



Building healthy bodies & minds



2019 Summer Menu

Regular ♦ Vegetarian ♦ With Fish

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		› Outstanding Orange	› Honeydew Melon Munchies	› Perfect Pear	› Kooky Kiwi	› Cantaloupe Cubes
		› Milk	› Milk	› Milk	› Milk	› Milk
Breakfast		› Yogurt Parfait & Granola › Bubbly Banana	› English Muffin & Apple Butter › Kooky Kiwi	› Apple Pie Oatmeal › Outstanding Orange	› Tropical Fruit Loaf › Cantaloupe Cubes	› Whole Wheat Pancake & Fruit Spread › Perfect Pear
		› Milk	› Milk	› Milk	› Milk	› Milk
Lunch		› Tex Mex Madness	› Chicken Souvlaki	› Turkey Bolognaise	› Lovable Lemon Salmon	› Bright Beef & Broccoli
		› Brilliant Brown Rice › Crazy Carrots	› Bean Souvlaki	› Veggie Bolognaise	› Lovable Lemon Fillet	› Bright Beans & Broccoli
		› Kooky Kiwi	› Perfect Pear	› Cantaloupe Cubes	› Honeydew Melon Munchies	› Outstanding Orange
		› Milk	› Milk	› Milk	› Milk	› Milk
Afternoon Snack		› Cheese Bites & Crackers › Awesome Apple	› Peach Cobbler › Witty Watermelon	› Banana Bread › Pineapple Tidbits	› Mango Smoothie › Trail Mix	› Happy Hummus & Dipping Sticks › Honeydew Melon Munchies
		› Water	› Water	› Water	› Water	› Water

Summer 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
Chatty Cheerios
Positive Potato Puffs • Lucky Loaf

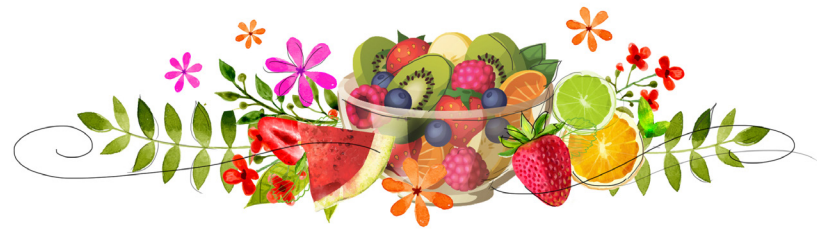
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Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		› Cantaloupe Cubes	› Kooky Kiwi	› Honeydew Melon Munchies	› Outstanding Orange	› Perfect Pear
		› Milk	› Milk	› Milk	› Milk	› Milk
Breakfast		› Whole Wheat Pancake & Fruit Spread › Outstanding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

Summer 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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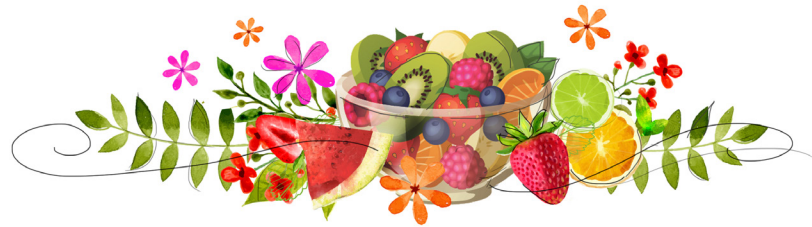
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Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		› Honeydew Melon Munchies	› Pineapple Tidbits	› Cantaloupe Cubes	› Kooky Kiwi	› Outstanding Orange
		› Milk	› Milk	› Milk	› Milk	› Milk
Breakfast		› Yogurt Parfait & Granola › Outstanding Orange	› Apple Pie Oatmeal › Cantaloupe Cubes	› Whole Wheat Pancake & Fruit Spread › Bubbly Banana	› Zany Zucchini Loaf › Pineapple Tidbits	› English Muffin & Apple Butter › Perfect Pear
		› Milk	› Milk	› Milk	› Milk	› Milk
Lunch			› Turkey Taco Tuesday	› Best BBQ Chicken		› Dashing Dill Fish
		› Go Go Quinoa	› Veggie Taco Tuesday	› Best BBQ Beans	› Veggie Pad Thai	› Dashing Dill Fillet
		› Confetti Couscous › Petite Peas	› Whole Wheat Tortilla › Bold Broccoli	› Brilliant Brown Rice › Summer Veggie Medley	› Terrific Thai Noodles › Sweet Corn	› Nifty New Potatoes › P's & Q's
		› Bubbly Banana	› Perfect Pear	› Outstanding Orange	› Awesome Apple	› Cantaloupe Cubes
		› Milk	› Milk	› Milk	› Milk	› Milk
Afternoon Snack		› Happy Hummus & Dipping Sticks › Witty Watermelon	› Peach Cobbler › Kooky Kiwi	› Stunning Strawberry Muffin › Honeydew Melon Munchies	› Cheese Bites & Crackers › Cucumber Coins	› Mango Smoothie › Trail Mix
		› Water	› Water	› Water	› Water	› Water

Summer 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		› Outstanding Orange	› Kooky Kiwi	› Honeydew Melon Munchies	› Bubbly Banana	› Perfect Pear
		› Milk	› Milk	› Milk	› Milk	› Milk
Breakfast		› Whole Grain Cereal › Awesome Apple	› Whole Wheat Pancake & Fruit Spread › Outstanding Orange	› Banana 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	› Monster Mango Chicken	› Herbs de Provence Fish	› Turkey Sloppy Joe's
		› Whole Wheat Pasta › Sweet Corn	› Hello Hawaiian Beans	› Monster Mango Fillet	› Herbs de Provence Tofu	› Veggie Sloppy Joe's
		› Perfect Pear	› Cantaloupe Cubes	› Awesome Apple	› Outstanding Orange	› Honeydew Melon Munchies
		› Milk	› Milk	› Milk	› Milk	› Milk
Afternoon Snack		› Tangy Tzatziki & Playful Pita › Cucumber Coins	› Vanilla Chia Pudding › Witty Watermelon	› Oatmeal Cookie › Pineapple Tidbits	› Quinoa Crusaders › Perfect Pear	› Pineapple Whip › Silly Shreddies
		› Water	› Water	› Water	› Water	› Water

Summer 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:

Mangos 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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