

KID'S STOP Cafe



eat. learn. live.

Ames Christian Lunch Menu: October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Popcorn Chicken with a WG Dinner Roll Garlic Mashed Potatoes Fresh Broccoli Florets Chilled Peaches Fresh Apple Milk	Pizza Pasta Casserole with Toasted Flatbread Roasted Green Beans Fresh Baby Carrots Sliced Pears Fresh Banana Milk	Biscuit and Gravy with Scrambled Eggs Hashbrown Patty Sugar Snap Peas Applesauce Fresh Peach Milk	No School	
9	10	11	12	13
Mini Turkey Corn Dogs Roasted Green Beans Fresh Cherry Tomatoes Sliced Pears Fresh Apple Milk	Sloppy Joe Sandwich Steamed Peas Fresh Celery Sticks Applesauce Fresh Banana Milk	Meatballs Marinara with Spaghetti Seasoned Corn Fresh Cauliflower Florets Tropical Fruit Cocktail Fresh Peach Milk	Sweet and Sour Chicken with Pineapple and Bell Peppers with Brown Rice Roasted Bell Peppers Fresh Broccoli Florets Raisins Fresh Pear Milk	Cheesy Stuffed Breadsticks with Marinara Sauce Cheesy Cauliflower Fresh Broccoli Florets Pineapple Chunks Fresh Orange Wedges Milk
16	17	18	19	20
Chicken Cordon Bleu with WG Pasta Boston Baked Beans Fresh Baby Carrots Craisins Fresh Apple Milk	Hot Ham and Cheese Sandwich Seasoned Corn Cool Peas Mandarin Oranges Fresh Banana Milk	French Toast Sticks with Egg Patty Tater Tots Fresh Cauliflorets Chilled Peaches Fresh Peach Milk	Chicken Teriyaki Lo Mein Steamed Broccoli Fresh Bell Pepper Strips Pineapple Chunks Fresh Pear Milk	Salisbury Steak with WG Rotini Pasta Garlic Mashed Potatoes Sugar Snap Peas Diced Pears Fresh Orange Wedges Milk
23	24	25	26	27
BBQ Pulled Pork Sandwich Roasted Green Beans Fresh Celery Sticks Pineapple Tidbits Fresh Apple Milk	Beef and Bean Chili with Goldfish Crackers Seasoned Black Beans Fresh Broccoli Florets Raisins Fresh Banana Milk	Chicken Alfredo with WG Spaghetti Roasted Broccoli Florets Fresh Cucumber Slices Strawberry Applesauce Fresh Peach Milk	Turkey Nachos with Tortilla Chips Roasted Cauliflorets Grape Tomatoes Sliced Peaches Fresh Pear Milk	No School
30	31			
Chicken Parmesan with Garlic Flatbread Seasoned Corn Broccoli and Baby Carrots Mandarin Oranges Fresh Apple Milk	Tater Tot Casserole with Fresh Baked Biscuit Steamed Peas Fresh Cauliflorets Craisins Fresh Banana 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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