



### Hot Lunch Entrees

<b>Mon</b>	<b>Tortellini</b> (Four cheese tortellini served with choice of all natural marinara sauce, pesto or olive oil and parmesan cheese) <b>Spaghetti and Meatballs/Veg-Meatballs</b> (Spaghetti and homemade meatballs (Veg-option) served in an all natural tomato sauce) <b>Meatball Grinder</b> (Homemade meatball grinder (Veg-option) served on a French roll with marinara sauce and mozzarella cheese)
<b>Tues</b>	<b>Hamburger/Gardenburger</b> (All natural hamburger or Morningstar Gardenburger served w/choice of bun and condiments) <b>Hot Dog</b> (Applegate Organic Hot Dogs served on a choice of bun and condiments) <b>Chicken Tikki Masala</b> (Sukhi's award winning Indian chicken masala served in a "naanwich or with rice") <b>Indian Quesadilla (Vegetarian)</b> (Sukhi's Potato Spiced Indian Quesadilla served in a whole wheat flatbread – kid approved!)
<b>Wed</b>	<b>Chicken Tenders</b> (All natural chicken tenders served w/healthy grain) <b>ChickenLess Tenders</b> (Morningstar vegetarian chicken nuggets served w/healthy grain) <b>Macaroni &amp; Cheese</b> (Annie's Style white cheddar cheese) <b>BBQ Chicken Wings &amp; Drumsticks w/ baked sweet potato fries</b> (All Natural chicken in a sweet bbq sauce)
<b>Thurs</b>	<b>Burrito (Custom)</b> (Burrito to order: pick type of tortilla with optional beans (black, refried or pinto), cheese and chicken) <b>Quesadilla (Cheese or BBQ Chicken)</b> (Quesadilla chicken served with Spanish rice) <b>Soft Beef Tacos</b> (All natural beef tacos in organic stone ground corn tortillas w/ choice of cheese and beans)
<b>Fri</b>	<b>Grilled Cheese (&amp; Ham) Sandwich</b> (Blend of American, cheddar & Monterey jack cheeses w/a sweet potato & carrot spread) <b>Chicken Apple Sausage Grinders</b> (Aidell's all natural chicken apple sausages served on traditional or multigrain hot dog bun) <b>Chicken Tikki Masala</b> (Sukhi's award winning Indian chicken masala served in a "naanwich or with rice") <b>Indian Quesadilla (Vegetarian)</b> (Sukhi's Potato Spiced Indian Quesadilla served in a whole wheat flatbread – kid approved!) <b>Manicotti</b> (Large pasta tubes stuffed with ricotta cheese and topped with tomato sauce and mozzarella cheese)

**\*\*\* OFFERED DAILY\*\*\***

- Fish Sticks** (All natural fish sticks served w/rice; Gluten Free available when ordering)
- Tamales** (Pumpkin & White Cheddar Cheese, BBQ Chipotle Bean w/White Cheddar, Black bean, cheese & corn (Vegan Option available))
- Pasta** (Pasta served w/ choice of marinara sauce, pesto or olive oil & parmesan cheese)
- Savory and Warm Hand Held Pot Pies:**
  - Spinach Feta Cheese** (fresh steamed spinach with jack, feta cheese and egg)
  - Curried Potato Yam** (Roasted red potatoes, yams, scallions and fresh curry powder)
  - Moroccan Lentil** (Lentils sautéed with sweet onions, cumin, and other spices)
  - Ham and Cheese** (Scrambled Eggs, jack cheese, caramelized onion and smoked ham)
  - Chicken Pot Pie** (All natural chicken, mixed with roasted potatoes, onion, celery, carrot, peas, and fresh dill)
  - Basque Beef** (Ground beef in a flavorful tomato sauce with veggies and roasted potatoes)

### Cold Lunch Entrees (\*\*Offered Daily\*\*)

**Sandwiches & Wraps**

- Deli Sandwiches (All natural, Nitrate-free)** (Ham and salami, roast beef, roast turkey, Veg salami, Veg-turkey w/condiments of choice)
- Caprese Sandwich** ((Fresh mozzarella and juicy tomatoes lightly seasoned with pesto served on a bakery roll)
- Tuna Fish or Egg Salad Sandwiches** (Chunk light tuna fish or Cage Free Eggs w/mayonnaise served w/ condiments of choice)
- Cheese Sandwich** (Monterey, cheddar or cream cheese sandwich served w/ condiments of choice)
- Chicken or Tofu Teriyaki Roll up** (Teriyaki chicken or Soy Deli tofu in a tortilla w/ rice and choice of tortilla and optional mixed vegetables)

**Salads & Grains**

- Veggie Sushi** (mix and max selection of avocado, carrot, cucumber, tofu, plain rice, tamago (egg))
- Sesame Noodles** (Chow Mein noodles served in a sesame dressing with optional stir-fry veggies (edamame and shredded carrots) and honey sesame tofu)
- Pesto Pasta Salad** (Basil pesto served with shell pasta)
- (Chicken) Caesar Salad** (Hearts of romaine served with shredded parmesan cheese, crunchy croutons and Caesar dressing; Chicken optional)
- Chinese Chicken/less Salad** (Lettuce, cabbage, edamame, carrots, mandarins, sesame sticks, choice of chicken or tofu, sesame vinaigrette)

**Old Standbys**

- Yogurt Parfait** (Organic vanilla or strawberry yogurt served with choice of dried fruits, honey, fresh banana slices and granola)
- Cheese Pizza - Cold** (Organic brick oven – thin crust cheese pizza served cool to room temperature)
- Bagel & Lox Spread** (Bagel of choice served with smoked salmon cream cheese)
- Bagel** (Bagels and condiments of choice, including strawberry cream cheese)

### Lunch Sides (\*\*Offered Daily\*\*) (Select any 2 per lunch; 3<sup>rd</sup> side optional)

<b>Organic Fruits &amp; Veggies</b> Grapes Apple <b>Spring Fruit Grab Bag</b> (Peaches, Plums, Strawberries and Oranges) Banana Edamame (Soybeans, in the pod) Carrots w/dips Steamed Broccoli w/dips Cherry Tomatoes w/dips Nori strips Crunchy Dried Soy Green Beans Just Veggies (Freeze dried veggies)	<b>Dairy</b> Cheese & crackers Mozzarella or Cheddar Cheese Sticks Hard Boiled Egg (Cage free peeled) Yogurt tubes (organic blueberry or strawberry) <b>Chips</b> Popcorn Pretzels Veggie Booty Annie's Cheddar Bunny Crackers Kettle Bakes BBQ Potato Chips Tortilla Chips (100% corn)	<b>Desserts</b> Organic Cinnamon Applesauce Sunflower Crunch Trail Mix (Pumpkin, sunflower seeds, cranberries, yogurt raisins, sesame sticks) Organic Raisins Dried Apricots Fig Newman's Chocolate chip cookies Newman's Cookie O's Annie's Bunny Grahams Kozy Shack all natural vanilla or chocolate pudding Assorted Fruit Strips
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**Drinks (Optional):** Milk (Choc/Soy/Organic), Bottled & Mineral Water, IZZE'S sparkling juice: Pomegranate, Blackberry, Orange, Lemon, Orange Juice

*Kid Chow's menu and facility is now nut free (see online Nut and Allergy Policy)*