

KID'S STOP Cafe



eat. learn. live.

MAY 2019 EIEMENTARY LUNCH MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| 6 | 7 | 8 | 9 | 10 |
| Fajita chicken Tortilla chips & corn black bean salsa | Chicken patty sandwich with tater tots | Italian meat sauce with rotini pasta | Chicken nuggets with baked fries | Pepperoni Pizza |
| <i>Classic Tuna salad over lettuce OR Classic American cheese Burger OR Sunbutter sandwich</i> | | | | |
| 13 | 14 | 15 | 16 | 17 |
| Chicken tenders with tater tots & dipping sauce | Baked chicken & cheddar pasta | General Tso's Chicken brown rice & bread stick | Chicken Quesadilla | Pepperoni Pizza |
| <i>Turkey & cheese wrap OR Classic American cheese Burger OR Sunbutter Sandwich</i> | | | | |
| 20 | 21 | 22 | 23 | 24 |
| Chicken patty sandwich Tater tots | Meatballs in zesty marinara with rotini pasta | Chicken nuggets tater tots | Turkey Hot-dog tater tots | Pepperoni Pizza |
| <i>Kale, beans & cranberries salad OR Classic American Cheese Burger OR Sunbutter Sandwich</i> | | | | |
| 27 | 28 | 29 | 30 | 31 |
| NO SCHOOL MEMORIAL DAY | Orange Chicken stir fry Brown rice | Chicken tenders with tater tots & dipping sauce | Cheesy baked pasta | Pepperoni Pizza |
| <i>Tuna Sandwich OR Classic American Cheese Burger OR Sunbutter Sandwich</i> | | | | |
| Choose with any Meal: Side of Vegetable Fresh Fruit | Choose with any Meal: Side of Vegetable Fresh Fruit | Choose with any Meal: Side of Vegetable Fresh Fruit | Choose with any Meal: Side of Vegetable Fresh Fruit | Choose with any Meal: Side of Vegetable Fresh Fruit |
| <p>This month we are celebrating KALE : • Kale is a cruciferous vegetable, which means it is in the same family as broccoli, brussels sprouts, and cabbage.</p> <ul style="list-style-type: none"> • You can bake kale into kale chips for a healthy alternative to potato chips. Simply remove the leaves from the thick stems, season to your liking and bake! <ul style="list-style-type: none"> • New to Kale? A great way to introduce it into your diet is by adding it to soup. It is a staple in Portuguese Kale Soup. <ul style="list-style-type: none"> • After a frost, kale actually becomes sweeter! Meaning you can harvest kale long after the summer season. <ul style="list-style-type: none"> • Kale comes in a variety of colors: green, white, purple, or bluish green. • Some varieties of kale grow five to seven feet tall! Some parts of the large plant may not be edible and are used for display instead of eating. That's truly a green giant! • When we eat kale our amazing superpowers come out! Kale has a powerful punch of nutrients that help reverse inflammation and detoxify the liver - | | | | |
| 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 ! | | | | |