

KID'S STOP Cafe



eat. learn. live.

MARCH 2019 COMPASS SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>March is National Nutrition Month</p> <p>We Are Celebrating <i>Find Your Flavor</i></p> <p>Each Week We Feature Recipes that have different taste profiles to help kids identify their favorite flavors.</p> <p>Look for: Sweet, Sour, Umami, Bitter and Spicy Recipes</p>			<p>Menus Are Subject to Change</p> <p>USDA is an equal opportunity employer and provider</p>	<p>1</p> <p>Whole Grain Cheese Pizza Chilled Sweet Potato Salad with Wheat Berries and Swiss Chard</p>
<p>Alternative Meals: 2. Sliced Ham and Cheese on Wheat Roll 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll</p>				
<p>4</p> <p>Cheeseburger on Wheat Roll Seasoned Mixed Veggies</p> <p>Whole Grain Goldfish Crackers <i>(Available with All Meals)</i></p>	<p>5</p> <p>Whole Wheat Spaghetti Meat Sauce Oven Roasted Fresh Zucchini and Squash Whole Wheat Dinner Roll</p>	<p>6</p> <p>Oven Baked Chicken Nuggets BBQ Dipping Sauce Steamed Fresh Baby Carrots Lemon Rice Pilaf</p>	<p>7</p> <p>Maple Whole Wheat Mini Pancakes Strawberry Go-Gurt Oven Baked Sweet Potato Puffs</p>	<p>8</p> <p>2 Cheese Filled Whole Grain Bosco Breadsticks Chilled Mandarin Orange and Cucumber Citrus Salad</p>
<p>Alternative Meals: 2. Pizza Bagel Fun Lunch: Wheat Bagel, Mozzarella Cheese, Sauce and Baby Snack Carrots 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll</p>				
<p>11</p> <p>Diced Chicken in Gravy Seasoned Mashed Potatoes Sweet Corn Whole Wheat Dinner Roll</p>	<p>12</p> <p>Beef Nacho Plate Shredded Lettuce, Salsa Shredded Cheddar Cheese Mexicali Spiced Pinto Beans</p>	<p>13</p> <p>Sloppy Joe Sandwich on Wheat Bun Seasoned Mixed Veggies</p> <p>Frito's Corn Chips <i>(Available with All Meals)</i></p>	<p>14</p> <p>Whole Wheat French Toast Sticks Hard Boiled Egg Roasted Glazed Sweet Potatoes</p>	<p>15</p> <p>Whole Grain Cheese Pizza Spicy Thai Noodle Salad with Mandarin Oranges, Cucumbers Peppers and Carrots</p>
<p>Alternative Meals: 2. Cold Buffalo/Ranch Diced Chicken Roll Up on Wheat Wrap 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll</p>				
<p>18</p> <p>Meatless Cheesy Pasta Bake Marinara Sauce Roasted Seasoned Cauliflower Whole Wheat Dinner Roll</p>	<p>19</p> <p>Meatball Sub Topped with Mozzarella Cheese Seasoned Sweet Corn</p> <p>Baked Lay's Chips <i>(Available with All Meals)</i></p>	<p>20</p> <p>Soft Flour Chicken Taco Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans</p>	<p>21</p> <p>Whole Wheat Mini Maple Waffles String Cheese Stick Oven Baked Hash Brown</p>	<p>22</p> <p>2 Cheese Filled Whole Grain Bosco Breadsticks Baby Spinach and Strawberry Salad</p>
<p>Alternative Meals: 2. Sliced Turkey and American Cheese on Wheat Roll 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll</p>				
<p>25</p> <p>Creamy Macaroni and Cheese Seasoned Sweet Peas Whole Wheat Breadstick</p>	<p>26</p> <p>Turkey Hot Dog on Whole Wheat Bun BBQ Baked Beans</p>	<p>27</p> <p>Popcorn Chicken in Orange Sauce Seasoned Brown Rice Seasoned Mixed Veggies</p> <p>Scooby-Do Graham Crackers <i>(Available with All Meals)</i></p>	<p>28</p> <p>Wheat Mini French Toast Oven Roasted Sweet Cinnamon Butternut Squash</p>	<p>29</p> <p>Whole Grain Cheese Pizza Sweet Cucumber Honey and Apple Salad</p>
<p>Alternative Meals: 2. Sliced Ham and Cheese on Wheat Roll 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll</p>				
<p>Available With All Meals</p> <p>Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals</p> <p>Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals</p> <p>Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals</p> <p>Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals</p> <p>Fresh Fruit Selection Cupped Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>

DAILY BREAKFAST MENU

<u>Monday:</u>	Whole Grain Blueberry Muffin or Kix Cereal
<u>Tuesday:</u>	Chocolate Chip/Oatmeal Breakfast Bar or Frosted Mini Wheats Cereal
<u>Wednesday:</u>	Nutrigrain Fruit Bar or Rice Krispy Cereal
<u>Thursday:</u>	Danimals Strawberry Yogurt with Graham Crackers or Special K Cereal
<u>Friday:</u>	Whole Grain Cinnamon Pop Tart or Cheerios Cereal

All breakfast served with fresh fruit and milk.

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