



## Kid Chow School Lunch Winter 2011 at Mills Montessori

Kid Chow is delighted to be offering its locally-sourced, organic, kid and planet friendly lunches to your children this winter. Our unique school lunch program offers kids a **VIRTUAL CAFETERIA**, an extensive assortment of both hot and cold lunch items. **Preschoolers really dig Kid Chow because they get to choose the particular bread, sauce, condiment, fruit, veggie, chip, treat and drink they want in their lunch.** Kid Chow also offers an array of **gluten-free** and **non-dairy** menu options.

We've included our current menu on the reverse side of this letter. Here is what you need to know!

- **Lunch Start Date:** Kid Chow lunch service will begin on Monday January 3<sup>rd</sup> 2011. Kid Chow will be serving lunches on **Mondays - Thursdays only**. Fridays are a school sponsored pizza day. Your first **order deadline** is Monday 12/27 at midnight for the week of 1/3 – 1/7.
- **Prices:** Each standard lunch comes with 1 entrée and 2 sides. Mills lunch price is \$5.50 (K-2). This includes a \$.50 delivery fee per lunch since Mills participation is below Kid Chow's daily minimum, Optional drinks are available for an additional cost. **Kid Chow also offers an 'Entrée-only' option for \$3.25.**
- **How to Order:** Kid Chow ordering and payment (MC/Visa) is 100% online. **To register and begin ordering**, go to our website at [www.kidchow.com](http://www.kidchow.com) and click on **Register/Login**. Our website offers many helpful features such as lunch personalization, lunch editing and copying.
- **Order Deadlines:** Kid Chow's standard **ORDER DEADLINE** is Monday, at midnight, 1 week prior to the upcoming lunch week. Your first order deadline is Monday 12/27 for the week of 1/3 – 1/7. Kid Chow allows **EMERGENCY ORDERS after the standard order deadline** up to 3 days in advance from a more limited menu for a small service charge.
- **Cancel Deadlines:** Kid Chow's standard **CANCEL DEADLINE** is also Monday, at midnight, 1 week prior to the upcoming lunch week. Kid Chow also allows **late cancelations for half credit** up to 3 days in advance of any lunch date. Kid Chow doesn't deliver early enough for field trips. Please remember to **pack your child a lunch for all field trips** and cancel any upcoming lunches before the cancel deadline on scheduled field trip days
- **Lunch Handout:** At lunch time, each child will pick-up a brown lunch bag, labeled with their name and grade, which contains their personalized sides, drinks, utensils and cold lunch entrée. Hot lunch entrees will be stored in an electric warming oven and handed out by staff/parent volunteers.

If you have any questions you may call us at 415.830.0089 or email us at [chow@kidchow.com](mailto:chow@kidchow.com). We operate independently from the school and appreciate you directing all Kid Chow inquiries directly to us. We look forward to serving lunches to your children.

Chow for now,  
Jamie & Rob Feuerman  
[chow@kidchow.com](mailto:chow@kidchow.com)  
415.830.0089

## Hot Lunch Entrees

<b>Mon</b>	<b>Tortellini</b> (Four cheese tortellini served with choice of all natural marinara sauce, pesto or olive oil and parmesan cheese) <b>Spaghetti and Meatballs/Veg-Meatballs</b> (Spaghetti and homemade meatballs (Veg-option) served in an all natural tomato sauce) <b>Meatball Grinder</b> (Homemade meatball grinder (Veg-option) served on a French roll with marinara sauce and mozzarella cheese)
<b>Tues</b>	<b>Hamburger/Gardenburger</b> (All natural hamburger or Morningstar Gardenburger served w/choice of bun and condiments) <b>Hot Dog</b> (Applegate Organic Hot Dogs served on a choice of bun and condiments) <b>Chicken Tikki Masala</b> (Sukhi's award winning Indian chicken masala served in a "naanwich or with rice) <b>Indian Quesadilla (Vegetarian)</b> (Sukhi's Potato Spiced Indian Quesadilla served in a whole wheat flatbread – kid approved!) <b>Philly Cheese steak Sandwich</b> (A classic, thinly sliced all natural beef and American cheese on a roll w/choice of pepper & onions)
<b>Wed</b>	<b>Chicken Tenders</b> (All natural chicken tenders served w/ choice of baked potato fries, cooked veggies or healthy grain) <b>ChickenLess Tenders</b> (Morningstar vegetarian chicken nuggets served w/ choice of baked potato fries, cooked veggies or healthy grain) <b>Macaroni &amp; Cheese</b> (Annie's Style white cheddar cheese) <b>Pastrami Melt</b> (All Natural Pastrami served w/melted swiss cheese w/condiments of choice)
<b>Thurs</b>	<b>Burrito (Custom)</b> (Burrito to order: pick type of tortilla with optional beans (black, refried or pinto), cheese and chicken) <b>Quesadilla (Cheese or BBQ Chicken</b> quesadilla chicken served with Spanish rice) <b>Chicken or Vegetarian Enchiladas</b> (Authentic chix or veg (potato) enchilada in organic corn tortillas w/red sauce &cheese)
<b>Fri</b>	<b>School Sponsored Pizza Day – No Kid Chow</b>

