

# KID'S STOP Cafe



eat. learn. live.

## October 2018 Elementary Lunch Menu

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|
| 1<br>Chicken Patty Sandwich<br><br>with tater tots   | 2<br>Beef taco<br><br>Corn & black bean salsa<br><br>tortilla chips | 3<br>Chicken Tenders<br><br>Tater Tots<br><br>Honey Mustard dipping sauce | 4<br>Chicken Alfredo<br><br>With Rotini Pasta<br><br>Roasted Broccoli | 5<br>Pepperoni Pizza  |
| <i>Tuna salad over Lettuce OR Classic American cheese Burger OR Sunbutter sandwich</i>   |   |   |   |   |
| 8<br><b>NO SCHOOL</b><br><br><b>Columbus Day</b>   | 9<br><b>NO SCHOOL</b><br><br><b>Teacher Prof Dev Day</b>            | 10<br>Rotini pasta<br><br>with Italian meat sauce                         | 11<br>Chicken & cheese<br>quesadilla<br>Roasted Butternut squash      | 12<br>Cheese Pizza  |
| <i>Turkey &amp; cheese wrap OR Classic American cheese Burger OR Sunbutter Sandwich</i>  |   |   |   |   |
| 15<br>Orange Chicken Stir -<br>fry<br>With Brown Rice  | 16<br>Butternut squash<br>Macaroni and cheese                       | 17<br>Shepherd's Pie<br><br>Bread Stick                                   | 18<br>Chicken Taco with<br><br>salsa & tortilla chips                 | 19<br>Cheese Pizza  |
| <i>Chicken ranch wrap OR Classic American Cheese Burger OR Triple Decker Sunbutter Sandwich</i>  |   |   |   |   |
| 22<br>Sloppy Joe with<br><br>Mashed potatoes<br>Breadstick   | 23<br>Sweet & Sour chicken<br><br>Brown rice                        | 24<br>Chicken & Waffles<br><br>Breakfast Syrup                            | 25<br>Cheesy Baked Pasta  | 26<br>Cheese Pizza  |
| <i>Ham &amp; cheese wrap OR Classic American Cheese Burger OR Sunbutter Sandwich</i>   |   |   |   |   |
| 29<br>Popcorn Chicken<br>Mashed potato<br><br>Gravy  | 30<br>Fajita chicken<br>salsa<br><br>tortilla chips                 | 31<br>BBQ Pork Carnits<br>Brown rice<br><br>Roasted Butternut squash      | 1<br>Chicken Nuggets<br>tater tots<br><br>BBQ sauce                   | 2<br>Cheese Pizza   |
| <i>Tuna salad over lettuce OR Classic American Cheese Burger OR Sunbutter Sandwich</i>   |   |   |   |   |
| Choose with any Meal:<br>Side of Vegetable<br><br>Fresh Fruit  | Choose with any Meal:<br>Side of Vegetable<br><br>Fresh Fruit       | Choose with any Meal:<br>Side of Vegetable<br><br>Fresh Fruit             | Choose with any Meal:<br>Side of Vegetable<br><br>Fresh Fruit         | Choose with any Meal:<br>Side of Vegetable<br><br>Fresh Fruit |
| <p><b>Food Focus :</b> Our Month focus is Autumn squash. The most popular variety in America, the Waltham Butternut, is very young – developed in Waltham, Mass., in the 1940s by Robert E. Young. The name comes from the saying ‘Smooth as butter, sweet as a nut.’</p> <p><b>Interesting Fact(s):</b> Butternut squash need help from bees to pollinate the blossoms and make a ‘baby squash.’ Butternut were developed from the older crook-necked squash to result in something sturdier and easier to transport.</p> <p><b>Nutrition:</b> Butternut is a great source of Vitamin A, Vitamin C, fiber, zinc and protein, among other nutrients.</p> |   |   |   |   |
| A Full Student Lunch includes a choice of entrée supplying protein and grain, vegetable , fruit and a choice of milk   |   |   |   |   |
| This intitution is an equal opportunity provider   |   |   |   |   |

**Have you Filled out a meal application? It takes just a few minutes !**