



KID CHOW SCHOOL LUNCH FALL 2011 AT RUSD

Kid Chow is delighted to once again be offering its locally-sourced, healthy, kid and planet friendly lunches to your children this fall. Our unique school lunch program offers kids a **VIRTUAL CAFETERIA**, an extensive assortment of **(HOT & COLD)** entrees & sides to choose from daily. Students really enjoy Kid Chow because we allow **lunch personalization** so you can choose the particular bread, sauce, condiment, fruit, veggie, chip, treat and drink they want in their lunch. 100% of our produce is certified organic and 90% of our packaging is compostable and/or recyclable. Kid Chow's menu (and facility) is nut-free and also offers an array of **gluten-free, non-dairy** and **vegetarian** menu options.

We've included a sneak peek of our preliminary fall 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, August 29th.
- **Pizza Day – THURSDAYS** will be PTA-sponsored Pizza Day fundraiser offered to ALL RUSD students. Pizza will be provided by local pizza vendors. Pizza orders will be through a special online form and not the standard Kid Chow website. **Pizza Day flyers** with the specific ordering information will be handed out to students the first day back at school. No Kid Chow is offered on Thursdays.
- **Prices:** Each Kid Chow lunch come with a portioned entrée by grade range and optional a la carte sides and drinks. Entrees prices are \$3.25 (K-2nd), \$3.75 (3rd-5th) and \$4.25 (6th – 8th). Milk and bottled water are \$.35. A la carte sides are \$.75 each. Specialty Drinks are also available at an additional cost. *Note: Entrees are targeted at 80% of the USDA recommended portion size for each grade level and do not constitute a complete meal.*
- **How to Order:** Kid Chow ordering and payment (MC/Visa) is 100% online. **Fall school lunch menus will be posted for ordering online on August 1st.** To register, go to our website at www.kidchow.com and click on **Register/Login**. Once you have registered we suggest you review the various lunch ordering options. Returning families will be asked to update their account information.
- **Ordering Made Easy:** Our website offers many helpful features such as lunch personalization, lunch editing and copying. Kid Chow will even place your child's lunch orders for you -- for the month, semester or year. Kid Chow's AUTOMATED ORDERING allows you to set up a personalized menu profile of your child's food preferences and specific schedule.
- **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 parent or staff volunteers.
- **Order Deadlines:** Kid Chow's standard **ORDER DEADLINE** is Monday, at midnight, 1 week prior to the upcoming lunch week. The first order deadline is Monday 8/22 for the week of 8/29 – 9/2. Kid Chow allows **LATE ORDERS** after the standard order deadline up to 3 school days in advance from a more limited menu for a \$.50 fee.
- **Order Cancellations:** Kid Chow's standard **CANCEL DEADLINE** is also Monday, at midnight, 1 week prior to the upcoming lunch week. Kid Chow allows **late cancellations for half credit** up to 3 school 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.

If you have any questions you may call us at 415.830.0089 or email us at 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 this fall.

Chow for now,

Jamie & Rob Feuerman
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415.830.0089

Kid Chow September-October 2011 Menu

HOT Lunch Entrees (SPECIALS BY DAY)

Mon	Tortellini (Four cheese tortellini with choice of marinara sauce, pesto or olive oil and parmesan cheese) Spaghetti and Meatballs (Spaghetti and homemade meatballs served with in an all natural tomato sauce) Meatball Grinder (Homemade meatballs on a French roll with marinara sauce and mozzarella cheese)
Tues	Hamburger (Fulton all natural hamburgers on choice of bun with optional condiments) Gardenburger (Original Gardenburger patty on traditional or multigrain bun with condiments of choice) Hot Dogs (Applegate organic hot dogs) Philly Cheese steak Sandwich (Thinly sliced beef and American cheese on a roll w/choice of pepper & onions) Chicken Tikka Masala Naanwich or Rice Bowl (Sukhi's chicken masala served in a naan wrap or over rice)
Wed	Chicken Tenders (Breaded and baked chicken tenders w/choice of rice, glazed carrots, peas & corn, or potato/sweet potato fries – Vegetarian Morningstar ChickenLESS nuggets also available) Macaroni & Cheese (Annie's macaroni and white cheddar cheese) Asian BBQ Chicken Wings & Drumsticks (Served in a sweet and tangy soy honey glaze w/ choice of rice, glazed carrots, peas & corn, or potato/sweet potato fries)
Thurs	PTA PIZZA DAY
Fri	Grilled Cheese (& Ham) Sandwich (Blend of American, cheddar & Monterey jack cheeses) Chicken Apple Sausage Grinders (Aidell's all natural chicken apple sausages on a bun) Chicken Teriyaki Rice Bowl (Chicken in a teriyaki sauce served over rice) Burrito (Tortilla of choice served with choice of chicken, beans, cheese and rice) Quesadilla (Cheese or BBQ Chicken served with Spanish rice) Soft Beef Tacos (Beef tacos w/ choice of tortilla, cheese and beans)

