



Kid Chow is delighted to be offering its locally-sourced, healthy, kid and planet friendly lunches to your children again this fall. Our unique school lunch program offers kids a **VIRTUAL CAFETERIA**, an extensive assortment of lunch items -- **20 lunch entrees & 25 sides to choose from daily**: 8 fresh organic fruits & veggies, veggie sushi, salads, sandwiches, yogurts and more. **Students really dig Kid Chow because we allow them to choose the particular bread, sauce, condiment, fruit, veggie, chip, treat and drink they want in their lunch.** We've included a sneak peek of our preliminary fall menu on the reverse side of this letter. **To view your school's specific menu and the days of the week Kid Chow will be at your school you will first need to register and login to your account (after August 1, 2009.)**

You are welcome to order lunches as often as you like to suit your family's schedule and budget. There is no set weekly minimum. Kid Chow automatically portions lunches by your child's grade. Accordingly, our base lunch prices are: \$5.00 for Prek-2nd grade lunches, \$5.50 for 3rd-5th grade lunches and \$6.00 for 6th-8th grade lunches. Additional sides and drinks are extra. **Kid Chow's ordering deadline is Monday, at midnight, 1 week prior to the upcoming lunch week.**

Kid Chow appreciates how busy family life can be so we strive to make our program as convenient as possible. **Kid Chow's ordering and payment is 100% online (MC/Visa).** Our website offers many helpful features such as lunch personalization, lunch editing and copying. Kid Chow also offers a **QUICK PICK LUNCH OPTION** which allows you to order a popular lunch of the day in less than a minute. Forget to order before the deadline? Not to worry. Kid Chow has an **EMERGENCY LUNCH** feature which allows you to order a basic lunch up to two school days in advance.

Kid Chow will even place your child's lunch orders for you -- for the month, semester or year. Kid Chow's convenient **AUTOMATED ORDERING OPTION** allows you to set up a personalized menu profile of your child's food preferences and Kid Chow automatically will place your child's lunch orders for you and bill you monthly. We suggest sampling our menu over the first month to see what your child likes before trying Automated Ordering. If interested, download the Kid Chow Automated Ordering Overview once you have logged into your account for specific instructions.

Kid Chow will post its fall school lunch menus online on August 1st. You are welcome to place lunch orders at that time. **If you are a new Kid Chow customer,** go to our website at www.kidchow.com and click on **Register/Login** to register as a new customer. **Once you have registered, check out Kid Chow's ordering options to find the one that best suits you.**

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 your child Kid Chow this fall.

Chow for now,
Jamie & Rob
Kid Chow LLC
chow@kidchow.com
415.830.0089

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 rocky range chix 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** (Egg noodles served in a sesame dressing w/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 w/chicken or tofu in a sesame dressing)
- 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)
- Cheese Pizza** (Organic brick oven – thin crust cheese pizza served room temperature)

Lunch Sides (Select any 2 or 3 per lunch)

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

<p>Assorted Milks (organic & soy)</p>	<p>Bottled Waters Crystal Geyser sparkling and still water</p>	<p>IZZE Sparkling Drinks: Blackberry, Pomegranate, Orange</p>	<p>Orange Juice</p>
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