



**Kid's nutrition
is our mission**

www.kisschoollunches.com
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School Access Code: 19561956

With Ki's School Lunches you can order a healthy, natural and tasty lunch for your child at www.kisschoollunches.com. Ki's prepares, delivers and serves the meals for your child's school each full school day. It's just that easy! Please be sure to read the How it Works and FAQ pages before you place your first order.

Ki's School Lunches offers a choice of at least ten hot lunches and five cold lunches every day. Each lunch will consist of an entrée, organic or local fruits and vegetables served "Veggie Bar" style, and a side healthy snack. If your child is a bigger eater you will have the option to order additional foods each day (for an additional cost), things like: Ki's Strawberry Smoothie, Ki's Chicken Noodle Soup, "extra entrée", Ki's Turkey Chili (Gluten Free), etc.

Ki's uses only natural ingredients in the preparation of all our lunch products: Jidori and Foster Farms chicken, Newman's Own organic snacks, Garden Time organic pasta, Better Life Organics for fresh produce. All of our non-organic products have been scrutinized to insure they are free of preservatives, hormones, antibiotics and fillers, and we buy locally whenever practical. We infuse all of our sauces with vegetables. Our Pizza and Pasta sauce is enhanced with pureed carrots, cauliflower and butternut squash, even our Organic Mac & Cheese has pureed cauliflower and butternut squash. Our Chicken Nuggets and Chicken Tenders are all natural white meat, breaded in whole grains and baked - served with Organic Ketchup and Organic BBQ sauce on the side.

We add monthly "specials" each month for continual variety. See the Specials page on the website for more information. There is also Gluten Free Info under the Our Food pull down.

Additional info on the program is available on our web site and you are welcome to call or email Janet Holcomb at the e-address or phone number above if you have ANY questions.

For many of the lunches there is a lower price for Preschool and K-2nd, they will receive a slightly smaller portion.

Menus

Our lunch solution is a fully balanced meal which consists of an entrée, organic/natural snacks, and fresh fruits and vegetables served Veggie Bar style.

Pasta Day (Monday)

Served with Garlic Bread and Ki's fruit and veggie bar.

Entree Choices:

- Pasta with Butter
- Pasta with Turkey Marina sauce
- Pasta with Veggie Marina
- Pasta Special of the month

Down Home Day (Wednesday)

Served with Corn Bread and Ki's fruit and veggie bar.

Entree Choices:

- Ki's Chicken Tenders (now Gluten free)
- Natural Beef Hot Dog
- Organic Mac & Cheese
- Special Drummettes each month

International Day (Tuesday)

Served with natural Corn Chips, Ki's Salsa, and Ki's fruit and veggie bar.

Entree Choices:

- Chicken Quesadilla
- Cheese Quesadilla
- California Burrito
- Bean & Cheese Burrito
- California Roll
- Chicken Nuggets

Home Cooking Day (Thursday)

Served with assorted Organic snacks and Ki's fruit and veggie bar.

Entree Choices:

- Chicken Nuggets
- Grilled Cheese
- Grilled Ham & Cheese
- Turkey Burger
- Turkey Cheeseburger

Pizza Day (Friday)

Served with assorted Organic snacks and Ki's fruit and veggie bar.

Entree Choices:

- Cheese Pizza
- Pepperoni Pizza
- Special Pizza or Pasta of the month
- Spaghetti with Butter
- Spaghetti Marina
- Spaghetti with Turkey Meatballs

Available Every Day

Each day has a theme for the Hot Lunches and side dishes, but also offers Everyday Entrees such as sandwiches, soup or salads to choose from (in place of the "theme" entrée).

Hot Lunch: Chicken Noodle Soup, Turkey Chili Mac, Soup of the Week

Gluten free: Chicken & Organic Brown Rice, Chicken & Organic Brown Rice with Veggies, Veggie Stew (Vegan), Turkey Chili, Roasted Tofu & Organic Brown Rice (Vegan), Roasted Tofu & Organic Brown Rice & Veggies (Vegan).

Sandwiches: 1/2 Tuna Sandwich, 1/2 Turkey Sandwich, 1/2 Turkey & Cheese Sandwich, 1/2 Ham Sandwich, 1/2 Ham & Cheese Sandwich, Bagel & Cream Cheese.

8" Subs: Turkey & Cheese Sub, Ham & Cheese Sub, Avocado & Cheese Sub.

Salads: Chicken Caesar Salad, Caesar Salad, Asian Chicken Salad, Garden Salad, Garden Salad with Chicken, Garden Salad with Tuna.

Additions: Chicken Noodle Soup, Veggie Stew, Turkey Chili, side Caesar Salad, side Garden Salad, Strawberry Smoothie, Apple Smoothie, Tropical Smoothie, and many more.

* there is an additional charge for Additions.