

KIDS EAT FREE!



The following menu is for the Kids Eat Free! Mindful station in the Orbits Cafeteria at Adele Hall. Mindful makes the “Healthy Choice the Easy Choice”. All the meals have the following nutrition profile.

Adult portion is less than 700 Kcal; less than 800 mg. of sodium; less than 10% saturated fat and contains no trans-fat with 2 oz. or more protein; 2 oz. of whole grain; 1.5 cups of fruit or vegetable and a low-fat dairy

Child portion is less than 560 Kcal; less than 665 mg. of sodium; less than 10% saturated fat and contains no trans-fat with 1.75 oz. or more protein; 1.75 oz. of whole grain; 1.25 cups of fruit or vegetable and a low-fat dairy

Week of June 3- 7 (not served on weekends)

Monday: Southwest Pork Panini

Southwest seasoned pulled pork with diced peppers and onions all wrapped inside a whole grain tortilla and panini grilled. Served with a side of fresh slaw, fruit, & your choice of whole or 1% milk.

Tuesday: Lasagna Cheese Roll-Ups

This individually portioned lasagna wrap serves as a hearty twist on an Italian classic. A whole grain lasagna noodle is wrapped around a blend of mozzarella and ricotta cheese and topped with marinara sauce to complete the dish. Served with a side of green beans, whole fruit, and your choice of whole or 1% milk.

Wednesday: Breaded Chicken Strips

Mashed potato-breaded chicken strips make for a delightful gluten-free entrée that the kids will love. Served with a side of vegetable medley, whole fruit, whole grain dinner roll, and your choice of whole or 1% milk.

Thursday: Orange-Glazed Chicken Stir Fry

Orange-glazed chicken puts a punch of flavor into this Asian-styled dish. Served with brown rice & sautéed peppers, onions, and broccoli to complete the stir fry. This meal comes with fresh fruit and your choice of whole or 1% milk.

Friday: Crispy Fish Sticks

An American kid’s classic, these toasted whole grain fish sticks are served with a side of coleslaw, corn, fresh fruit, a whole grain dinner roll, and your choice of whole or 1% milk.

An allergy “friendly” option is available to substitute for food allergies or restrictions. Inform the staff or volunteer at the meal station that your child has an allergy and needs alternative meal components.

*Menu options are subject to change.

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Week of June 10- 14 (not served on weekends)

Monday: Chicken Breast Sandwich

Breaded chicken breast atop a whole grain hamburger bun with lettuce and tomato. Served with a side of fresh summer squash blend in Italian dressing, whole fruit, and your choice of whole or 1% milk.

Tuesday: Thai Chicken with Pineapple Fried Rice

Thai-inspired chicken breast served over pineapple fried brown rice with a blend of edamame, carrots, and green beans. Served with fresh fruit and your choice of whole or 1% milk.

Wednesday: Turkey Meatball Sub

Handmade ground turkey meatballs atop a whole grain hoagie roll with marinara sauce. Served with a side of green beans, fruit, & your choice of whole or 1% milk.

Thursday: Cowboy Chicken & Rice

This power bowl is served in a dish of brown rice, black beans, and chicken breast and topped with fajita vegetables (peppers and onions) and corn. Served with a side of fresh fruit and your choice of whole or 1% milk.

Friday: Fish Tacos

This Spanish-inspired dish consists of a tilapia-filled whole grain tortilla topped with a corn and black bean blend. Served with a side of coleslaw, Spanish brown rice, whole fruit, and your choice of whole or 1% milk.

Week of June 17- 21 (not served on weekends)

Monday: Italian Quesadilla

A whole grain tortilla filled with grilled chicken, mozzarella cheese, peppers and onions, and marinara sauce. Served with a side of fresh fruit and your choice of whole or 1% milk.

Tuesday: Chicken Tostada

A whole grain tortilla topped with chicken breast, shredded lettuce, tomatoes, and onions. Served with a side of Spanish brown rice, whole fruit, and your choice of whole or 1% milk.

Wednesday: Breaded Chicken Strips

Mashed potato-breaded chicken strips make for a delightful gluten-free entrée that the kids will love. Served with a side of vegetable medley, whole fruit, whole grain dinner roll, and your choice of whole or 1% milk.

Thursday: Southwest Pork Panini

Southwest seasoned pulled pork with diced peppers and onions all wrapped inside a whole grain tortilla and panini grilled. Served with a side of fresh slaw, fruit, & your choice of whole or 1% milk.

