

KID'S STOP Cafe



eat. learn. live.

Ames Christian Lunch Menu: September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheesy Stuffed Breadsticks with Marinara Sauce Cheesy Cauliflower Fresh Broccoli Florets Pineapple Chunks Fresh Orange Wedges Milk
4 No School	5 Hot Ham and Cheese Sandwich Seasoned Corn Cool Peas Mandarin Oranges Fresh Banana Milk	6 French Toast Sticks with Egg Patty Tater Tots Fresh Cauliflorets Chilled Peaches Fresh Peach Milk	7 Chicken Teriyaki Lo Mein Steamed Broccoli Fresh Bell Pepper Strips Pineapple Chunks Fresh Pear Milk	8 Salisbury Steak with WG Rotini Pasta Garlic Mashed Potatoes Sugar Snap Peas Diced Pears Fresh Orange Wedges Milk
11 BBQ Pulled Pork Sandwich Roasted Green Beans Fresh Celery Sticks Pineapple Tidbits Fresh Apple Milk	12 Beef and Bean Chili with Goldfish Crackers Seasoned Black Beans Fresh Broccoli Florets Raisins Fresh Banana Milk	13 Chicken Alfredo with WG Spaghetti Roasted Broccoli Florets Fresh Cucumber Slices Strawberry Applesauce Fresh Peach Milk	14 Turkey Nachos with Tortilla Chips Roasted Cauliflorets Grape Tomatoes Sliced Peaches Fresh Pear Milk	15 Chicken Tenders and Waffles with Syrup Seasoned Corn Fresh Baby Carrots Chilled Pears Fresh Orange Wedges Milk
18 Chicken Parmesan with Garlic Flatbread Seasoned Corn Broccoli and Baby Carrots Mandarin Oranges Fresh Apple Milk	19 Tater Tot Casserole with Fresh Baked Biscuit Steamed Peas Fresh Cauliflorets Craisins Fresh Banana Milk	20 Denver Omelet Bowl with WG Waffles Roasted Peppers Fresh Celery Sticks Chilled Pears Fresh Peach Milk	21 Beef Teriyaki Nuggets with Brown Rice Glazed Carrots Sugar Snap Peas Pineapple Tidbits Fresh Pear Milk	22 Mozzarella Pizza Crunchers with Marinara Sauce Roasted Broccoli Florets Grape Tomatoes Chilled Peaches Fresh Orange Wedges Milk
25 Chicken Nuggets with Garlic Flatbread Roasted Green Beans Fresh Baby Carrots Tropical Fruit Cocktail Fresh Apple Milk	26 Chicken and Cheese Quesadilla Mexican Style Black Beans Sugar Snap Peas Chilled Pears Fresh Banana Milk	27 Chorizo Mac and Cheese Roasted Broccoli Florets Fresh Celery Sticks Raisins Fresh Peach Milk	28 Sweet Chili Chicken with Brown Rice Glazed Carrots Fresh Broccoli Florets Chilled Peaches Fresh Pear Milk	29 Cheese Pizza Seasoned Corn Fresh Cauliflorets Mandarin Oranges 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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