



**BUILDING HEALTHY  
bodies&minds**



# 2021 Summer Menu

REGULAR ♦ VEGETARIAN ♦ WITH FISH

Week 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK  		› Bubbly Banana	› Awesome Apple	› Kooky Kiwi	› Outstanding Orange	› Cantaloupe Cubes
		› Milk	› Milk	› Milk	› Milk	› Milk
BREAKFAST  		› Yogurt Parfait & Granola › Cantaloupe Cubes	› English Muffin & Wow Butter › Kooky Kiwi	› Oaty Oatmeal › Outstanding Orange	› Raisin Bread › Pineapple Tidbits	› Tropical Fruit Loaf › Bubbly Banana
		› Milk	› Milk	› Milk	› Milk	› Milk
LUNCH   		› Jammin' Jambalaya	› Chicken Souvlaki with Tzatziki	› Beef Sliders	› Hip Hawaiian Fish	› Turkey Bolognese
		› Bean Souvlaki with Tzatziki	› Veggie Sliders	› Hip Hawaiian Fillet	› Veggie Bolognese	
		› Brilliant Brown Rice › Crazy Carrots	› Playful Pita › Cucumber Coins	› Rock n' Roll › Bold Broccoli	› Confetti Couscous › Spring Veggie Medley	› Whole Wheat Pasta › Peas & Carrots
		› Outstanding Orange	› Honeydew Melon Munchies	› Cantaloupe Cubes	› Perfect Pear	› Awesome Apple
		› Milk	› Milk	› Milk	› Milk	› Milk
AFTERNOON SNACK 		› Pineapple Whip › Perfect Pear	› Peach Cobbler › Groovy Grapes	› Banana Bread › Awesome Apple	› Blueberry Smoothie › Trail Mix	› Cheese Bites & Crackers › Honeydew Melon Munchies
		› Water	› Water	› Water	› Water	› Water

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:

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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Before placing your order, please inform your server if a person in your party has a food allergy



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Week 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK		› Honeydew Melon Munchies	› Bubbly Banana	› Awesome Apple	› Cantaloupe Cubes	› Outstanding Orange
		› Milk	› Milk	› Milk	› Milk	› Milk
BREAKFAST		› Whole Grain Cereal › Outstanding Orange	› Whole Wheat Pan- cake & Fruit Spread › Awesome Apple	› Whole Wheat Bagel & Cream Cheese › Perfect Pear	› Peach Smoothie Bowl › Magical Muesli	› Stunning Strawberry Muffin › Kooky Kiwi
		› Milk	› Milk	› Milk	› Milk	› Milk
LUNCH		› Campfire Baked Beans	› Tantalizing Turkey Tetrazzini	› Molten Meatball Sub	› Shake n' Bake Chicken	› Jolly Jerk Chicken
		› Corn Bread › Petite Peas	› Tantalizing Veggie Tetrazzini	› Molten Bean Sub	› Shake n' Bake Tofu	› Jolly Jerk Beans
		› Pineapple Tidbits	› Whole Wheat Pasta › Glorious Green Beans	› Rock n' Roll › Super Sunrise Veggies	› Confetti Couscous › Bold Broccoli	› Brilliant Brown Rice › Crazy Carrots
		› Milk	› Kooky Kiwi	› Outstanding Orange	› Awesome Apple	› Perfect Pear
		› Milk	› Milk	› Milk	› Milk	› Milk
AFTERNOON SNACK		› Tangy Tzaziki & Playful Pita › Cucumber Coins	› Rainbow Berry Bar › Cantaloupe Cubes	› Oatmeal Cookie › Pineapple Tidbits	› Banana Roll Up › Bubbly Banana	› Happy Hummus & Dipping Sticks › Honeydew Melon Munchies
		› Water	› Water	› Water	› Water	› Water

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  		› Bubbly Banana	› Outstanding Orange	› Cantaloupe Cubes	› Kooky Kiwi	› Awesome Apple
		› Milk	› Milk	› Milk	› Milk	› Milk
BREAKFAST  		› Yogurt Parfait & Granola › Outstanding Orange	› Oaty Oatmeal › Cantaloupe Cubes	› Raisin Bread › Bubbly Banana	› Zany Zucchini Loaf › Pineapple Tidbits	› English Muffin & Wow Butter › Honeydew Melon Munchies
		› Milk	› Milk	› Milk	› Milk	› Milk
LUNCH 		›  Tex Mex Madness	› Bravo Beef Tacos	› Best BBQ Chicken	›  Veggie Pad Thai	› Teriyaki Meatballs
		› Bravo Bean Tacos	› Best BBQ Beans			› Teriyaki Tofu
		› Brilliant Brown Rice › Sweet Corn	› Whole Wheat Tortilla › Crazy Carrots	› Nifty New Potatoes › Spring Veggie Medley	› Terrific Thai Noodles › Bold Broccoli	› Confetti Couscous › Peas & Carrots
		› Perfect Pear	› Honeydew Melon Munchies	› Awesome Apple	› Outstanding Orange	› Cantaloupe Cubes
		› Milk	› Milk	› Milk	› Milk	› Milk
AFTERNOON SNACK 		› Pineapple Whip › Awesome Apple	› Peach Cobbler › Kooky Kiwi	› Corn Salsa & Playful Pita › Perfect Pear	› Cheese Bites & Crackers › Cucumber Coins	› Mango Smoothie › Trail Mix
		› Water	› Water	› Water	› Water	› Water

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		› Honeydew Melon Munchies	› Cantaloupe Cubes	› Outstanding Orange	› Perfect Pear	› Awesome Apple
		› Milk	› Milk	› Milk	› Milk	› Milk
BREAKFAST		› Whole Grain Cereal › Awesome Apple	› Whole Wheat Pancake & Fruit Spread › Outstanding Orange	› Strawberry Smoothie Bowl › Magical Muesli	› Whole Wheat Bagel & Cream Cheese › Cantaloupe Cubes	› Blushing Blueberry Muffin › Kooky Kiwi
		› Milk	› Milk	› Milk	› Milk	› Milk
LUNCH		› Roaring Red Lentil Pasta	› Kool Korean Meatballs	› Monster Mango Chicken	› Shake n' Bake Chicken	› Turkey Sloppy Joe's
		› Kool Korean Beans	› Kool Korean Beans	› Monster Mango Fillet	› Shake n' Bake Tofu	› 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
		› Bubbly Banana	› Kooky Kiwi	› Awesome Apple	› Outstanding Orange	› Pineapple Tidbits
		› Milk	› Milk	› Milk	› Milk	› Milk
AFTERNOON SNACK		› Tangy Tzatziki & Playful Pita › Cucumber Coins	› Rainbow Berry Bar › Perfect Pear	› Oatmeal Cookie › Pineapple Tidbits	› Banana Roll Up › Bubbly Banana	› Happy Hummus & Dipping Sticks › Groovy Grapes
		› Water	› Water	› Water	› Water	› Water

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



## Chef Lisa's Tip:

There are so many ways to make a scrumptious chia pudding! Put your own spin on it by using a variety of milks such as oat or coconut milk. Try mixing in fresh fruits for tartness and a splash of maple syrup for sweetness. For that extra elevation, add some juice from a freshly squeezed orange!



## 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!

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