Friday: Chicken Burger

Ground chicken burger served on a whole grain hamburger bun with lettuce and tomato. Served with a side of coleslaw, fresh fruit, and your choice of whole or 1% milk.

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Week of June 24- 28 (not served on weekends)

Monday: Cowboy Chicken & Rice

This power bowl is served in a dish of brown rice, black beans, and chicken breast and topped with fajita vegetables (peppers and onions) and corn. Served with a side of fresh fruit and your choice of whole or 1% milk.

Tuesday: Crispy Fish Sticks

An American kid's classic, these toasted whole grain fish sticks are served with a side of coleslaw, corn, fresh fruit, a whole grain dinner roll, and your choice of whole or 1% milk.

Wednesday: Turkey Meatball Sub

Handmade ground turkey meatballs atop a whole grain hoagie roll with marinara sauce. Served with a side of green beans, fruit, & your choice of whole or 1% milk.

Thursday: Orange-Glazed Chicken Stir Fry

Orange-glazed chicken puts a punch of flavor into this Asian-styled dish. Served with brown rice & sautéed peppers, onions, and broccoli to complete the stir fry. This meal comes with fresh fruit and your choice of whole or 1% milk.

Friday: Chicken Breast Sandwich

Breaded chicken breast atop a whole grain hamburger bun with lettuce and tomato. Served with a side of fresh summer squash blend in Italian dressing, whole fruit, and your choice of whole or 1% milk.

Week of July 1-5 (not served on weekends or on July 4)

Monday: Breaded Chicken Strips

Mashed potato-breaded chicken strips make for a delightful gluten-free entrée that the kids will love. Served with a side of vegetable medley, whole fruit, whole grain dinner roll, and your choice of whole or 1% milk.

Tuesday: Lasagna Cheese Roll-Ups

This individually portioned lasagna wrap serves as a hearty twist on an Italian classic. A whole grain lasagna noodle is wrapped around a blend of mozzarella and ricotta cheese and topped with marinara sauce to complete the dish. Served with a side of green beans, whole fruit, and your choice of whole or 1% milk.

Wednesday: Chicken Tostada

A whole grain tortilla topped with chicken breast, shredded lettuce, tomatoes, and onions. Served with a side of Spanish brown rice, whole fruit, and your choice of whole or 1% milk.

Thursday: July 4th → NO MEAL SERVICE

Friday: Chicken Burger

Ground chicken burger served on a whole grain hamburger bun and topped with coleslaw. Served with a side of riced cauliflower salad, fresh fruit, and your choice of whole or 1% milk.

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Week of July 8-12 (not served on weekends)

Monday: Southwest Pork Panini

Southwest seasoned pulled pork with diced peppers and onions all wrapped inside a whole grain tortilla and panini grilled. Served with a side of fresh slaw, fruit, & your choice of whole or 1% milk.

Tuesday: Turkey Meatball Sub

Handmade ground turkey meatballs atop a whole grain hoagie roll with marinara sauce. Served with a side of green beans, fruit, & your choice of whole or 1% milk.

Wednesday: Breaded Chicken Strips

Mashed potato-breaded chicken strips make for a delightful gluten-free entrée that the kids will love. Served with a side of vegetable medley, whole fruit, whole grain dinner roll, and your choice of whole or 1% milk.

Thursday: Orange-Glazed Chicken Stir Fry

Orange-glazed chicken puts a punch of flavor into this Asian-styled dish. Served with brown rice & sautéed peppers, onions, and broccoli to complete the stir fry. This meal comes with fresh fruit and your choice of whole or 1% milk.

Friday: Crispy Fish Sticks

An American kid's classic, these toasted whole grain fish sticks are served with a side of coleslaw, corn, fresh fruit, a whole grain dinner roll, and your choice of whole or 1% milk.

Week of July 15-19 (not served on weekends)

Monday: Chicken Breast Sandwich

Breaded chicken breast atop a whole grain hamburger bun with lettuce and tomato. Served with a side of fresh summer squash blend in Italian dressing, whole fruit, and your choice of whole or 1% milk.

Tuesday: Thai Chicken with Pineapple Fried Rice

Thai-inspired chicken breast served over pineapple fried brown rice with a blend of edamame, carrots, and green beans. Served with fresh fruit and your choice of whole or 1% milk.

