



## Kid Chow Sept-Oct 2010 Menu

### 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/ choice of baked potato fries, cooked veggies or healthy grain) <b>ChickenLess Tenders</b> (Morningstar vegetarian chicken nuggets served w/ choice of baked potato fries, cooked veggies or healthy grain) <b>Macaroni &amp; Cheese</b> (Annie's Style white cheddar cheese) <b>BBQ Chicken Wings &amp; Drumsticks</b> (All Natural chicken in a sweet bbq sauce w/choice of sweet potato fries, cooked veggies or healthy grain)
<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!)

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

**Fish Sticks** (All natural fish sticks served w/rice; Gluten Free available when ordering)

**Tamales** (Butternut Squash, 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** (Bagels and condiments of choice, including lox spread and strawberry cream cheese)

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

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

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