakes Hard Boiled Egg Baby Snack Carrots Warm Apple and Cranberry Crisp</p>	<p>9 Whole Grain Cheese Pizza Kale, Cranberry and Garbanzo Bean Salad</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>12 NO SCHOOL TODAY</p>	<p>13 Meatball Sub with Mozzarella Cheese Oven Roasted Garbanzo Beans Baked Lay's Potato Chips <i>(Available with All Meals)</i></p>	<p>14 Early Thanksgiving Lunch Diced Turkey in Gravy Mashed Potatoes Seasoned Sweet Corn Wheat Dinner Roll</p>	<p>15 Mini Whole Wheat Maple Waffles String Cheese Stick Roasted Cinnamon Glazed Sweet Potatoes</p>	<p>16 Whole Grain Cheese Pizza Spinach and Cranberry Tossed Salad</p>
<p>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</p>				
<p>19 Creamy Macaroni and Cheese Seasoned Mixed Veggies Whole Wheat Soft Pretzel</p>	<p>20 2 Cheese Filled Whole Grain Bosco Breadsticks Seasoned Sweet Corn</p>	<p>21 Muffin Fun Lunch WG Blueberry Muffin Danimal's Strawberry Yogurt String Cheese Stick Goldfish Crackers Baby Snack Carrots</p>	<div style="border: 2px solid blue; padding: 10px; display: inline-block;"> <p>Enjoy Thanksgiving!</p> </div> 	
<p>Alternative Meals: 2. Fresh Tuna Salad Wrap on Whole Wheat Tortilla 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll</p>				
<p>26 Turkey Hot Dog on Whole Wheat Bun BBQ Baked Beans</p>	<p>27 Beef Nacho Plate Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Pinto Beans</p>	<p>28 Whole Wheat Pasta Meat Sauce Seasoned Mixed Veggies Whole Wheat Breadstick Scooby Do Graham Crackers <i>(Available with All Meals)</i></p>	<p>29 Maple Whole Wheat Mini Pancakes Danimal's Strawberry Yogurt Cup Oven Baked Tater Tots</p>	<p>30 Whole Grain Cheese Pizza Local Kale and Jicama Salad with Mandarin Oranges</p>
<p>Alternative Meals: 2. Sunbutter and Jelly Sandwich on a Wheat Bread 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll</p>				
<p>Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>

DAILY BREAKFAST MENU

Breakfast consists of either cereal, muffin or Nutrigrain Bar.

All breakfasts are served with fruit or fruit juice and milk.

All breakfast cereals are made with whole grains and have 9 grams of sugar or less per serving.