

KID'S STOP Cafe



eat. learn. live.

JANUARY 2019 COMPASS SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Check Out Our Menus On-Line skschools.nutrislice.com</p>	Menus Are Subject to Change	<p>2 Pasta with Meatballs Marinara Sauce Seasoned Sweet Corn Slice of Italian Bread</p>	<p>3 Whole Wheat Mini Maple Waffles Strawberry Go-Gurt Glazed Sweet Potatoes</p>	<p>4 2 Cheese Filled Whole Grain Bosco Breadsticks Chilled Black Bean Citrus Salad</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>7 Soft Beef Taco Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans</p>	<p>8 Warm Egg and Cheese on Whole Wheat Bagel Oven Baked Sweet Potato Puffs</p>	<p>9 Meatball Sub Topped with Mozzarella Cheese Seasoned Roasted Garbanzo Beans Rolled Gold Mini Pretzels (Available with All Meals)</p>	<p>10 Maple Whole Wheat Mini Pancakes Hard Boiled Egg Oven Hash Brown</p>	<p>11 Whole Grain Cheese Pizza Cilantro Lime Roasted Vegetables</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>14 Meatless Cheesy Pasta Bake Marinara Sauce Roasted Brussel Sprouts Whole Wheat Dinner Roll</p>	<p>15 Beef Nacho Plate Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Pinto Beans</p>	<p>16 Creamy Macaroni and Cheese Roasted Ginger Orange Cauliflower Whole Wheat Breadstick</p>	<p>17 Whole Wheat French Toast Sticks Low Fat Vanilla Yogurt with Homemade Granola (<i>nut free</i>) Baked Tater Tots</p>	<p>18 2 Cheese Filled Whole Grain Bosco Breadsticks Chilled Broccoli and Carrot Ranch Salad</p>
Alternative Meals: 2. Turkey and American Cheese on Wheat Sub Roll 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<p>21 NO SCHOOL TODAY</p>	<p>22 Oven Baked Chicken Nuggets BBQ Dipping Sauce Lemon Glazed Baby Carrots Whole Wheat Dinner Roll</p>	<p>23 Sloppy Joe on Wheat Roll Seasoned Sweet Corn Frito Lay Corn Chips (Available with All Meals)</p>	<p>24 Maple Whole Wheat Mini Pancakes Danimal's Strawberry Yogurt Cup Oven Hash Brown</p>	<p>25 Whole Grain Cheese Pizza Chilled Italian Pasta Vegetable Salad</p>
Alternative Meals: 2. Sliced Ham and American Cheese on Wheat Sub Roll 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<p>28 Turkey Hot Dog on Whole Wheat Bun BBQ Baked Beans</p>	<p>29 Whole Wheat Pasta Meat Sauce Oven Roasted Summer Squash and Zucchini Whole Wheat Breadstick</p>	<p>30 Popcorn Chicken in Orange Sauce Seasoned Brown Rice Oriental Mixed Veggies</p>	<p>31 Whole Wheat Mini Maple Waffles String Cheese Stick Glazed Sweet Potatoes</p>	
Alternative Meals: 2. Fresh Tuna Salad Tortilla Wrap 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll				
<p>Available With All Meals Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals Fresh Fruit Selection Cupped 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.

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Food Focus of the Month

Citrus Fruits

This month
we're celebrating
citrus



in your café!

DISCOVER