



Building healthy
bodies & minds



2019 Spring Menu

Regular ♦ Vegetarian ♦ With Fish

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		> Yogurt Parfait & Granola > Cantaloupe Cubes	> English Muffin & Wow Butter > Kooky Kiwi	> Apple Pie Oatmeal > Outstanding Orange	> Tropical Fruit Loaf > Bubbly Banana	> Raisin Bread > Perfect Pear
		> Milk	> Milk	> Milk	> Milk	> Milk
Lunch		> Tex Mex Madness	> Chicken Souvlaki & Tzatziki > Bean Souvlaki & Tzatziki	> Turkey Bolognaise > Veggie Bolognaise	> Lovable Lemon Salmon > Lovable Lemon Fillet	> Bright Beef & Broccoli > Bright Beans & Broccoli
		> Brilliant Brown Rice > Crazy Carrots	> Playful Pita > Gleeful Greek Salad	> Whole Wheat Pasta > Glorious Green Beans	> Nifty New Potatoes > Spring Veggie Medley	> Terrific Thai Noodles > P's & Q's
		> Fruit Fiesta > Milk	> Fruit Fiesta > Milk	> Fruit Fiesta > Milk	> Fruit Fiesta > Milk	> Fruit Fiesta > Milk
		> Cheese Bites & Crackers > Awesome Apple	> Peach Cobbler > Groovy Grapes	> Banana Bread > Pineapple Tidbits	> Berry Blast Smoothie > Trail Mix	> Happy Hummus & Dipping Sticks > Honeydew Melon Munchies
Afternoon Snack		> Water	> Water	> Water	> Water	> Water

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

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



Chef Lisa's Tip:

Mother Nature has turned up the heat, so it's important to stay hydrated. If you find it hard to drink your eight glasses of water daily, try mixing it up! Naturally flavour your water with fresh fruits, vegetables or herbs for a change of pace. Try cool combinations like raspberry lime or pineapple mint! Yummy!!



Kidco Kitchen Fun Fact:

Water makes up more than half of our body weight and is essential for us to function. On average we lose about 10 cups of water a day just from sweating and breathing! Remember, more sun is more fun – but only if you stay hydrated!



Springing Into Grab N' Go

Able Apples • Cheese Nibblers
Brave Baby Carrots
Positive Potato Puffs • Lucky Loaf

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Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		> Whole Grain Cereal > Awesome Apple	> Whole Wheat Pancake & Fruit Spread > Outstanding Orange	> Whole Wheat Bagel & Cream Cheese > Perfect Pear	> Peach Smoothie Bowl > Magical Muesli	> Carrot Coconut Muffin > Kooky Kiwi
		> Milk	> Milk	> Milk	> Milk	> Milk
Lunch		> Campfire Baked Beans	> Tantalizing Turkey Tetrazzini > Tantalizing Veggie Tetrazzini	> Molten Meatball Sub > Molten Bean Sub	> Healthy Herbivore Jumble	> Jolly Jerk Chicken > Jolly Jerk Beans
		> Corn Bread > Petite Peas	> Whole Wheat Pasta > Crazy Carrots	> Rock n' Roll > Super Sunrise Veggies	> Confetti Couscous > Bold Broccoli	> Brilliant Brown Rice > Sweet Corn
		> Fruit Fiesta > Milk	> Fruit Fiesta > Milk	> Fruit Fiesta > Milk	> Fruit Fiesta > Milk	> Fruit Fiesta > Milk
Afternoon Snack		> Banana Sushi > Bubbly Banana	> Quinoa Crusaders > Cantaloupe Cubes	> Oatmeal Cookie > Pineapple Tidbits	> Tangy Tzatziki & Playful Pita > Cucumber Coins	> Vanilla Chia Pudding > Honeydew Melon Munchies
		> Water	> Water	> Water	> Water	> Water

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

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



Chef Lisa's Tip:

Quinoa was a vital and important crop for the Inca Empire referring to it as the "mother of all grains" and it was believed to be sacred. It has been eaten for thousands of years in South America and only recently became a trendy health craze (on par with avocado toast). Plus, it is good for the planet...win, win!!



Kidco Kitchen Fun Fact:

Plant-based proteins are here to stay and my go-to is always quinoa. It is gluten-free, high in protein and one of the few plant foods that contain all nine essential amino acids. This superfood is also high in fibre, magnesium, B vitamins, iron, potassium, calcium, phosphorus, vitamin E and various beneficial antioxidants.



