



**Kid's nutrition
is our mission**

www.kisschoollunches.com
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Welcome to Ki's School Lunches!

Fresh, Natural, Delicious Lunches catered to your Children

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 to your child. It's just that easy!

Please be sure to read the How it Works and FAQ pages before you place your first order, there is valuable information for placing, changing and cancelling orders. And please be sure to create an account even if you do not plan to order so that we can provide your child an emergency lunch if they ever need one.

We offer a choice of over 20 different entrees every day. Each lunch will consist of an entrée you choose, Ki's "Veggie Bar" (oranges, apples, grapes, carrots, celery, cucumbers, and seasonal favorites - organic and/or local), a Ki's Freshly Baked Dessert, and a side healthy snack. We also bring filtered water to drink with every meal.

If your child is a bigger eater you will also have the option to order additional foods each day (for an additional cost), things like: Cup of Soup, Side Salads, "Extra Entrée", Healthy Snacks, Ki's Smoothies, etc.

We offer a variety of Gluten Free, Vegetarian, Dairy Free & Vegan options. Ki's uses only natural ingredients in all our lunch products and all our products have been scrutinized to insure they are free of preservatives, hormones, antibiotics and fillers. We infuse all of our sauces with vegetables. Our Pizza and Pasta sauces are enhanced with pureed carrots, cauliflower and butternut squash, our Organic Mac & Cheese has pureed butternut squash and cauliflower. To see the ingredients of any item select View Menu from the ordering calendar and roll your mouse over the item.

There is also a new Ki's School Lunches App (Android and IOS) for ease of ordering and cancelling, **you must first create your account using the website (not the App) and have a Credit Card attached to your Ki's account or Ki's in-store credit to use it for ordering.**

Each month we add "specials", see the Specials page on the website for details.

Please feel free to contact us at the email or phone number above if you have questions.

Menus

Our lunch consists of an entrée, natural snacks, a Ki's freshly baked dessert (made with organic flour and organic sugar), and your child's choice of fresh fruits and vegetables served Fruit and Veggie Bar style.

Pasta Day (Mondays)

- Pasta w/ Turkey Meat Sauce
- Pasta with Butter
- Pasta with Veggie Marinara
- Cheese Ravioli w/ Marinara
- Special Pasta each month
- Gluten Free Pasta
 - w/ Butter
 - w/ Veggie Marinara
 - w/ Turkey Meat Sauce

International Day (Tuesdays)

- Chicken Quesadilla
- Cheese Quesadilla
- Bean Burrito
- Bean & Cheese Burrito
- California Burrito
- GF California Roll
- Chicken Nuggets
- GF Corn Tortilla Quesadilla
- Angus Beef Burger

Down Home Day (Wednesdays)

- Chicken Tenders
- Organic Mac & Cheese
- Natural Hot Dog
- Special Chicken of the month

Home Cooking Day (Thursdays)

- Grilled Cheese
- Grilled Ham & Cheese
- Chicken Nuggets
- Baked Potatoes
- GF California Roll
- Turkey Burger
- Turkey Cheeseburger

Pizza Day (Fridays)

- Cheese Pizza
- Pepperoni Pizza
- Veggie Pizza
- Monthly Special Pizza
- Spaghetti Marina
- Spaghetti with Butter
- Spaghetti with Turkey Meatballs
- Gluten Free Pasta

Available Every Day

Hot Lunch:

- Chicken, Rice & Bean Burrito
- Chicken Noodle Soup
- Turkey Chili Mac

Gluten Free Entrees:

- Turkey Chili
- Veggie Stew
- Chicken and Rice Soup
- Grilled Chicken Breast

Gluten Free Bowls:

- Chicken & Organic Brown Rice
- Chicken, Organic Brown Rice with Veggies
- Roasted Tofu, Brown Rice with Veggies
- Roasted Tofu & Organic Brown Rice
- Teriyaki Chicken Bowl
- Acai Bowl

Sandwiches: (1/2 Sandwich is available for some)

- Tuna Sandwich
- Turkey & Cheese Sandwich
- Ham & Cheese Sandwich
- Roast Beef & Cheddar
- Grilled Chicken Breast
- Egg Salad
- Chicken Salad
- Bagel & Cream Cheese.

Additions:

- (Extra charge applies)
- Cup of Soup
- Side Salads,
- Smoothies
- Organic Milk
- Organic Lemonade
- Organic Juices
- and many more

Subs & Wraps:

- Ham & Cheese Sub
- Turkey & Cheese Sub
- Avocado & Cheese Sub
- Turkey BLT Sub
- Club Wrap
- Tuna Wrap
- Chicken Caesar Wrap

Salads:

- Chicken Caesar Salad
- Caesar Salad
- Asian Chicken Salad
- Asian Salad w/ Roasted Tofu
- Garden Salad
- Garden Salad with Chicken
- Garden Salad with Tuna
- Cobb Salad with Chicken
- Chopped Salad with Chicken