



BUILDING HEALTHY  
**bodies & minds**



# 2021 Summer Menu

REGULAR ♦ VEGETARIAN ♦ WITH FISH

Week 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK		<ul style="list-style-type: none"> <li>Yogurt Parfait &amp; Granola</li> <li>Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>English Muffin &amp; Wow Butter</li> <li>Kooky Kiwi</li> </ul>	<ul style="list-style-type: none"> <li>Oaty Oatmeal</li> <li>Outstanding Orange</li> </ul>	<ul style="list-style-type: none"> <li>Raisin Bread</li> <li>Pineapple Tidbits</li> </ul>	<ul style="list-style-type: none"> <li>Tropical Fruit Loaf</li> <li>Bubbly Banana</li> </ul>
		<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>
LUNCH		<ul style="list-style-type: none"> <li>Jammin' Jambalaya</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Souvlaki with Tzatziki</li> <li>Bean Souvlaki with Tzatziki</li> </ul>	<ul style="list-style-type: none"> <li>Sunshine Stew</li> </ul>	<ul style="list-style-type: none"> <li>Hip Hawaiian Fish</li> <li>Hip Hawaiian Fillet</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Bolognese</li> <li>Veggie Bolognese</li> </ul>
		<ul style="list-style-type: none"> <li>Brilliant Brown Rice</li> <li>Crazy Carrots</li> </ul>	<ul style="list-style-type: none"> <li>Playful Pita</li> <li>Cucumber Coins</li> </ul>	<ul style="list-style-type: none"> <li>Nifty New Potatoes</li> <li>Bold Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>Confetti Couscous</li> <li>Spring Veggie Medley</li> </ul>	<ul style="list-style-type: none"> <li>Whole Wheat Pasta</li> <li>Peas &amp; Carrots</li> </ul>
		<ul style="list-style-type: none"> <li>Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Fiesta</li> </ul>
		<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>
AFTERNOON SNACK		<ul style="list-style-type: none"> <li>Pineapple Whip</li> <li>Perfect Pear</li> </ul>	<ul style="list-style-type: none"> <li>Peach Cobbler</li> <li>Groovy Grapes</li> </ul>	<ul style="list-style-type: none"> <li>Banana Bread</li> <li>Awesome Apple</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Smoothie</li> <li>Trail Mix</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Bites &amp; Crackers</li> <li>Honeydew Melon Munchies</li> </ul>
		<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>

**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:

You're in for a super yummy snack to start this week with our delicious pineapple whip. We love this creamy, dairy-free soft serve as it is a great refreshing treat that's healthy, simple and most importantly super tasty. Put your own spin on it by using a variety of milks such as oat or soy milk, while blending in natural fruit juices such as freshly squeezed orange will add an extra punch! For that extra elevation, add a splash of maple syrup for sweetness!



## Kidco Kitchen Fun Fact:

Jambalaya is one of many famous dishes from New Orleans! Since 1968, Louisiana has hosted an annual festival dedicated to this flavourful creation, where they celebrate with local competitions and hundreds of different jambalaya recipes. The Kidco Kitchen has joined in on the fun with a vegetarian version on this menu!

## What We Stand For



**OUR FOOD IS CLEAN** — free of chemicals, additives, preservatives and unnecessary salt and fat.



**WE PROVIDE A GRAB N' GO SNACK** for the children to take with them on their trip home.



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**BUILDING HEALTHY  
bodies & minds**



