



Building healthy bodies & minds



Regular ♦ Vegetarian ♦ With Fish

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		<ul style="list-style-type: none"> › Whole Grain Cereal › Cutie Clementine 	<ul style="list-style-type: none"> › Raisin Bread › Honeydew Melon 	<ul style="list-style-type: none"> › Apple Butter & Radiant Rice Cake › Groovy Grapes 	<ul style="list-style-type: none"> › Banana Bread › Cantaloupe Cubes 	<ul style="list-style-type: none"> › Strawberry Smoothie › Kooky Kiwi
		› Milk	› Milk	› Milk	› Milk	› Milk
Lunch		<ul style="list-style-type: none"> › Penne Pasta Bolognese 	<ul style="list-style-type: none"> › Turkey Meatloaf 	<ul style="list-style-type: none"> › Beanny Biryani 	<ul style="list-style-type: none"> › Fish Provencal 	<ul style="list-style-type: none"> › Beef Burritos
		<ul style="list-style-type: none"> › Penne Pasta Veggie Bolognese 	<ul style="list-style-type: none"> › Veggie Meatloaf 			<ul style="list-style-type: none"> › Burritos
		<ul style="list-style-type: none"> › Bold Broccoli 	<ul style="list-style-type: none"> › Marvelous Mashed Potatoes › Petite Peas 	<ul style="list-style-type: none"> › Root'n Toot'n Veggies 	<ul style="list-style-type: none"> › Blissful Barley › Glorious Green Beans 	<ul style="list-style-type: none"> › Rice & Beans › Shredded Cheese › Sweet Corn
		› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*
		› Milk	› Milk	› Milk	› Milk	› Milk
Afternoon Snack		<ul style="list-style-type: none"> › Cheese Bites & Crackers › Awesome Apple 	<ul style="list-style-type: none"> › Yummy Yogurt Dip › Crazy Carrots › Whole Wheat Pita 	<ul style="list-style-type: none"> › Oatmeal Cookie › Energetic Edamame 	<ul style="list-style-type: none"> › Pear Sauce & Granola › Cutie Clementine 	<ul style="list-style-type: none"> › Quinoa Crunchies › Perfect Pear
		› Water	› Water	› Water	› Water	› Water

*All our lunches are served with an assortment of seasonal, fresh fruits. We call it our Fruit Fiesta!



Chef Lisa's Tip:

I LOVE vegetables!!!! In fact, when local seasonal veggies are abundant, I often serve 2-3 different varieties and cut down on traditional starches. Keep in mind that most vegetables are also a source of carbohydrates!



Kidco Kitchen Fun Fact:

Fall produces an abundance of delicious root veggies. Squash is high in fiber and manganese a mineral essential to healthy bone structure and calcium absorption!

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Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		<ul style="list-style-type: none"> Yogurt Parfait & Granola Awesome Apple 	<ul style="list-style-type: none"> Hot Oatmeal Perfect Pear 	<ul style="list-style-type: none"> Mini Bagels & Cream Cheese Kooky Kiwi 	<ul style="list-style-type: none"> Morning Glory Muffin Honeydew Melon 	<ul style="list-style-type: none"> Mixed Berry Smoothie Cutie Clementine
		› Milk	› Milk	› Milk	› Milk	› Milk
Lunch		› Sloppy Joe's	<ul style="list-style-type: none"> Spinach + Cheddar Frittata 	› Teriyaki Chicken	› Chicken Paprikash	<ul style="list-style-type: none"> Cider Glazed Fish Fillet
		› Veggie Sloppy Joe's		› Teriyaki Tofu Bits	› Mixed Bean Paprikash	
		<ul style="list-style-type: none"> Rock'n Roll Autumn Veggie Harvest 	<ul style="list-style-type: none"> Quinoa & Brown Rice Hearty Garden Salad 	<ul style="list-style-type: none"> Terrific Thai Noodles Crazy Carrots 	<ul style="list-style-type: none"> Darling Dumplings Bold Broccoli 	<ul style="list-style-type: none"> Outstanding Orzo Glorious Green Beans
		› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*
		› Milk	› Milk	› Milk	› Milk	› Milk
Afternoon Snack		<ul style="list-style-type: none"> Cheese Bites & Crackers Cantaloupe Cubes 	<ul style="list-style-type: none"> Happy Hummus Cucumber Coins Dipping Sticks 	<ul style="list-style-type: none"> Spiced Pumpkin Loaf Busy Banana Bits 	<ul style="list-style-type: none"> Trail Mix Awesome Apple 	<ul style="list-style-type: none"> Scrumptious Scone Fruit Spread Groovy Grapes
		› Water	› Water	› Water	› Water	› Water

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Chef Lisa's Tip:

I have found that involving my children in baking at a young age is a great segway into introducing them to cooking and improving their fine motor skills!



