



CAMP LUNCHES!

Dear CAIS 2010 Summer Camp Parent:

Kid Chow, the premier kids' lunch caterer in the Bay Area, is excited to return to summer camp this year. Kid Chow's menu features both HOT and COLD lunches. Kid Chow lunches are packed with delicious, nutritious chow – fresh organic summer fruits & veggies, burritos, sushi, pastas, sandwiches, and sensible treats. It's healthy fuel for your child's active camp day!

Your order form and menu are on the back of this letter. There is NO online lunch ordering for CAIS Summer camp. Here is how it works. Parents can select 1 entrée and 2 sides for each day of week. Each lunch includes bottled water. There are 3 entrees to select from each day: 2 hot entrées (Pasta is offered every day) and 1 cold entrée. If you like both options, you can select the Rotate option for any day and we will alternate entrees each week of the 4 week session. **Please note you only need to complete one order form per session.** Your child will receive the same lunch each Monday, Tuesday and so on.

Completed Kid Chow lunch forms & payment are due no later than Monday, June 7th for session 1 (June 21 – July 16) and Monday, July 5th for session 2 (July 19- Aug 13). Please send all order forms and payment to CAIS, 150 Oak Street, SF, CA 94102, Attn; Kevin Lee but make checks payable directly to Kid Chow. Payment is via check only. Lunch Prices are \$140.00 per session. Feel free to contact Kid Chow if you have any questions about its lunches at chow@kidchow.com or 830.0089. Kid Chow looks forward to serving your child fun, healthy food this summer.

PLEASE COMPLETE THE SECTION BELOW ALONG WITH YOUR ORDER FORM ON THE BACK OF THIS LETTER

CIRCLE SESSION(S) YOU WANT	SESSION 1 (6/21 – 7/16) (\$140.00)
	SESSION 2 (7/19 – 8/13) (\$140.00)
Parent name	
Parent email & phone	
Child name	
Child Grade (fall 10)	

ENTREES - CIRCLE 1 Per Day (OR 2 to rotate weekly)		Item Description	CONDIMENTS - CIRCLE requested condiments	Day of Week
HOT - Spaghetti & Meatballs	Spaghetti served with homemade meatballs and organic tomato sauce			MONDAY
HOT - Pasta	Penne pasta with your choice of sauce and condiments	Select 1: Tomato Sauce, Olive Oil, Pesto Condiments: Parmesan Cheese		
COLD - Turkey or Veggie-Turkey Sandwich	Diestel all natural oven roasted turkey OR TOFURKY Veg-turkey with condiments of your choice	Select 1: Turkey, Veggie-Turkey Select 1: Wheat, White, Sourdough, French Roll Condiments: Lettuce, Tomato, Cheddar, Monterey_Jack, Mayo, Ketchup, Mustard		
HOT - Burrito (SELECT Contents)	Flour Tortilla served with choice of chicken, organic beans, organic jasmine rice and a blend of monterey and cheddar cheeses	Circle Items In Burrito: RICE, CHEESE, BLACK BEANS, PINTO BEANS, REFRIED BEAN, CHICKEN		TUESDAY
HOT - Pasta	Penne pasta served with your choice of sauce and condiments	Select 1: Tomato Sauce, Olive Oil, Pesto Condiments: Parmesan Cheese		
COLD - Caesar Salad	Hearts of romaine served with shredded parmesan cheese, crunchy croutons and Caesar dressing with optional lightly seasoned lemon chicken strips	Condiments: Chicken, No Chicken		
HOT - Chicken Tenders with Potato Wedges	All natural chicken tenders served with potato wedges (Vegetarian ChickenLess Tender an option)	Select 1: Chicken, ChickenLESS (Veg) Condiments: Ketchup		WEDNESDAY
HOT - Pasta	Penne pasta with your choice of sauce and condiments	Select 1: Tomato Sauce, Olive Oil, Pesto Condiments: Parmesan Cheese		
COLD - Vegetarian Sushi	Nori, white sushi rice and assorted vegetarian filling (s) of your choice	Select 1 or 2: Cucumber, Carrot,		
HOT - Macaroni and Cheese (Annie's Style)	Annie's Style elbow macaroni and white cheddar cheese			THURSDAY
HOT - Pasta	Penne pasta served with your choice of sauce and condiments	Select 1: Tomato Sauce, Olive Oil, Pesto Condiments: Parmesan Cheese		
COLD - Ham Sandwich	Niman Ranch ham sandwich with condiments of your choice	Select 1: Wheat, White, Sourdough, French Roll Condiments: Lettuce, Tomato, Cheddar, Monterey_Jack, Mayo, Ketchup, Mustard		
HOT - Hamburger OR Hot Dog	All natural Hamburger or Hot Dog served on a bun with choice of condiments	Select 1: Hamburger or Hot Dog Select Condiments: Cheddar cheese, Ketchup, Mustard, Relish		FRIDAY
HOT - Pasta	Penne pasta served with your choice of sauce and condiments	Select 1: Tomato Sauce, Olive Oil, Pesto Condiments: Parmesan Cheese		
COLD - Bagel & Shmear	Bagels and spreads of choice	Select 1: Plain, Poppy, Sesame, Cinnamon Raisin, Blueberry, Egg Condiments: Butter, Plain Cream Cheese, Strawberry Jam, RaspberryJam		

SPECIAL REQUESTS; USE THIS SPACE FOR ANY COMMENTS/SPECIAL REQUESTS:

Sides (2 PER Day) - CIRCLE ALL THE SIDES YOU LIKE AND WE WILL MIX THEM UP EACH DAY

Peaches, Plums & Nectarines	Juicy organic farm fresh whole fruits				
Summer's Grab Bag	Fresh organic strawberries or grapes				
Cherry Tomatoes	Organic cherry tomatoes				
Red Bell Pepper	Organic bell pepper spears				
Carrots	Organic baby carrots				
Edamame	Lightly salted edamame in the pod				
Mozzarella Cheese Stick	Select 1 Cheddar, Mozzarella				
Hard boiled Egg	Cage free peeled hard-boiled egg				
Organic Yogurt Tube	Select 1 Strawberry, Blueberry				
BBQ Potato Chips	Kettle Bakes all natural BBQ flavored potato chips				
Pretzels	Honey Whole Wheat pretzel sticks				
Popcorn	Organic air-popped popcorn				
Cheese Puffs	Organic cheese-flavored corn puff				
Tortilla Chips	All natural 100% corn tortilla chips				
Trail Mix (Nut-free)	Mixed dried fruits, yogurt covered raisins, honey sesame sticks, sunflower seeds				
Chocolate Chip Cookies	Brent & Sam's all natural cookies				
Fig Newman's	Organic Fig Newton cookies				
Graham Cookies	Annie's Bunny Graham Cookies				
Newman's Cookie Oreo's	Newman's brand organic oreo cookie alternative				