

# KID'S STOP

# Cafe



eat. learn. live.

## Ames Christian Lunch Menu - January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Turkey Tacos</b>  Mexican-Style Refried Beans Fresh Baby Carrots Mandarin Oranges Fresh Fruit Milk	<b>Whole Grain Chicken Nuggets with a Dinner Roll</b>  Mashed Potatoes Fresh Celery Sticks Chilled Peaches Fresh Fruit Milk	<b>Beef Hotdog on Whole Wheat Bun</b>  Broccoli with Cheese Sauce Fresh Cauliflower Florets Pineapple Tidbits Fresh Fruit Milk	<b>Turkey Corn Dog</b>  Seasoned Corn Fresh Cherry Tomatoes Cinnamon Applesauce Fresh Fruit Milk	<b>Macaroni and Cheese</b>  Seasoned "Power" Peas Fresh Broccoli Florets Fruit Cocktail Fresh Fruit Milk
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Whole Grain French Toast Sticks with Syrup and an Egg Patty</b>  Tater Tots Fresh Baby Carrots Mandarin Oranges Fresh Fruit Milk	<b>Cheese Pizza Crunchers</b>  Rainbow Veggie Medley Fresh Celery Sticks Chilled Peaches Fresh Fruit Milk	<b>Spaghetti with Italian Meat Sauce and a Garlic Breadstick</b>  Roasted Green Beans Fresh Cauliflower Florets Pineapple Tidbits Fresh Fruit Milk	<b>Barbecue Chicken with a Whole Grain Roll</b>  Mashed Potatoes Fresh Cherry Tomatoes Cinnamon Applesauce Fresh Fruit Milk	<b>Cheesy Dippers with Marinara Sauce</b>  Seasoned "Power" Peas Fresh Broccoli Florets Fruit Cocktail Fresh Fruit Milk
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Chicken Tenders</b>  Crinkle Fries Fresh Baby Carrots Mandarin Oranges Fresh Fruit Milk	<b>Savory Salisbury Steak with a Dinner Roll</b>  Mashed Potatoes Fresh Celery Sticks Chilled Peaches Fresh Fruit Milk	<b>Sweet and Sour Chicken with Brown Rice and a Dinner Roll</b>  Roasted Green Beans Fresh Cauliflower Florets Pineapple Tidbits Fresh Fruit Milk	<b>Chicken Patty on a Whole Wheat Bun</b>  Glazed Carrots Fresh Cherry Tomatoes Cinnamon Applesauce Fresh Fruit Milk	<b>Baked Mozzarella Cheese Sticks with Marinara Sauce</b>  Seasoned "Power" Peas Fresh Broccoli Florets Fruit Cocktail Fresh Fruit Milk
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Mashed Potato and Chicken Bowl</b>  Fresh Baby Carrots  Mandarin Oranges Fresh Fruit Milk	<b>Classic Beef Cheeseburger</b>  Crinkle Fries Fresh Celery Sticks  Chilled Peaches Fresh Fruit Milk	<b>Cheesy Dippers with Marinara Sauce</b>  Glazed Carrots Fresh Cauliflower Florets  Pineapple Tidbits Fresh Fruit Milk	<b>Beef Hotdog on Whole Wheat Bun</b>  Rainbow Veggie Medley Fresh Cherry Tomatoes  Cinnamon Applesauce Fresh Fruit Milk	<b>Macaroni and Cheese</b>  Seasoned "Power" Peas Fresh Broccoli Florets  Fruit Cocktail Fresh Fruit Milk

Menu Subject to Change.

Milk Choices Daily: 1% and Skim White, and Skim Chocolate

This institution is an equal opportunity provider.

Contact us: Marilyn Rutherford @ [marilyn.rutherford@ames.k12.ia.us](mailto:marilyn.rutherford@ames.k12.ia.us)