



Dear Parents and Staff,

We're delighted to be offering our lunch service to your community this fall. **We're bringing a virtual cafeteria to your school! Kid Chow's Fall 2008 menu is at the bottom of this letter. Kid Chow offers several daily hot lunch entrées alongside our existing brown bag lunch entrée options.** Your child is welcome to order a hot or cold option each day and can mix it up as they wish. In order to appeal to as broad an audience as possible we've chosen the most popular kid lunch items for our hot lunch entrees. Even though these entrees might appear traditional rest assured they're the Kid Chow version of them, through and through. As always, we've balanced good nutrition with taste to create delicious, healthy lunches for your children. In Kid Chow style, you also have the ability to personalize many of these hot lunches based on your child's preferences. These recipes have been thoroughly tested in Kid Chow's test kitchen and kid approved at several of our schools during the 2007- 2008 school year. Thanks to all the kids, parents and staff who offered their palates and opinions!

Kid Chow's lunch ordering is 100% online. Visit www.kidchow.com to register/login and begin ordering lunches. If you are new to Kid Chow, please visit our [Ordering Overview](#) to see how the Kid Chow online ordering system works. You are welcome to order lunches as often as you like (there is no minimum) and as far in advance as you like. Kid Chow's **order and cancel deadlines are the same: Monday nights at midnight, one week prior to any lunch week.** For example, the order deadline for the week of September 8 -12th is Monday, September 1st at midnight. **Please make sure you cancel future lunches once FIELD TRIPS are scheduled as Kid Chow does not deliver lunches early enough for most field trips and does not honor late cancellations.**

What You Need to Know About the New Hot Lunch Offering

Can I customize my Hot Lunch Entrees like I can for the Cold Lunch Entrees? Kid Chow allows very personalized customization to each cold entrée. The hot Lunch entrees are more standardized but do allow limited customization. For example, you can select the tortilla type for burritos, sauce for pastas or the bread type for grilled cheese.

How do I Order a Hot Lunch Entree? Kid Chow's online ordering process works exactly the same way as it always has. After registering as a new customer or logging into your existing account at our website, www.kidchow.com, click the ORDER button for the child you would like to order for, choose the lunch date and order your lunches. HOT LUNCH items that are available on the selected day will appear **at the top of each entrée list** when ordering. Select the entrée and corresponding sides and optional drinks and click ADD to CART to order a lunch for a specific day. Please be sure to click the CHECKOUT link once all of your lunches are in your shopping cart so you can pay for your order. **Note: prices for hot and cold entrees are the same.**

Do I still get two or three sides? Yes. Kid Chow offers the option to order 2 or 3 sides with each lunch for all entrées including the new hot lunch entrees.

Do sides come hot or cold? All side options are served cool or room temperature as they always have been. Some hot lunch items may have a grain included as part of the entrée. **These grains are served**

hot and are not considered sides. You will be asked to select either 2 or 3 additional sides from our list of fruits, vegetables, dairy, chips and treats to complete your order.

How much does lunch cost? Kid Chow's standard lunch includes 1 entrée and 2 sides. Prices for this standard lunch are: PreK- 2 (\$5.00), 3-5 (\$5.50) and 6-8 (\$6.00). You may select an optional side 3 if your child has a larger appetite for an additional cost (\$.25 for PreK-2, \$.50 for 3 – 8). Drinks are optional for an additional cost.

Are there Gluten Free Options for the new Hot Lunch entrees? Yes, we offer some gluten free options on our hot lunch menu including pastas and tortillas. We will continue to offer dairy and gluten free menu options on our brown bag lunch menu. Feel free to contact us if you have any special dietary needs.

Will you be changing the hot lunch menu? Most of the hot lunch items selected are basics and will remain on the menu. Similar to the cold lunch menu, we will rotate a small number of hot lunch items based on your feedback and our own research. Please give us your feedback so we know what your child is enjoying and what they would like to see on our upcoming menus.