# 2021 Summer Menu

REGULAR ♦ VEGETARIAN ♦ WITH FISH

Week 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK 		<ul style="list-style-type: none"> <li>› Whole Grain Cereal</li> <li>› Outstanding Orange</li> </ul>	<ul style="list-style-type: none"> <li>› Whole Wheat Pancake &amp; Fruit Spread</li> <li>› Awesome Apple</li> </ul>	<ul style="list-style-type: none"> <li>› Whole Wheat Bagel &amp; Cream Cheese</li> <li>› Perfect Pear</li> </ul>	<ul style="list-style-type: none"> <li>› Peach Smoothie Bowl</li> <li>› Magical Muesli</li> </ul>	<ul style="list-style-type: none"> <li>› Stunning Strawberry Muffin</li> <li>› Kooky Kiwi</li> </ul>
		› Milk	› Milk	› Milk	› Milk	› Milk
LUNCH 		<ul style="list-style-type: none"> <li>› Campfire Baked Beans</li> <li>› Corn Bread</li> <li>› Petite Peas</li> </ul>	<ul style="list-style-type: none"> <li>› Tantalizing Turkey Tetrazzini</li> <li>› Tantalizing Veggie Tetrazzini</li> <li>› Whole Wheat Pasta</li> <li>› Glorious Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>› Molten Meatball Sub</li> <li>› Molten Bean Sub</li> <li>› Rock n' Roll</li> <li>› Super Sunrise Veggies</li> </ul>	<ul style="list-style-type: none"> <li>› Fragrant Fish </li> <li>› Fragrant Fillet</li> <li>› Terrific Thai Noodles</li> <li>› Bold Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>› Jolly Jerk Chicken</li> <li>› Jolly Jerk Beans</li> <li>› Brilliant Brown Rice</li> <li>› Crazy Carrots</li> </ul>
		› 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"> <li>› Tangy Tzatziki &amp; Playful Pita</li> <li>› Cucumber Coins</li> </ul>	<ul style="list-style-type: none"> <li>› Rainbow Berry Bar</li> <li>› Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>› Oatmeal Cookie</li> <li>› Pineapple Tidbits</li> </ul>	<ul style="list-style-type: none"> <li>› Banana Roll Up</li> <li>› Bubbly Banana</li> </ul>	<ul style="list-style-type: none"> <li>› Happy Hummus &amp; Dipping Sticks</li> <li>› Honeydew Melon Munchies</li> </ul>
	› 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:

Want a creamy texture in your dish but can't have dairy? Try using coconut milk in your cooking! The fresh taste of coconut milk adds a tantalizing aroma to all your yummy meals! Coconut milk pairs perfectly when incorporated with tropical flavours like lemon, pineapple, mango and curry.



### Kidco Kitchen Fun Fact:

Berries may be small in size, but they pack a powerful punch! Berries provide benefits such as nutrients, vitamins, fibre and antioxidants just to name a few. They keep your mind sharp and help maintain a healthy heart while fending off sickness. On top of all that, they taste berry yummy!

## What We Stand For



ALL MEALS HAVE BEEN DEVELOPED BY OUR IN-HOUSE NUTRITIONIST, Lisa Ruscica and surpass the requirements outlined in Canada's Food Guide.



OCEAN FISH sustainably sourced fish



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# 2021 Summer Menu

REGULAR ♦ VEGETARIAN ♦ WITH FISH

Week 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK 		<ul style="list-style-type: none"> <li>Yogurt Parfait &amp; Granola</li> <li>Outstanding Orange</li> </ul>	<ul style="list-style-type: none"> <li>Oaty Oatmeal</li> <li>Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>Raisin Bread</li> <li>Bubbly Banana</li> </ul>	<ul style="list-style-type: none"> <li>Zany Zucchini Loaf</li> <li>Pineapple Tidbits</li> </ul>	<ul style="list-style-type: none"> <li>English Muffin &amp; Wow Butter</li> <li>Honeydew Melon Munchies</li> </ul>
		<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>
LUNCH 		<ul style="list-style-type: none"> <li>Beanny Biryani</li> <li>Brilliant Brown Rice</li> <li>Sweet Corn</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Tagine</li> <li>Veggie Tagine</li> <li>Rock n' Roll</li> <li>Crazy Carrots</li> </ul>	<ul style="list-style-type: none"> <li>Best BBQ Chicken</li> <li>Best BBQ Beans</li> <li>Nifty New Potatoes</li> <li>Spring Veggie Medley</li> </ul>	<ul style="list-style-type: none"> <li>Veggie Pad Thai</li> <li>Terrific Thai Noodles</li> <li>Bold Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>Sassy Salmon </li> <li>Pasta</li> <li>Sassy Tofu Pasta</li> <li>Whole Wheat Pasta</li> <li>Peas &amp; Carrots</li> </ul>
		<ul style="list-style-type: none"> <li>Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Fiesta</li> </ul>
		<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>
		<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>
AFTERNOON SNACK 		<ul style="list-style-type: none"> <li>Pineapple Whip</li> <li>Perfect Pear</li> </ul>	<ul style="list-style-type: none"> <li>Peach Cobbler</li> <li>Groovy Grapes</li> </ul>	<ul style="list-style-type: none"> <li>Banana Bread</li> <li>Awesome Apple</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Smoothie</li> <li>Trail Mix</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Bites &amp; Crackers</li> <li>Honeydew Melon Munchies</li> </ul>
		<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>