Wednesday: Lasagna Cheese Roll-Ups

This individually portioned lasagna wrap serves as a hearty twist on an Italian classic. A whole grain lasagna noodle is wrapped around a blend of mozzarella and ricotta cheese and topped with marinara sauce to complete the dish. Served with a side of green beans, whole fruit, and your choice of whole or 1% milk.

Thursday: Cowboy Chicken & Rice

This power bowl is served in a dish of brown rice, black beans, and chicken breast and topped with fajita vegetables (peppers and onions) and corn. Served with a side of fresh fruit and your choice of whole or 1% milk.

Friday: Fish Tacos

This Spanish-inspired dish consists of a tilapia-filled whole grain tortilla topped with a corn and black bean blend. Served with a side of coleslaw, Spanish brown rice, whole fruit, and your choice of whole or 1% milk.

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Week of July 22-26 (not served on weekends)

Monday: Italian Quesadilla

A whole grain tortilla filled with grilled chicken, mozzarella cheese, peppers and onions, and marinara sauce. Served with a side of fresh fruit and your choice of whole or 1% milk.

Tuesday: Chicken Tostada

A whole grain tortilla topped with chicken breast, shredded lettuce, tomatoes, and onions. Served with a side of Spanish brown rice, whole fruit, and your choice of whole or 1% milk.

Wednesday: Breaded Chicken Strips

Mashed potato-breaded chicken strips make for a delightful gluten-free entrée that the kids will love. Served with a side of vegetable medley, whole fruit, whole grain dinner roll, and your choice of whole or 1% milk.

Thursday: Southwest Pork Panini

Southwest seasoned pulled pork with diced peppers and onions all wrapped inside a whole grain tortilla and panini grilled. Served with a side of fresh slaw, fruit, & your choice of whole or 1% milk.

Friday: Chicken Burger

Ground chicken burger served on a whole grain hamburger bun with lettuce and tomato. Served with a side of coleslaw, fresh fruit, and your choice of whole or 1% milk.

Week of July 29 – August 2 (not served on weekends)

Monday: Cowboy Chicken & Rice

This power bowl is served in a dish of brown rice, black beans, and chicken breast and topped with fajita vegetables (peppers and onions) and corn. Served with a side of fresh fruit and your choice of whole or 1% milk.

Tuesday: Crispy Fish Sticks

An American kid's classic, these toasted whole grain fish sticks are served with a side of coleslaw, corn, fresh fruit, a whole grain dinner roll, and your choice of whole or 1% milk.

Wednesday: Turkey Meatball Sub

Handmade ground turkey meatballs atop a whole grain hoagie roll with marinara sauce. Served with a side of green beans, fruit, & your choice of whole or 1% milk.

Thursday: Orange-Glazed Chicken Stir Fry

Orange-glazed chicken puts a punch of flavor into this Asian-styled dish. Served with brown rice & sautéed peppers, onions, and broccoli to complete the stir fry. This meal comes with fresh fruit and your choice of whole or 1% milk.

Friday: Chicken Breast Sandwich

Breaded chicken breast atop a whole grain hamburger bun with lettuce and tomato. Served with a side of fresh summer squash blend in Italian dressing, whole fruit, and your choice of whole or 1% milk.

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Week of August 5-9 (not served on weekends)

Monday: Breaded Chicken Strips

Mashed potato-breaded chicken strips make for a delightful gluten-free entrée that the kids will love. Served with a side of vegetable medley, whole fruit, whole grain dinner roll, and your choice of whole or 1% milk.

Tuesday: Lasagna Cheese Roll-Ups

This individually portioned lasagna wrap serves as a hearty twist on an Italian classic. A whole grain lasagna noodle is wrapped around a blend of mozzarella and ricotta cheese and topped with marinara sauce to complete the dish. Served with a side of green beans, whole fruit, and your choice of whole or 1% milk.

Wednesday: Chicken Tostada

A whole grain tortilla topped with chicken breast, shredded lettuce, tomatoes, and onions. Served with a side of Spanish brown rice, whole fruit, and your choice of whole or 1% milk.

Thursday: Thai Chicken with Pineapple Fried Rice

Thai-inspired chicken breast served over pineapple fried brown rice with a blend of edamame, carrots, and green beans. Served with fresh fruit and your choice of whole or 1% milk.

Friday: Chicken Burger

Ground chicken burger served on a whole grain hamburger bun and topped with coleslaw. Served with a side of riced cauliflower salad, fresh fruit, and your choice of whole or 1% milk.

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