

KID'S STOP Cafe



eat. learn. live.

Ames Christian Lunch Menu: October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Popcorn Chicken Mixed Vegetables Fresh Carrots Tropical Mixed Fruit Fresh Apple Milk	Chicken Parmesan Steamed Broccoli Florets Sugar Snap Peas Sliced Pears Fresh Banana Milk	Egg, Tots, and Biscuit Breakfast Bowl Tater Tots Fresh Celery Sticks Raisins Clementine Oranges Milk	Bean and Cheese Quesadilla Mexican Style Corn Fresh Broccoli Florets Diced Peaches Fresh Pear Milk	Cheese Pizza Steamed Peas Fresh Cauliflower Florets Mandarin Oranges Fresh Orange Wedges Milk
10	11	12	13	14
Chicken Nuggets Roasted Green Beans Fresh Broccoli Florets Sliced Peaches Fresh Apple Milk	Sloppy Joe Sandwich Steamed Peas Fresh Carrots Diced Pears Fresh Banana Milk	Meatballs Marinara with Spaghetti Seasoned Corn Sugar Snap Peas Fruit Cocktail Clementine Oranges Milk	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
17	18	19	20	21
Mini Turkey Corn Dogs Roasted Green Beans Fresh Cherry Tomatoes Sliced Pears Fresh Apple Milk	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
24	25	26	27	28
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	No School
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Beef Teriyaki Dippers with Dinner Roll Garlic Mashed Potatoes Fresh Celery Sticks Fruit Cocktail Fresh Apple 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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