**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:

Early Saturday mornings are filled with excitement and wonder as the local farmer's markets explode with fresh produce. You can never go wrong with whatever veggies you choose from buttery salad greens, juicy heirloom tomatoes, tender asparagus and perfect new potatoes. Fill half your plate with these delicious, nutritious fresh legumes! Consider growing vegetables because it is fun, easy and provides your family with daily exercise, healthy food and reduced grocery costs!



## Kidco Kitchen Fun Fact:

Spring is in the air which means there will be many varieties of fresh local veggies available! Everyone knows that I LOVE veggies, preparing 2-3 different varieties daily and cutting down on traditional starches. Keep in mind that most veggies are also a source of carbohydrates!

## What We Stand For



Our team of food experts work to **ACCOMMODATE ALL ALLERGIES AND FOOD RESTRICTIONS.**



**OUR KITCHENS ARE STRICTLY FREE** of peanuts, tree nuts, shellfish, whole eggs, pork and pork products.



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# 2021 Summer Menu

REGULAR ♦ VEGETARIAN ♦ WITH FISH

Week 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK		<ul style="list-style-type: none"> <li>› Whole Grain Cereal</li> <li>› Awesome Apple</li> </ul>	<ul style="list-style-type: none"> <li>› Whole Wheat Pancake &amp; Fruit Spread</li> <li>› Outstanding Orange</li> </ul>	<ul style="list-style-type: none"> <li>› Strawberry Smoothie Bowl</li> <li>› Magical Muesli</li> </ul>	<ul style="list-style-type: none"> <li>› Whole Wheat Bagel &amp; Cream Cheese</li> <li>› Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>› Blushing Blueberry Muffin</li> <li>› Kooky Kiwi</li> </ul>
		› Milk	› Milk	› Milk	› Milk	› Milk
LUNCH		<ul style="list-style-type: none"> <li>› Roaring Red Lentil Pasta</li> </ul>	<ul style="list-style-type: none"> <li>› Kool Korean Meatballs</li> <li>› Kool Korean Beans</li> </ul>	<ul style="list-style-type: none"> <li>› Monster Mango Chicken</li> <li>› Monster Mango Fillet</li> </ul>	<ul style="list-style-type: none"> <li>› Teriyaki Salmon </li> <li>› Teriyaki Tofu</li> </ul>	<ul style="list-style-type: none"> <li>› Turkey Sloppy Joe's</li> <li>› Veggie Sloppy Joe's</li> </ul>
		<ul style="list-style-type: none"> <li>› Whole Wheat Pasta</li> <li>› Sweet Corn</li> </ul>	<ul style="list-style-type: none"> <li>› Terrific Thai Noodles</li> <li>› Petite Peas</li> </ul>	<ul style="list-style-type: none"> <li>› Comfy Coconut Rice</li> <li>› Super Sunrise Veggies</li> </ul>	<ul style="list-style-type: none"> <li>› Confetti Couscous</li> <li>› Glorious Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>› Rock n' Roll</li> <li>› Bold Broccoli</li> </ul>
		› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta
		› Milk	› Milk	› Milk	› Milk	› Milk
AFTERNOON SNACK		<ul style="list-style-type: none"> <li>› Tangy Tzatziki &amp; Playful Pita</li> <li>› Cucumber Coins</li> </ul>	<ul style="list-style-type: none"> <li>› Rainbow Berry Bar</li> <li>› Perfect Pear</li> </ul>	<ul style="list-style-type: none"> <li>› Oatmeal Cookie</li> <li>› Pineapple Tidbits</li> </ul>	<ul style="list-style-type: none"> <li>› Banana Roll Up</li> <li>› Bubbly Banana</li> </ul>	<ul style="list-style-type: none"> <li>› Happy Hummus &amp; Dipping Sticks</li> <li>› Groovy Grapes</li> </ul>
		› 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:

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

## What We Stand For



Our team of food experts work to **ACCOMMODATE ALL ALLERGIES AND FOOD RESTRICTIONS.**



**A VARIETY OF PROTEIN SOURCES,** including plant based options



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