



Ki's Natural School Lunches!

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 at your child's school each full school day. It's just that easy!

Ki's School Lunches will offer a choice of at least five hot lunches, five cold lunches and five salads every day. Each lunch will consist of an entrée, organic fruits and vegetables served "Veggie Bar" style, organic milk, and Ki's cookies/desserts made with organic flour. 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, Horizon organic milk, 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. Our Chicken Tenders and Nuggets are made with whole grain breading and baked (Ki's does not fry or use nuts for any lunch product).

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 below if you have ANY questions.

Please see our menus on the back of this page, or on the web site.

www.kisschoollunches.com

info@kisschoollunches.com

(760) 828-5236

Menus

Pasta Day

Served with Garlic Bread, Caesar Salad Bar, Organic Milk and a Ki's freshly baked dessert.

Entree Choices:

- Pasta with Butter
- Pasta with Turkey Marina sauce
- Pasta with Veggie Marina
- Veggie Lasagna

Fiesta Day

Served with natural Corn Chips and Ki's Salsa, Ki's Organic fruit and veggie bar, Organic Milk and a Ki's freshly baked dessert.

Entree Choices:

- Chicken Quesadilla
- Cheese Quesadilla
- Bean Burrito
- Bean & Cheese Burrito
- Turkey Burger
- Turkey Cheeseburger

Down Home Day

Served with Ki's Corn Bread, Ki's Organic fruit and veggie bar, Organic Milk, and a Ki's freshly baked dessert.

Entree Choices:

- Chicken Tenders
- Turkey Hot Dog
- Organic Mac & Cheese

Pizza Day

Served with Caesar Salad bar and a Ki's Strawberry Smoothie (all fruit and juice).

Entree Choices:

- Cheese Pizza
- Pepperoni Pizza
- Spaghetti Marina
- Spaghetti with Butter
- Spaghetti with Turkey Meatballs

Home Cooking Day

Served with assorted Organic snacks, Ki's Organic fruit and veggie bar, Organic Milk and a Ki's freshly baked dessert.

Entree Choices:

- Chicken & Organic Brown Rice
- Chicken Nuggets
- Grilled Cheese
- Grilled Ham & Cheese

Our lunch solution is a fully balanced meal which consists of an entrée, organic/natural snacks, organic fruits and vegetables, organic milk, and cookies/desserts made with organic flour.

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

Available Every Day:

Hot Lunch: Veggie Stew (Gluten Free), Chicken Noodle Soup, Turkey Chili (Gluten free), Turkey Chili Mac, Chicken & Organic Brown Rice (Gluten free), Chicken & Organic Brown Rice with Veggies (Gluten free)

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.