Kidco Kitchen Fun Fact:

Pumpkin seeds are an excellent source of vegetarian protein, with one quarter cup providing 18% of our daily recommended intake.

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Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		<ul style="list-style-type: none"> › Whole Grain Cereal › Cutie Clementine 	<ul style="list-style-type: none"> › Blueberry Smoothie › Groovy Grapes 	<ul style="list-style-type: none"> › Banana Roll Up Tortilla › Kooky Kiwi 	<ul style="list-style-type: none"> › Raisin Bread › Perfect Pear 	<ul style="list-style-type: none"> › Apple Cinnamon Loaf › Honeydew Melon
		› Milk	› Milk	› Milk	› Milk	› Milk
Lunch		<ul style="list-style-type: none"> › Chitty Chitty Bean Chili 	<ul style="list-style-type: none"> › Sheppard's Pie › Vivacious Veggie Pie 	<ul style="list-style-type: none"> › Marvelous Chicken Mac & Cheese › Marvelous Tofu Mac & Cheese 	<ul style="list-style-type: none"> › Savory Sole Fillet 	<ul style="list-style-type: none"> › Best Butter Chicken › Best Butter Beans
		<ul style="list-style-type: none"> › Rock'n Roll › Glorious Green Beans 	› Root'n Toot'n Veggies	› Crazy Carrots	<ul style="list-style-type: none"> › Quinoa › Tomato Basil Soup 	<ul style="list-style-type: none"> › Basmati Rice › Bold Broccoli
		› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*
		› Milk	› Milk	› Milk	› Milk	› Milk
		<ul style="list-style-type: none"> › Quinoa Crunchies › Perfect Pear 	<ul style="list-style-type: none"> › Apple Sauce & Granola › Cantaloupe Cubes 	<ul style="list-style-type: none"> › Oatmeal Cookie › Awesome Apple 	<ul style="list-style-type: none"> › Yummy Yogurt Dip › Crazy Carrots › Whole Wheat Pita 	<ul style="list-style-type: none"> › Cheese Bites & Crackers › Energetic Edamame
Afternoon Snack		› Water	› Water	› Water	› Water	› Water

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Chef Lisa's Tip:

I strongly believe that low sugar nutritious snacks are a great way to keep energy levels up throughout the day, by maintaining healthy blood sugar levels. The key to healthy snacking is to be organized and prepared!



Kidco Kitchen Fun Fact:

Quinoa crunchies are a great protein packed snack that are nutritious and delicious, without being overly filling!

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Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		<ul style="list-style-type: none"> Yogurt Parfait & Granola Awesome Apple 	<ul style="list-style-type: none"> Mini Bagels & Cream Cheese Honeydew Melon 	<ul style="list-style-type: none"> Hot Oatmeal Perfect Pear 	<ul style="list-style-type: none"> Mango Smoothie Kooky Kiwi 	<ul style="list-style-type: none"> Zippy Zucchini Muffin Busy Banana Bits
		› Milk	› Milk	› Milk	› Milk	› Milk
Lunch		› Sweet & Sour Chicken	› Lemon Dill Salmon	› Tantalizing Turkey Tetrazzini	› Beef Barley Stew	› Roaring Red Lentil Pasta
		› Sweet & Sour Tofu		› Tantalizing Veggie Tetrazzini	› Hearty Herbivore Stew	
		› Brilliant Brown Rice	› Confetti Couscous	› Crazy Carrots	› Autumn Veggie Harvest	› Bold Broccoli
		› Glorious Green Beans	› Roasted Butternut Squash Soup			
		› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*
	› Milk	› Milk	› Milk	› Milk	› Milk	
Afternoon Snack		<ul style="list-style-type: none"> Scrumptious Scone Fruit Spread Groovy Grapes 	<ul style="list-style-type: none"> Happy Hummus Cucumber Coins Dipping Sticks 	<ul style="list-style-type: none"> Trail Mix Cantaloupe Cubes 	<ul style="list-style-type: none"> Mixed Berry Loaf Awesome Apple 	<ul style="list-style-type: none"> Cheese Bites & Crackers Cutie Clementine
		› Water	› Water	› Water	› Water	› Water

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Chef Lisa's Tip:

I have learned the best way to begin introducing fish to children is by choosing mild flavoured varieties, such as sole or cod, with limited ingredients. I serve fish at least once a week in my own home and am proud to do the same with the Kidco children!



Kidco Kitchen Fun Fact:

Beef Barley Stew is a traditional hearty autumn dish. Barley is new to our menu this fall and is a nutritional powerhouse! Barley is rich in fibre, antioxidants, B vitamins and minerals!

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