How will my child get their hot lunch? Your child will receive a brown lunch bag with their name on it at their building location by grade. This bag will include their sides, any drinks, utensils and lunchbox notes. **The hot lunch bags will be smaller** than the cold lunch bags and is clearly marked "**HOT LUNCH**". The lunch bag **is your child's ticket** to pick up their hot lunch. The hot lunch entrees will be delivered to the school in warmers. School staff or parents will be distributing the hot lunch entrees at lunch time unless other arrangements have been made.

If you have additional questions feel free to contact us: chow@kidchow.com or 415.830.0089.

Hot Lunch Entrees

- Mon** Tortellini (Four cheese tortellini served 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)
Pasta (Pasta served w/ choice of marinara sauce, pesto or olive oil & parmesan cheese) **** OFFERED DAILY****
- Tues** Chicken Chow Mein (Chow Mein noodles in a traditional soy sauce with veggies)
Sweet and Sour Chicken (All natural chicken breast served in a sweet and tangy asian sauce served with a healthy grain)
- Wed** Chicken Tenders (All natural chicken breast w/ a sweet potato & 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 and white cheddar cheese w/our sneaky cauliflower & zucchini puree)
- Thur** Chicken Burrito (Tortilla of choice served with choice of beans and a blend of Monterey & cheddar cheeses and rice)
Quesadilla (Cheese or BBQ Chicken quesadilla chicken served with Spanish rice)
- Frid** Grilled Cheese (& Ham) Sandwich (Blend of American, cheddar & Monterey jack cheeses w/a sweet potato & carrot spread)
BBQ Chicken Drumettes (All natural chicken drumsticks served in a sweet bbq sauce with all natural mashed potatoes)
Bagel and Eggs (Bagel and scrambled egg sandwich with cheese option)
Hamburger (Fulton all natural hamburgers served on a traditional or multigrain bun with cheese option)

*****OFFERED DAILY** 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)

Cold Lunch Entrees

- Deli Sandwiches (Niman Ranch ham or salami, Diestel roast turkey or veg turkey or salami served 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, shredded 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 served in a sesame dressing with edamame, shredded 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, fresh banana slices and granola)
- Bagel (Bagels and condiments of choice featuring strawberry flavored cream cheese or lox spread)
- Challah French Toast Sticks (Cinnamon challah battered in eggs, vanilla, milk and cinnamon sugar served in crispy sticks)
- Cheese Pizza (Organic brick oven – thin crust cheese pizza **served room temperature**)

Lunch Sides (Select any 2 or 3 per lunch)

<p><i>Organic Fruits</i> Apples Bananas Grapes Fall Fruit grab bag (late summer peaches, plums or berries)</p> <p><i>Organic Vegetables</i> Edamame (Salted soybeans) Carrots w/dips Broccoli w/dips Red Bell Peppers w/dips Just Veggies (freeze dried veggies) Nori strips</p>	<p><i>Dairy</i> Cheese and crackers Mozzarella** or Cheddar Cheese Sticks (**Organic available) Hard Boiled Egg (cage free) Organic Strawberry/Blueberry Yogurt tubes</p> <p><i>Chips</i> Rocking Ranch Puffs Veggie Booty Popcorn Cheddar Bunnies Baked Kettle Potato Chips Honey Whole Wheat Pretzels Crunchy Dried Soy Beans</p>	<p><i>Desserts</i> Organic Applesauce Trail Mix (sunflower & pumpkin seeds, dried fruit, yogurt raisins, sesame sticks) Sunflower Crunch Dried Apricots Fig Newman's Chocolate chip Cookies (Brent & Sam's Naturals) Newman's Cinnamon Grahams Newman O's Newman's Organic Raisins Kozy Shack Pudding (all natural vanilla or chocolate) Assorted Fruit Strips (Apple, wild berry strawberry)</p>
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Drinks (Optional)

Chocolate Milk	Milk 1%	Whole Milk	Orange Juice
Mineral Water	Bottled Water	Soy Milk (Van & Choc)	Organic Milks (Reg/Choc)
IZZÉ Sparkling Drinks: Blackberry, Pomegranate, Orange			

****THIS IS KID CHOW'S COMPLETE MENU – YOUR SCHOOL RESTRICTIONS ARE NOT SHOWN****