### \*\*\* OFFERED DAILY\*\*\*

**Fish Sticks** (All natural fish sticks served w/rice; Gluten Free available when ordering)

**Tamales** (Pumpkin and white cheddar, BBQ Chipotle Bean w/White Cheddar, Black bean, cheese & corn (Vegan Option available))

**Pasta** (Pasta served w/ choice of marinara sauce, pesto or olive oil & parmesan cheese)

#### Savory and Warm Hand Held Pot Pies:

**Spinach Feta Cheese** (fresh steamed spinach with jack, feta cheese and egg)

**Curried Potato Yam** (Roasted red potatoes, yams, scallions and fresh curry powder)

**Moroccan Lentil** (Lentils sautéed with sweet onions, cumin, and other spices)

**Ham and Cheese** (Scrambled Eggs, jack cheese, caramelized onion and smoked ham)

**Chicken Pot Pie** (All natural chicken, mixed with roasted potatoes, onion, celery, carrot, peas, and fresh dill)

**Basque Beef** (Ground beef in a flavorful tomato sauce with veggies and roasted potatoes)

## Cold Lunch Entrees (\*\*Offered Daily\*\*)

### Sandwiches & Wraps

**Deli Sandwiches** (All natural, Nitrate-free) (Ham and salami, roast beef, roast turkey, Veg salami, Veg-turkey w/condiments of choice)

**Caprese Sandwich** ((Fresh mozzarella and juicy tomatoes lightly seasoned with pesto served on a bakery roll)

**Tuna Fish or Egg Salad Sandwiches** (Chunk light tuna fish or Cage Free Eggs w/mayonnaise served w/ condiments of choice)

**Cheese Sandwich** (Monterey, cheddar or cream cheese sandwich served w/ condiments of choice)

**Chicken or Tofu Teriyaki Roll up** (Teriyaki chicken or Soy Deli tofu in a tortilla w/ rice and choice of tortilla and optional mixed vegetables)

### Salads & Grains

**Veggie Sushi** (mix and max selection of avocado, carrot, cucumber, tofu, plain rice, tamago (egg))

**Sesame Noodles** (Chow Mein noodles served in a sesame dressing with optional stir-fry veggies (edamane and shredded carrots) and honey sesame tofu)

**Pesto Pasta Salad** (Basil pesto served with shell pasta)

**(Chicken) Caesar Salad** (Hearts of romaine served with shredded parmesan cheese, crunchy croutons and Caesar dressing; Chicken optional)

**Greek Salad** (Romaine lettuce, cucumbers, tomatoes, feta cheese, kalamata olives, red onions served with Italian vinaigrette)

### Old Standbys

**Yogurt Parfait** (Organic vanilla or strawberry yogurt served with choice of dried fruits, honey, fresh banana slices and granola)

**Cheese Pizza - Cold** (Organic brick oven – thin crust cheese pizza served cool to room temperature)

**Bagel** (Bagels and condiments of choice, including lox spread and strawberry cream cheese)

## Lunch Sides (\*\*Offered Daily\*\*) (Select any 2 per lunch; 3<sup>rd</sup> side optional)

<b>Organic Fruits &amp; Veggies</b>	<b>Dairy</b>	<b>Desserts</b>
Apple	Cheese & crackers	Organic Cinnamon Applesauce
Pears	Mozzarella or Cheddar Cheese Sticks	Sunflower Crunch
Citrus (tangerine, orange)	Hard Boiled Egg (Cage free peeled)	Trail Mix (Pumpkin, sunflower seeds, cranberries, yogurt raisins, sesame sticks)
Banana	Yogurt tubes (organic blueberry or strawberry)	Organic Raisins
Edamame (Soybeans, in the pod)	<b>Chips</b>	Dried Apricots
Carrots w/dips	Popcorn	Fig Newman's
Celery spears w/dips	Pretzels	Chocolate chip cookies
Green Beans w/dips	Tortilla Chips (100% corn)	Newman's Cookie O's
Nori strips	Annie's Cheddar Bunnies	Annie's Bunny Grahams
Crunchy Dried Soy Green Beans	Kettle Bakes Potato Chips	Kozy Shack all natural vanilla or chocolate pudding
Just Veggies (Freeze dried veggies)	Glad Corn – Amazing all natural corn nut snack	Assorted Fruit Strips

**Drinks (Optional):** Lowfat Regular/Choc Milk, Vanilla/Choc Soy Milk, Orange Juice, Bottled & Mineral Water, IZZE'S sparkling fruit juices

*Kid Chow's menu and facility is now nut free (see online Nut and Allergy Policy)*