



Kid Chow School Lunch Fall 2009 at RUSD

Kid Chow is delighted to 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**. We included a sneak peek of our preliminary fall menu on the reverse side of this letter. **Students really dig Kid Chow because we allow lunch personalization so your child is welcome to choose the particular bread, sauce, condiment, fruit, veggie, chip, treat and drink they want in their lunch.**

Here is what you need to know!

- **Kid Chow lunch service will begin on Tuesday September 8th. You will need to pack lunches the first week of school.**
- **Kid Chow will be offering its menu to RUSD Monday – Thursday. Fridays will be a PTA-sponsored Pizza Day fundraiser offered to ALL RUSD students.** Parents registered with Kid Chow may order Pizza Day online through their account. **For families not registered** with Kid Chow, **Pizza Day paper order forms** will be handed out to students the first week back at school.
- Kid Chow automatically portions lunches by your child's grade. RUSD lunch prices are: \$4.75 for K-2nd grade lunches, \$5.25 for 3rd-5th grade lunches and \$5.75 for 6th-8th grade. Additional sides and optional drinks are available for an added cost. Kid Chow is offering RUSD families milk and bottled water for \$.35 cents with each lunch.
- 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 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.
- **Kid Chow's Order and Cancel deadline is Monday, at midnight, 1 week prior to the upcoming lunch week.** The **first order deadline** is Monday 8/31 for the week of 9/7 – 9/11.

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
Kid Chow LLC
chow@kidchow.com
415.830.0089

Hot Lunch Entrees (Select 1 per lunch)

Mon	Tortellini (Four cheese tortellini with choice of all natural 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 meatball grinder on a French roll with marinara sauce and mozzarella cheese)
Tues	Grilled Cheese (& Ham) Sandwich (American, cheddar & Monterey jack blend w/a sweet potato & carrot spread) Hamburger (Fulton all natural hamburgers served on a traditional or multigrain bun with cheese option) Hot Dog (Niman Ranch All Natural Hot Dogs (no nitrate) on a traditional or multigrain bun with condiments)
Wed	Chicken Tenders (Natural chicken breast w/ yam/carrot puree & crunchy panko corn batter served w/healthy grain) ChickenLess Tenders (Morningstar vegetarian chicken nuggets served w/healthy grains & dips) Macaroni & Cheese (Annie's Style macaroni & white cheddar cheese w/our sneaky cauliflower & zucchini puree) Chicken Apple Sausage Grinders (Aidell's natural chicken apple sausages on traditional or multigrain bun)
Thur	Chicken or Cheese Burrito (Tortilla of choice with choice of beans, Monterey & cheddar blend, and rice) Quesadilla (Cheese or BBQ Chicken quesadilla chicken served with Spanish rice) Tamales (Organic Butternut Squash & Cheese, Spinach, Mushroom, Salsa or black bean, cheese & corn Primavera Tamales)
Fri	PTO SPONSORED PIZZA DAY

*****OFFERED DAILY (Monday – Thursday at RUSD) *** 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)

******ALSO OFFERED DAILY (Monday – Thursday at RUSD) ******

- Fish Sticks** (All natural fish sticks served w/rice)
- Pasta** (Pasta served w/ choice of marinara sauce, pesto or olive oil & parmesan cheese)

Cold Lunch Entrees *(Vegetarian Options available for all lunch entrees)

- Deli Sandwiches** (Niman Ranch ham or salami, Diestel roast turkey or veg turkey or salami w/condiments of choice)
- Tuna Fish or Egg Salad Sandwich** (Tuna fish salad or egg salad sandwiches served with condiments of choice)
- Chicken or Tofu Teriyaki Roll up** (Teriyaki all natural chicken or soy deli tofu in a tortilla w/ rice, cabbage & carrots)
- Peanut Butter Sandwich** (Served w/condiments of choice jams, natural marshmallow crème, banana, honey and raisins)
- Cheese Sandwich** (Monterey or cheddar cheese sandwich served w/ condiments of choice)
- Caprese Sandwich** (Fresh mozzarella and juicy tomatoes lightly seasoned with pesto served on a bakery roll)
- Veggie Sushi** (avocado, carrot, cucumber, tofu, plain rice, tamago or assortment)
- Pesto Pasta Salad** (Basil pesto served with pasta)
- Sesame Noodles** (Chow Mein noodles in a sesame dressing with edamame, carrots & choice of honey sesame tofu)
- Chicken Caesar Salad** (Hearts of romaine served with grated parmesan cheese, crunchy croutons and Caesar dressing)
- Chinese chicken/less Salad** (Lettuce, cabbage, edamame, carrots, mandarins, & sesame sticks w/chicken or tofu in a sesame vinaigrette.)
- Yogurt Parfait** (Organic Vanilla or Strawberry yogurt served with choice of dried fruits, honey, banana slices and granola)
- Bagel** (Bagels and condiments of choice featuring strawberry flavored cream cheese or lox spread)
- Cheese Pizza** (Organic brick oven – thin crust cheese pizza **served room temperature**)

Lunch Sides (Select any 2 or 3 per lunch)

<p>Organic Fruits Apples, Bananas, or Grapes Fall Fruit Grab Bag (peaches, nectarines, plums or berries)</p> <p>Organic Vegetables Edamame (Salted soybeans) Carrots Broccoli Cherry Tomatoes Just Veggies (freeze dried veg) Nori strips</p>	<p>Dairy Cheese and crackers Mozzarella or Cheddar Sticks Hard Boiled Egg (cage free) Organic Strawberry/Blueberry Yogurt tubes</p>	<p>Desserts Organic Applesauce Trail Mix (sunflower & pumpkin seeds, dried fruit, yogurt raisins, sesame sticks) Sunflower Crunch Dried Apricots Fig Newman's Annie's Bunny Grahams Newman O's Newman's Organic Raisins Kozy Shack Pudding (natural van or choc) Fruit Strips (Apple, berry strawberry)</p>
	<p>Chips Rocking Ranch Puffs Veggie Booty All Natural Popcorn Cheddar Bunnies Baked Kettle Potato Chips Honey Whole Wheat Pretzels Crunchy Dried Soy Beans</p>	

Optional: Milk (Choc, Regular 1%); IZZE Sparkling Fruit Drinks; Soy Milk (Van & Choc); OJ; Mineral Water; Bottled Water