

KID'S STOP Cafe



eat. learn. live.

Ames Christian Lunch Menu: September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Sweet and Sour Chicken with Pineapple and Bell Peppers with Brown Rice Steamed Carrots Sliced Bell Peppers Mandarin Oranges Fresh Pear Milk	Cheesy Stuffed Breadsticks with Marinara Sauce Mixed Vegetables Fresh Cauliflower Florets Craisins Fresh Orange Wedges Milk
5	6	7	8	9
No School	Tomato Basil Soup with Toasted Cheese Sandwich Steamed Broccoli Florets Fresh Celery Sticks Cinnamon Applesauce Fresh Banana Milk	Biscuit and Gravy with Scrambled Eggs Tater Tots Fresh Carrots Tropical Mixed Fruit Clementine Oranges Milk	Baja Beef Rice Bowl Elotes Style Corn Cool Peas Raisins Fresh Pear Milk	Crunchy Fish Sticks with Tartar Sauce Roasted Cauliflower Cilantro Lime Coleslaw Pineapple Chunks Fresh Orange Wedges Milk
12	13	14	15	16
Jumbo Chicken Tenders Steamed Peas Fresh Carrots Craisins Fresh Apple Milk	BBQ Pulled Pork Sandwich Roasted Green Beans Sliced Bell Peppers Mandarin Oranges Fresh Banana Milk	Chicken Alfredo with WG Spaghetti Roasted Broccoli Florets Fresh Cauliflower Florets Sliced Peaches Clementine Oranges Milk	Korean BBQ Chicken with Brown Rice Cinnamon Glazed Carrots Cool Peas Pineapple Chunks Fresh Pear Milk	Classic Cheeseburger on WG Bun Cheezy Cauliflower Florets Fresh Broccoli Florets Diced Pears Fresh Orange Wedges Milk
19	20	21	22	23
Beef Teriyaki Dippers with Dinner Roll Garlic Mashed Potatoes Fresh Celery Sticks Fruit Cocktail Fresh Apple Milk	Shepherd's Pie with WG Biscuit Steamed Corn Sugar Snap Peas Raisins Fresh Banana Milk	French Toast Sticks with Scrambled Eggs and Syrup Tater Tots Fresh Cherry Tomatoes Strawberry Applesauce Clementine Oranges Milk	Soft Turkey Tacos Sautéed Peppers Fresh Broccoli Sliced Peaches Fresh Pear Milk	Mozzarella Pizza Crunchers with Marinara Sauce Mixed Vegetables Fresh Carrots Sliced Pears Fresh Orange Wedges Milk
26	27	28	29	30
Crispy Chicken Patty on WG Bun Roasted Green Beans Fresh Celery Sticks Mandarin Oranges Fresh Apple Milk	Beef Hot Dog with Chili and Cheese on a WG Bun Boston Baked Beans Fresh Carrots Craisins Fresh Banana Milk	Whole Grain Mac and Cheese Roasted Broccoli Florets Cool Peas Diced Pears Clementine Oranges Milk	Orange Popcorn Chicken with Brown Rice Orange Glazed Carrots Fresh Cauliflower Florets Pineapple Tidbits Fresh Pear Milk	BBQ Chicken Drumstick with Fresh Baked Biscuit Scalloped Potato Casserole Fresh Cherry Tomatoes Diced Peaches Fresh Orange Wedges Milk

Menu Subject to Change.

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

This institution is an equal opportunity provider.

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