HOT Lunch Entrees (DAILY)

Fish Sticks (Ian's organic brand served w/choice of rice, glazed carrots, peas & corn, or baked potato fries)

Tamales (Locally made all natural Black Bean, Green Chili (mild) and Chicken)

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

Chicken Taquitos (PJ's organic chicken taquitos made with organic chicken, pinto beans and rice)

Savory 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 (DAILY)

Sandwiches & Wraps

Deli Sandwiches (All natural nitrate free ham, salami, turkey, roast beef or veg-deli w/condiments of choice)

Tuna Fish Or Egg Salad Sandwiches (Chunk light tuna fish or egg salad served with condiments of choice)

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

Chicken or Tofu Teriyaki Roll up (All Natural Sonoma chicken or soy deli tofu in a tortilla w/ rice)

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

Chinese Chicken or Caesar Salad Wrap (Our classic salads served a whole new way -- in your tortilla of choice)

Salads & Grains

Veggie Sushi (avocado, carrot, cucumber, tofu, plain rice, tamago or assortment)

Sesame Noodles (Chow Mein in a sesame dressing with choice of stir fry veggies and chicken or tofu)

Pesto Pasta Salad (Basil pesto served with shell pasta)

Caesar Salad (Hearts of romaine served with parmesan cheese, croutons, Caesar dressing and optional chicken)

Chinese Chicken Salad (Lettuce, cabbage, edamame, carrots, mandarins, sesame sticks, sesame vinaigrette)

Old Standbys

Yogurt Parfait (Vanilla or strawberry lowfat yogurt served with choice of dried fruits, honey, banana and granola)

Cheese Pizza – Served Cold (Brick oven – thin crust cheese pizza)

Bagel (Bagels and condiments of choice including lox spread and flavored cream cheese)

Lunch Sides (OPTIONAL) (Select any 1, 2 or 3 per lunch)

<p>Organic Fruits & Veggies</p> <ul style="list-style-type: none"> Apple Banana Grapes Fall Fruit Grab Bag (Peaches, Plums, Strawberries and Oranges) Edamame Carrots Broccoli (Par-boiled) Cherry tomatoes Cucumbers Nori strips Crunchy Dried Soy Green Beans Just Veggies (Freeze dried) 	<p>Dairy</p> <ul style="list-style-type: none"> Cheddar Cheese & crackers Mozzarella or Cheddar Cheese Sticks Hard Boiled Egg Yogurt tubes <p>Chips</p> <ul style="list-style-type: none"> Popcorn Pretzels Tortilla Chips(100% corn) Veggie Booty BBQ Potato Chips Cheddar Cheese Puffs 	<p>Desserts</p> <ul style="list-style-type: none"> Cinnamon Applesauce Sunflower Crunch – Protein packed sweet treat Trail Mix (Pumpkin, sunflower seeds, cranberries, yogurt raisins) Raisins Dried Apricots Fig Newman's Chocolate chip cookies Newman's Cookie O's Bunny Graham cookies Kozy Shack Pudding Assorted Fruit Strips
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Drinks (Optional): Lowfat Regular/Chocolate Milk, Vanilla/Chocolate Soy Milk, Orange Juice, Bottled & Mineral Water, IZZE'S sparkling fruit juices

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