



BISTRO KIDS.com

Seasonal Specialty Salad Menu

Monday 10-2	Tuesday 10-3	Wednesday 10-4	Thursday 10-5	Friday 10-6
Tuna Sashimi Salad Sushi Rice, Avocado, Kale Bed, Cucumber, Red Bell Pepper, Pineapple, Sesame Ginger Dressing	Salmon Avocado Salad Marinated and grilled salmon, cucumber, tomato garbanzo beans, and avocado over greens	SALAD BAR DAY	Buffalo Tofu Bowl Oven fried tofu, franks red hot wing sauce, romaine lettuce, celery hearts, carrot sticks, mozzarella cheese, Ranch Dressing	Fall Chicken Apple Cobb Apple, Carrots, Grapes, Cucumber, Sunflower Seeds, Mixed Greens Honey Mustard Dressing
10-9	10-10	10-11	10-12	10-13
Roasted Chickpea Salad Oven roasted garbanzo beans with roasted brussels sprouts, broccoli and sweet potatoes over greens	Ahi Tuna Zoodler Our signature house salad Zucchini Zoodles, carrot, peppers, romaine, honey mustard dressing	SALAD BAR DAY	Salmon Ranch Salad Romaine Bed Mozzarella Cheese Shreds Assorted Veggies Ranch Dressing	Southern Chicken Strip Tomato, Cucumber, Carrots, Roasted Corn Red Pell Pepper, Mixed Greens Bed Honey Mustard Dressing
10-16	10-17	10-18	10-19	10-20
Autumm Harvest Bowl Roasted sweet and white potato, apples, chickpeas and dried cranberries over quinoa and greens	Teriyaki Tofu Bowl oven fried tofu, roasted veggies, brown rice, kale bed, pineapple, Sesame Ginger Dressing	SALAD BAR DAY	NOON DISMISSAL NO LUNCH	NO SCHOOL CONFERENCES
10-23	10-24	10-25	10-26	10-27
NO SCHOOL DEVELOPMENT DAY	Salmon Avocado Salad Marinated and grilled salmon, cucumber, tomato garbanzo beans, and avocado over greens	SALAD BAR DAY	Southwest Salad Vegan Beef, Cheese, Tomatoes,Lime Rice, Salsa, Sour Cream Shredded Romaine Ranch Dressing	Fall Chicken Apple Cobb Apple, Carrots, Grapes, Cucumber, Sunflower Seeds, Mixed Greens Honey Mustard Dressing
10-30	10-31			
Ahi Tuna Cous Cous Bowl Seared rare tuna, diced tomatoes, carrots, peppers, cucumbers, sunflower seeds and cous-cous over greens	Autumm Harvest Bowl Roasted sweet and white potato, apples, chickpeas and dried cranberries over quinoa and greens			