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Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		> Yogurt Parfait & Granola > Outstanding Orange	> Apple Pie Oatmeal > Cantaloupe Cubes	> Raisin Bread > Bubbly Banana	> Zany Zucchini Loaf > Pineapple Tidbits	> English Muffin & Wow Butter > Perfect Pear
		> Milk	> Milk	> Milk	> Milk	> Milk
Lunch		 > Tempting Tortellini	> Turkey Taco Tuesday > Veggie Taco Tuesday	> Best BBQ Chicken > Best BBQ Beans	 > Veggie Pad Thai	> Dashing Dill Fish > Dashing Dill Fillet
		> Whole Wheat Pasta > Petite Peas	> Whole Wheat Tortilla > Glorious Green Beans	> Brilliant Brown Rice > Spring Veggie Medley	> Terrific Thai Noodles > Sweet Corn	> Nifty New Potatoes > P's & Q's
		 > Fruit Fiesta	> Fruit Fiesta	> Fruit Fiesta	> Fruit Fiesta	> Fruit Fiesta
		> Milk	> Milk	> Milk	> Milk	> Milk
Afternoon Snack		> Happy Hummus & Dipping Sticks > Groovy Grapes	> Peach Cobbler > Kooky Kiwi	> Cream Cheese & Playful Pita > Honeydew Melon Munchies	> Cheese Bites & Crackers > Cucumber Coins	> Mango Smoothie > Trail Mix
		> Water	> Water	> Water	> Water	> Water

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

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



Chef Lisa's Tip:

Dill is best eaten fresh because it doesn't keep much of its flavour if you dry it, but it freezes well. A good way to freeze dill is to put the leaves in a blender pulsing to a fine chop and then add enough water to just turn the chopped leaves into a paste. Spoon the paste into an ice cube tray, freeze and transfer the resulting cubes to a resealable bag in the freezer. Now you can add a dill ice cube anytime you want a burst of fresh dill flavour to your family meal!



Kidco Kitchen Fun Fact:

Because it has such a unique taste, a small amount of dill can go a long way. The feathery texture of dill leaves looks beautiful and a small sprig can add a noticeable aroma notching up the flavour palate. It's also good in any soup, stew, cured fish, dill pickles, tzatziki, and is the key ingredient in homemade ranch dressing!!!



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Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		> Whole Grain Cereal > Awesome Apple	> Whole Wheat Pancake & Fruit Spread > Outstanding Orange	> Strawberry Smoothie Bowl > Magical Muesli	> Whole Wheat Bagel & Cream Cheese > Cantaloupe Cubes	> Popular Peach Muffin > Kooky Kiwi
		> Milk	> Milk	> Milk	> Milk	> Milk
Lunch		> Roaring Red Lentil Pasta	> Hello Hawaiian Meatballs > Hello Hawaiian Beans	> Monster Mango Chicken > Monster Mango Fillet	> Herbs de Provence Fish > Herbs de Provence Tofu	> Turkey Sloppy Joe's > Veggie Sloppy Joe's
		> Whole Wheat Pasta > Sweet Corn	> Terrific Thai Noodles > Petite Peas	> Comfy Coconut Rice > Super Sunrise Veggies	> Confetti Couscous > Glorious Green Beans	> Rock n' Roll > Bold Broccoli
		> Fruit Fiesta	> Fruit Fiesta	> Fruit Fiesta	> Fruit Fiesta	> Fruit Fiesta
		> Milk	> Milk	> Milk	> Milk	> Milk
Afternoon Snack		> Tangy Tzatziki & Playful Pita > Cucumber Coins	> Vanilla Chia Pudding > Groovy Grapes	> Oatmeal Cookie > Pineapple Tidbits	> Quinoa Crusaders > Perfect Pear	> Banana Sushi > Bubbly Banana
		> Water	> Water	> Water	> Water	> Water

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

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



Chef Lisa's Tip:

Contrary to popular belief, the best way to choose a mango is not as much about the colour as it is its firmness. Push gently against the skin with your thumb. If it's "squishy," it's too ripe; too hard and it's not yet done. It's perfect when it gives ever so slightly to gentle pressure, and may also have a fruity aroma on the stem end. If un-ripe, you'll want to keep it at room temperature so it can become not just softer, but also sweeter. To speed up the ripening process, place it in a brown paper bag for a few days, checking at regular intervals.



Kidco Kitchen Fun Fact:

Mangoes are an ancient tropical fruit oval in shape and around five inches long. They have a heavy single, flat large seed or stone in the middle, which makes them a challenge to cut sometimes. The effort is worth the reward... sweet, fresh, and juicy with just the right touch of tartness. Their natural tenderizing properties make mangos the perfect ingredient for marinades for any type of meat.



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