



Building healthy bodies & minds



2019 Spring Menu

Regular ♦ Vegetarian ♦ With Fish

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		<ul style="list-style-type: none"> Yogurt Parfait & Granola Cantaloupe Cubes 	<ul style="list-style-type: none"> English Muffin & Wow Butter Kooky Kiwi 	<ul style="list-style-type: none"> Apple Pie Oatmeal Outstanding Orange 	<ul style="list-style-type: none"> Tropical Fruit Loaf Bubbly Banana 	<ul style="list-style-type: none"> Raisin Bread Perfect Pear
		Milk	Milk	Milk	Milk	Milk
Lunch		<ul style="list-style-type: none"> Tex Mex Madness Brilliant Brown Rice Crazy Carrots 	<ul style="list-style-type: none"> Chicken Souvlaki & Tzatziki Bean Souvlaki & Tzatziki Playful Pita Gleeful Greek Salad 	<ul style="list-style-type: none"> Turkey Bolognese Veggie Bolognese Whole Wheat Pasta Glorious Green Beans 	<ul style="list-style-type: none"> Lovable Lemon Salmon Lovable Lemon Fillet Nifty New Potatoes Spring Veggie Medley 	<ul style="list-style-type: none"> Bright Beef & Broccoli Bright Beans & Broccoli Terrific Thai Noodles P's & Q's
		Fruit Fiesta	Fruit Fiesta	Fruit Fiesta	Fruit Fiesta	Fruit Fiesta
		Milk	Milk	Milk	Milk	Milk
		Water	Water	Water	Water	Water
Afternoon Snack		<ul style="list-style-type: none"> Cheese Bites & Crackers Awesome Apple 	<ul style="list-style-type: none"> Peach Cobbler Groovy Grapes 	<ul style="list-style-type: none"> Banana Bread Pineapple Tidbits 	<ul style="list-style-type: none"> Berry Blast Smoothie Trail Mix 	<ul style="list-style-type: none"> Happy Hummus & Dipping Sticks 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:

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		<ul style="list-style-type: none"> Whole Grain Cereal Awesome Apple 	<ul style="list-style-type: none"> Whole Wheat Pancake & Fruit Spread Outstanding Orange 	<ul style="list-style-type: none"> Whole Wheat Bagel & Cream Cheese Perfect Pear 	<ul style="list-style-type: none"> Peach Smoothie Bowl Magical Muesli 	<ul style="list-style-type: none"> Carrot Coconut Muffin Kooky Kiwi
		Milk	Milk	Milk	Milk	Milk
Lunch		<ul style="list-style-type: none"> Campfire Baked Beans Corn Bread Petite Peas 	<ul style="list-style-type: none"> Tantalizing Turkey Tetrazzini Tantalizing Veggie Tetrazzini Whole Wheat Pasta Crazy Carrots 	<ul style="list-style-type: none"> Molten Meatball Sub Molten Bean Sub Rock n' Roll Super Sunrise Veggies 	<ul style="list-style-type: none"> Healthy Herbivore Jumble Confetti Couscous Bold Broccoli 	<ul style="list-style-type: none"> Jolly Jerk Chicken Jolly Jerk Beans Brilliant Brown Rice Sweet Corn
		Fruit Fiesta	Fruit Fiesta	Fruit Fiesta	Fruit Fiesta	Fruit Fiesta
		Milk	Milk	Milk	Milk	Milk
		Water	Water	Water	Water	Water
Afternoon Snack		<ul style="list-style-type: none"> Banana Sushi Bubbly Banana 	<ul style="list-style-type: none"> Quinoa Crusaders Cantaloupe Cubes 	<ul style="list-style-type: none"> Oatmeal Cookie Pineapple Tidbits 	<ul style="list-style-type: none"> Tangy Tzatziki & Playful Pita Cucumber Coins 	<ul style="list-style-type: none"> 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		<ul style="list-style-type: none"> Yogurt Parfait & Granola Outstanding Orange 	<ul style="list-style-type: none"> Apple Pie Oatmeal Cantaloupe Cubes 	<ul style="list-style-type: none"> Raisin Bread Bubbly Banana 	<ul style="list-style-type: none"> Zany Zucchini Loaf Pineapple Tidbits 	<ul style="list-style-type: none"> English Muffin & Wow Butter Perfect Pear
		Milk	Milk	Milk	Milk	Milk
Lunch		<ul style="list-style-type: none"> Tempting Tortellini 	<ul style="list-style-type: none"> Turkey Taco Tuesday Veggie Taco Tuesday 	<ul style="list-style-type: none"> Best BBQ Chicken Best BBQ Beans 	<ul style="list-style-type: none"> Veggie Pad Thai 	<ul style="list-style-type: none"> Dashing Dill Fish Dashing Dill Fillet
		<ul style="list-style-type: none"> Whole Wheat Pasta Petite Peas 	<ul style="list-style-type: none"> Whole Wheat Tortilla Glorious Green Beans 	<ul style="list-style-type: none"> Brilliant Brown Rice Spring Veggie Medley 	<ul style="list-style-type: none"> Terrific Thai Noodles Sweet Corn 	<ul style="list-style-type: none"> Nifty New Potatoes P's & Q's
		Fruit Fiesta	Fruit Fiesta	Fruit Fiesta	Fruit Fiesta	Fruit Fiesta
		Milk	Milk	Milk	Milk	Milk
Afternoon Snack		<ul style="list-style-type: none"> Happy Hummus & Dipping Sticks Groovy Grapes 	<ul style="list-style-type: none"> Peach Cobbler Kooky Kiwi 	<ul style="list-style-type: none"> Cream Cheese & Playful Pita Honeydew Melon Munchies 	<ul style="list-style-type: none"> Cheese Bites & Crackers Cucumber Coins 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Whole Grain Cereal Awesome Apple 	<ul style="list-style-type: none"> Whole Wheat Pancake & Fruit Spread Outstanding Orange 	<ul style="list-style-type: none"> Strawberry Smoothie Bowl Magical Muesli 	<ul style="list-style-type: none"> Whole Wheat Bagel & Cream Cheese Cantaloup Cubes 	<ul style="list-style-type: none"> Popular Peach Muffin Kooky Kiwi
		Milk	Milk	Milk	Milk
Lunch 	<ul style="list-style-type: none"> Roaring Red Lentil Pasta Whole Wheat Pasta Sweet Corn 	<ul style="list-style-type: none"> Hello Hawaiian Meatballs Hello Hawaiian Beans Terrific Thai Noodles Petite Peas 	<ul style="list-style-type: none"> Monster Mango Chicken Monster Mango Fillet Comfy Coconut Rice Super Sunrise Veggies 	<ul style="list-style-type: none"> Herbs de Provence Fish Herbs de Provence Tofu Confetti Couscous Glorious Green Beans 	<ul style="list-style-type: none"> Turkey Sloppy Joe's Veggie Sloppy Joe's Rock n' Roll Bold Broccoli
		Fruit Fiesta	Fruit Fiesta	Fruit Fiesta	Fruit Fiesta
		Milk	Milk	Milk	Milk
	Afternoon Snack 	<ul style="list-style-type: none"> Tangy Tzatziki & Playful Pita Cucumber Coins 	<ul style="list-style-type: none"> Vanilla Chia Pudding Groovy Grapes 	<ul style="list-style-type: none"> Oatmeal Cookie Pineapple Tidbits 	<ul style="list-style-type: none"> Quinoa Crusaders Perfect Pear
		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 unripe, 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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