



KID CHOW SCHOOL LUNCH FALL 2013 AT Covington

We are thrilled to be offering your children healthy and delicious school lunches again next year. Kid Chow's mission is to serve the highest quality, locally sourced meals in a sustainably responsible and affordable way. We are committed to using the best possible ingredients: **hormone free meats and dairy, nitrate-free deli and fresh organic fruit and vegetables.** Our menu and facility is nut-free and offers an array of gluten-free, non-dairy and vegetarian menu options. Kid Chow offers kids a VIRTUALCAFETERIA; each lunch from our extensive daily selection is custom-ordered and individually packed right down to the bread, condiment and snack in each student's lunch. When you order Kid Chow for your child they will receive a personalized, homespun meal they will surely enjoy. Kid Chow's menus celebrate the personal nature of food and seek to inspire kids to eat nutritiously. We consider it a privilege to serve your child.

We've included our 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 Wednesday, August 21st. Your first order deadline is Monday, August 12th. Kid Chow will deliver lunches to your students Monday, Tuesday, Wednesday and Friday.
- **Pizza Thursdays:** Pizza from *Spot A Pizza* is ordered through Kid Chow's website just like any other lunch order. The standard pizza lunch comes with a pizza slice, an organic seasonal fruit and milk. Pizza meal prices are \$5.00. Slices only are 4.00. 2nd slices (\$2.00) are also available. There is NO Kid Chow on Thursdays
- **Price:** Each Kid Chow lunch comes with a portioned entrée by grade range and optional "a la carte" sides and drink. Entrée prices are \$3.75 (1-4th), \$4.25 (5th-6th). Sides are \$.75 each. Drinks are available for an additional cost. Kid Chow 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 at kidchow.com. **Fall school lunch menus will be posted for ordering online on August 1st.** To register and begin ordering, go to our website on or after August 1st at www.kidchow.com and click on Register/Login. Once you have registered and logged on we suggest you review the various lunch ordering options.
- **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 cold lunch items. Hot lunch entrees will be stored in an electric warming oven and handed out to students.
- **Order Deadlines:** Kid Chow has two order deadlines: **Standard** and **Late**. **Standard:** Kid Chow's Standard Order Deadline is Monday night at midnight one week prior to any lunch week. **Late:** Parents can order from a more limited menu, after the Standard deadline, **up to 9:00 a.m. the day prior to any lunch day.** There is a \$.50 cent late processing charge.
- **Cancel Deadlines:** Kid Chow has two cancel deadlines: **Standard** and **Late**. **Standard:** Parents can cancel for full credit by **Friday 9:00 a.m.**, the week prior to each lunch week. **Late:** Parents can cancel for 50% credit after the deadline, **up to 9:00 a.m. the day prior to any lunch day.**

If you have any questions you may call us at 650.873.3339 or email us at chow@kidchow.com. We look forward to serving lunches to your children soon!!

School Lunch is in the bag!
Jamie & Rob Feuerman, Owners

Kid Chow August – October 2013 Menu

HOT LUNCH ENTREES – DAILY SPECIALS

- Mon** **Tortellini** (Four cheese tortellini served with choice of all natural marinara sauce, pesto or olive oil and parmesan cheese)
Spaghetti w/Bolognese (Homemade Bolognese (Painted Hills All Natural Beef)
Meatball Grinder (An east coast favorite, homemade meatballs in a grinder roll with tomato sauce and mozzarella cheese)
- Tues** **Potstickers & Rice** (All Natural chicken or vegetable pot stickers w/choice of fried or white rice)
Pulled BBQ Chicken Sandwich (All Natural chicken in a yummy kid friendly bbq sauce served on a La Boulange Bun)
Chicken Pesto or Pesto Flatbread (Flatbread with roasted all natural chicken, pesto, fresh mozzarella & parmesan cheeses)
- Wed** **Macaroni & Cheese** (Annie's Style macaroni and white cheddar cheese w/our sneaky cauliflower & zucchini puree)
Chicken Pot Pie (Chef Jen's traditional scratch made pot pie w/chunks of tender all natural chicken & veggies topped w/a flaky crust)
Chef Jo's Classic Beef Chili (Painted Hill's beef, black beans, tomato and tasty seasonings with a Sunday supper in mind!)
- Thur** **Pizza Day - Spot a Pizza**
- Fri** **Grilled Cheese (& Ham) Sandwich** (Blend of American, cheddar & Monterey jack cheeses)
Teriyaki BBQ Chicken Wings & Drumsticks (Served in a sweet and tangy soy honey glaze w/ choice of grain or veggies)
Homemade All Natural Corn Dogs (Local, sustainably raised hot dogs wrapped in corn meal for a tasty, kid fave!)

