



**Welcome to Ki's School Lunches!**  
**Come visit our table at your Back-to-School Night.**

With Ki's School Lunches you can order a healthy and tasty lunch for your child from your home or office that Ki's will deliver and serve at your school. It's just that easy! We will provide students fresh, nutritious and natural foods each full school day.

Each lunch will consist of an entrée, organic snacks, organic fruits and vegetables, organic milk or filtered water, and cookies/desserts made with organic flour. For the entrée choices we will offer at least three hot lunches, five cold lunches and five salads each day.

If you wish more food, for an additional cost, each day a Double Entrée portion is available, or you can add Chicken Noodle soup or a side salad to any order using the "Additions" feature. This feature allows for "soup & 1/2 sandwich" or "soup & side salad" or "1/2 sandwich and side salad". You can also add a Smoothie to any day for an additional cost, we will be offering Strawberry, Apple or Tropical.

The school menu will be available in August, simply visit our web site for easy online registration and ordering. Additional info on our policies and the program is available on our web site via the "How It Works" button and the "Policies" link. You are also welcome to call or email Janet Holcomb at the e-address or phone number below (also on the Contact Us page) if you have ANY questions about the program or the web site.

**[www.kisschoollunches.com](http://www.kisschoollunches.com)**

**[info@kisschoollunches.com](mailto:info@kisschoollunches.com)**

**(760) 828-5236**



## Sample Menus

Each day has a theme for the Hot Lunches and side dishes, but also has Cold entrees such as sandwiches or salads to choose from. See the "Available every day" selections below.

**Pasta Day** Pasta with Butter, Pasta with Turkey Marina sauce, Pasta with Veggie Marina or Veggie Lasagna. Served with Garlic Bread, Caesar Salad and a Ki's Chocolate Chip cookie.

**Fiesta Day** Chicken Quesadilla, Cheese Quesadilla, Bean Burrito, or Bean & Cheese Burrito. Served with natural Corn Chips and Ki's Salsa, assorted Organic fruit and veggies and a Ki's Rice Crispy treat.

**Down Home Day** Chicken Tenders, Turkey Hot Dog or Organic Mac & Cheese. Served with Ki's Corn Bread, assorted Organic fruit and veggies, and a Ki's Snickerdoodle cookie.

**Home Cooking Day** Chicken & Organic Brown Rice, Chicken Nuggets, or a Grilled Cheese. Served with assorted Organic fruit and veggies, assorted Organic snacks, and a Ki's Brownie.

**Pizza Day** Cheese Pizza or Pepperoni Pizza, Spaghetti Marina or Spaghetti with Meatballs. Served with Caesar Salad and a Ki's Strawberry Smoothie.

### Available Every Day:

**Hot Lunch:** Veggie Stew, Chicken Noodle Soup

**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

**Salads:** Chicken Caesar Salad, Caesar Salad, Asian Chicken Salad, Baby Spinach Salad, Garden Salad, Garden Salad with Chicken, and Garden Salad with Tuna.

**Additions:** Double Entrée, Chicken Noodle Soup, Veggie Stew, side Caesar Salad, side Garden Salad, Strawberry Smoothie, Apple Smoothie, Tropical Smoothie.

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