



Building healthy  
**bodies & minds**



# Summer Menu

Regular ♦ Vegetarian ♦ With Fish

| Week 1          |  | Monday   | Tuesday                                       | Wednesday   | Thursday   | Friday  |
|-----------------|--|--|---|---|--|---|
| Morning Snack   |  | ▶ Yogurt Parfait & Granola<br>▶ Cantaloupe Cubes | ▶ English Muffin & Wow Butter<br>▶ Kooky Kiwi | ▶ Overnight Berries n' Oats<br>▶ Outstanding Orange | ▶ Raisin Bread<br>▶ Bubbly Banana                  | ▶ Tropical Fruit Muffin<br>▶ Perfect Pear           |
|                 |  | ▶ Milk   | ▶ Milk  | ▶ Milk  | ▶ Milk   | ▶ Milk  |
| Lunch           |  | ▶ Chicken Souvlaki<br>▶ Bean Souvlaki            | ▶ Tex Mex Madness                             | ▶ Turkey Noodle Doodle<br>▶ Veggie Noodle Doodle    | ▶ Lovable Lemon Salmon<br>▶ Lovable Lemon Fillet   | ▶ Pulled Philly Beef<br>▶ Pulled Philly Beans       |
|                 |  | ▶ Playful Pita<br>▶ Gleeeful Greek Salad         | ▶ Brilliant Brown Rice<br>▶ Crazy Carrots     | ▶ Whole Wheat Pasta<br>▶ Bold Broccoli              | ▶ Confetti Couscous<br>▶ Sensational Summer Medley | ▶ Rock n' Roll<br>▶ P's & Q's                       |
|                 |  | ▶ Fruit Fiesta                                   | ▶ Fruit Fiesta                                | ▶ Fruit Fiesta                                      | ▶ Fruit Fiesta                                     | ▶ Fruit Fiesta                                      |
|                 |  | ▶ Milk   | ▶ Milk  | ▶ Milk  | ▶ Milk   | ▶ Milk  |
|                 |  | ▶ Cheese Bites & Crackers<br>▶ Awesome Apple     | ▶ Peach Cobbler<br>▶ Groovy Grapes            | ▶ Banana Bread<br>▶ Pineapple Tidbits               | ▶ Berry Blast Smoothie<br>▶ Trail Mix              | ▶ Happy Hummus & Dipping Sticks<br>▶ Cucumber Coins |
| Afternoon Snack |  | ▶ Water  | ▶ Water                                       | ▶ Water   | ▶ Water  | ▶ Water   |

\*Fruit Fiesta: All our lunches are served with an assortment of seasonal, fresh fruits.

**Sensational Summer Medley:** Broccoli, Cauliflower & Carrot | **Super Sunrise Veggies:** Green Bean, Orange Carrot & Yellow Carrot



## Chef Lisa's Tip:

To ensure your strawberries stay in tip top shape, make sure you pick them with their stems still attached! Then store in the refrigerator and only wash in cold water right before use to ensure they are eaten in their optimal state!



## Kidco Kitchen Fun Fact:

Strawberries like to wear themselves inside out! This delicious member of the rose family is the only fruit that has each of its 200 seeds on the outer skin.

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| Week 2          |  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|-----------------|--|---|--|---|---|--|
| Morning Snack   |  | > Whole Grain Cereal<br>> Awesome Apple                   | > Whole Wheat Pancake & Fruit Spread<br>> Outstanding Orange                               | > Whole Wheat Bagel & Cream Cheese<br>> Perfect Pear                                  | > Peach Smoothie Bowl<br>> Magical Muesli   | > Zippy Zucchini Loaf<br>> Kooky Kiwi  |
|                 |  | > Milk  | > Milk   | > Milk  | > Milk  | > Milk   |
| Lunch           |  | > Campfire Baked Beans<br>> Corn Bread<br>> Bold Broccoli | > Super Swedish Meatballs<br>> Super Swedish Beans<br>> Whole Wheat Pasta<br>> Petite Peas | > Turkey Tagine<br>> Veggie Tagine<br>> Nifty New Potatoes<br>> Super Sunrise Veggies | > Prized Poke Bowl<br>> Prized Poke Tofu<br>> Terrific Thai Noodles<br>> Carrots n' Cukes | > Jolly Jerk Chicken<br>> Jolly Jerk Beans<br>> Brilliant Brown Rice<br>> Sweet Corn |
|                 |  | > Fruit Fiesta  | > Fruit Fiesta   | > Fruit Fiesta  | > Fruit Fiesta  | > Fruit Fiesta   |
|                 |  | > Milk  | > Milk   | > Milk  | > Milk  | > Milk   |
|                 |  |   |  |   |   |  |
| Afternoon Snack |  | > Dancing Dahl & Dipping Sticks<br>> Crazy Carrots        | > Energy Bars<br>> Groovy Grapes   | > Oatmeal Cookie<br>> Pineapple Tidbits   | > Potato Puffs<br>> Bubbly Banana   | > Cheese Bites & Playful Pita<br>> Cucumber Coins                                    |
|                 |  | > Water   | > Water  | > Water   | > Water   | > Water  |

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Sensational Summer Medley: Broccoli, Cauliflower & Carrot | Super Sunrise Veggies: Green Bean, Orange Carrot & Yellow Carrot



## Chef Lisa's Tip:

To keep your lettuce fresh for up to 10 days, store in a hard-shell container lined with paper towel. The hard side of the container protects the greens from bruising and the paper towel absorbs the excess moisture.