HOT LUNCH ENTREES -- (**OFFERED EVERYDAY**)

- Hamburger** (Coleman all natural hamburgers served on a traditional or multigrain bun with cheese option)
Homemade Pizza Pockets (Pizza inside out - Choose either cheese or pepperoni)
Hot Dogs (Locally Made ALL beef hot dogs made with sustainably raised family farmed beef)
Chicken Tenders or Chickenless (All natural chicken tenders – regular and gluten free available, w/ choice of grains or veggies)
Chicken Tikka or Paneer Tikka Masala Naanwich or Rice Bowl (Sukhi's award winning Indian masala – chicken or vegetarian)
Fish Sticks (Ian's all natural brand served w/choice of rice, baked potato fries or glazed carrots, peas & corn)
Tamales (Locally made all natural Black Bean, Green Chili (mild) and Chicken— Vegan option available)
Pasta (Pasta served w/ choice of marinara sauce, pesto or oil & parmesan cheese)
Ham and Cheese Quiche (A classic homestyle favorite made from scratch in our kitchen!)
Breakfast Egg, Cheese & Bacon Empanada (Yummy breakfast empanada for a tasty lunch alternative)

COLD LUNCH ENTREES-- (**OFFERED EVERYDAY**)

Sandwiches & Wraps

- Deli Sandwich** (ham and salami (nitrate-free), all natural roast beef, roast turkey, or veg salami or 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 fish salad or Cage Free Eggs w/mayonnaise served with condiments of choice)
Sunbutter Sandwich (Sunbutter Sandwich with choice of jams & honey)
Cheese Sandwich (Monterey, cheddar or cream cheese sandwich served w/ condiments of choice)
Chinese Chicken or Caesar Salad Wrap (Our classic salads served a whole new way -- in your tortilla of choice)

Salads & Grains & Old Standbys

- Veggie Sushi** (avocado, carrot, cucumber, tofu, plain rice, tamago or assortment)
Teriyaki Chicken or California Rolls (Two awesome sushi rolls kids love made in-house with all natural ingredients)
Sesame Noodles (Chow Mein noodles served in a sesame dressing with peapods, shredded carrots & choice of honey sesame tofu)
Pesto Pasta Salad (Basil pesto served with shell pasta and free range chicken)
Mediterranean Pasta Salad (Large shell pasta, pesto, feta cheese, olives and red peppers)
Caesar Salad (Hearts of romaine served with shredded parmesan cheese, crunchy croutons Caesar dressing w/ optional **Chicken**)
Chinese chicken/less Salad (Lettuce, cabbage, edamame, carrots, mandarins, sesame sticks, chicken or tofu, sesame vinaigrette)
Yogurt Parfait (Organic vanilla or strawberry yogurt served with choice of dried fruits, honey, fresh banana slices and granola)
Cheese Pizza (Organic brick oven – thin crust cheese pizza served cold)
Bagel (Bagels and condiments of choice, including strawberry cream cheese and smoked salmon cream cheese)

LUNCH SIDES (OPTIONAL - SELECT UP TO 3 PER LUNCH)

Fruits & Veggies	Dairy	Desserts
Apple - organic	Cheddar Cheese & crackers	Organic Applesauce
Banana - organic	Mozzarella or Cheddar Cheese Sticks	Earthbound Organic -- APPLE CRUNCHERS!
Fall Grab Bag - (Nature's choice stone fruits or combos with grapes, melon, strawberries or pineapple)	Hard Boiled Egg (Local, cage free, peeled)	Caramel PopCorners addictive caramel corn snack
Citrus	Yogurt tubes (organic blueberry or strawberry)	Trail Mix Homemade mix w/seeds & dried fruits
Steamed edamame soybeans, in the pod	Chips	Assorted Fruit Strips
Carrots w/dips – organic	Popcorn	Chocolate chip cookies Brent & Sam's all natural
Cherry tomatoes w/dips - organic	Pretzels	Newman's Cookie O's All natural Oreo cookie
Broccoli Florets w/dips- organic	Cheese Puffs	Fig Newman's All Natural Fig cookie
Nori strips	Cheddar Bunny Crackers	Annie's Graham Bunnies
Crunchy Dried Soy Green Beans	BBQ Kettle Bakes	Kozy Shack vanilla or chocolate pudding
GOOD BEAN'S – Crunchy garbanzo's	Tortilla Chips	

DRINKS (OPTIONAL) Milk (1% Plain/non-fat Chocolate), (Clover rbst-free, organic & soy), OJ, IZZE's Sparkling Flavored, Bottled/Mineral Water
Menu Subject to Change. May not reflect school restrictions. Kid Chow is Nut-free. See online FAQ for Allergy Information