## Kidco Kitchen Fun Fact:

The only vegetable you will never find frozen, canned, processed or cooked is lettuce! And that's the way it should be!

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| Week 3          |  | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|-----------------|--|--|---|---|---|---|
| Morning Snack   |  | › Yogurt Parfait & Granola<br>› Outstanding Orange | › Overnight Berries n' Oats<br>› Cantaloupe Cubes | › Raisin Bread<br>› Awesome Apple                     | › Lemon Blueberry Loaf<br>› Pineapple Tidbits       | › English Muffin & Wow Butter<br>› Perfect Pear |
|                 |  | › Milk   | › Milk  | › Milk  | › Milk  | › Milk  |
| Lunch           |  | › Best BBQ Chicken                                 | › Kool Korean Beef                                |   | › Tantalizing Turkey Tetrazzini                     | › Fancy Fish Tacos                              |
|                 |  | › Best BBQ Beans                                   | › Kool Korean Tofu                                |   | › Tantalizing Veggie Tetrazzini                     | › Fancy Bean Tacos                              |
|                 |  | › Confetti Couscous<br>› Bold Broccoli             | › Terrific Thai Noodles<br>› Sweet Corn           | › Brilliant Brown Rice<br>› Sensational Summer Medley | › Whole Wheat Pasta<br>› Crazy Carrots              | › Whole Wheat Tortilla<br>› P's & Q's           |
|                 |  | › Fruit Fiesta                                     | › Fruit Fiesta                                    | › Fruit Fiesta  | › Fruit Fiesta                                      | › Fruit Fiesta                                  |
| Afternoon Snack |  | › Cheese Bites & Crackers<br>› Groovy Grapes       | › Peach Cobbler<br>› Kooky Kiwi                   | › Monkey Pudding<br>› Bubbly Banana                   | › Happy Hummus & Dipping Sticks<br>› Cucumber Coins | › Mango Smoothie<br>› Trail Mix                 |
|                 |  | › Water  | › Water   | › Water   | › Water   | › Water   |

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Sensational Summer Medley: Broccoli, Cauliflower & Carrot | Super Sunrise Veggies: Green Bean, Orange Carrot & Yellow Carrot



## Chef Lisa's Tip:

In the rare event your family is too full to finish that fantastic roasted chicken, be sure to shred the leftover chicken before freezing so it can thaw quickly when they get hungry again!



## Kidco Kitchen Fun Fact:

Did you know that chickens with red earlobes will produce brown eggs, and chickens with white earlobes will produce white eggs? Now if only I had my own chicken!

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| Week 4          |  | Monday                                  | Tuesday  | Wednesday   | Thursday   | Friday   |
|-----------------|--|---|--|---|--|--|
| Morning Snack   |  | > Whole Grain Cereal<br>> Awesome Apple | > Whole Wheat Pancake & Fruit Spread<br>> Outstanding Orange | > Blueberry Smoothie Bowl<br>> Magical Muesli     | > Whole Wheat Bagel & Cream Cheese<br>> Kooky Kiwi   | > Popular Peach Muffin<br>> Bubbly Banana              |
|                 |  | > Milk                                  | > Milk   | > Milk  | > Milk   | > Milk   |
| Lunch           |  | > Roaring Red Lentil Pasta              | > Hello Hawaiian Meatballs<br>> Hello Hawaiian Beans         | > Chicken Caesar Wrap<br>> Bean Caesar Wrap       | > Herbs de Provence Fish<br>> Herbs de Provence Tofu | > Turkey Sloppy Joe's<br>> Veggie Sloppy Joe's         |
|                 |  | > Whole Wheat Pasta<br>> Petite Peas    | > Terrific Thai Noodles<br>> Sweet Corn                      | > Whole Wheat Tortilla<br>> Super Sunrise Veggies | > Nifty New Potatoes<br>> Crazy Carrots              | > Rock n' Roll<br>> Bold Broccoli                      |
|                 |  | > Fruit Fiesta                          | > Fruit Fiesta   | > Fruit Fiesta                                    | > Fruit Fiesta                                       | > Fruit Fiesta   |
|                 |  | > Milk                                  | > Milk   | > Milk  | > Milk   | > Milk   |
| Afternoon Snack |  | > Potato Puffs<br>> Crazy Carrots       | > Cheese Bites & Playful Pita<br>> Cucumber Coins            | > Oatmeal Cookie<br>> Groovy Grapes               | > Energy Bars<br>> Perfect Pear                      | > Dancing Dahl & Dipping Sticks<br>> Pineapple Tidbits |
|                 |  | > Water                                 | > Water  | > Water   | > Water  | > Water  |

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**Sensational Summer Medley:** Broccoli, Cauliflower & Carrot | **Super Sunrise Veggies:** Green Bean, Orange Carrot & Yellow Carrot



## Chef Lisa's Tip:

Cucumbers are made up of 96% water. They contain electrolytes, which are minerals that include calcium, chloride, magnesium, potassium and sodium, which helps your body restore what it may have lost through dehydration. This summer, make sure you infuse your water with this powerhouse for a tasty boost!



## Kidco Kitchen Fun Fact:

Some argue that cucumbers are a fruit because we only eat the flower of the plant. Others argue that cucumbers are a vegetable because of the species of plant it grows on. Whatever the case may be, it doesn't change that fact that cucumbers are one of the most refreshing foods in the world!

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