



MENU FOR

Fall 2025 - Winter 2026

- The Kidco Kitchen is founded on a fresh, from-scratch philosophy, building children with healthy bodies and minds.
- At Kids & Company, we serve a rotation of protein varieties including plant-based options weekly.

- Our fish is Ocean Wise, meaning it is sustainably sourced while reducing factors that contribute to climate change.
- We are proud to practice family-style dining, which empowers children to make their own choices and develop fine motor skills.
- Our team of food experts work to accommodate your child's allergies.



Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	• Yogurt Parfait & Granola • Awesome Apple	• Whole Wheat Bagel & Cream Cheese • Cantaloupe Cubes	• Oaty Oatmeal • Outstanding Orange	• French Toast & Maple Butter • Admirable Applesauce	• Silly Shreddies • Bubbly Banana
LUNCH	★ Veggie Fried Rice • Brilliant Brown Rice • Cuddly Corn • Fruit Fiesta	★ Tomato Parm Fish • Tomato Parm Fillet • Confetti Couscous • Crazy Carrots • Fruit Fiesta	★ Chicken Pot Pie Stew • Chickpea Pot Pie Stew • Rock n' Roll • Bold Broccoli • Fruit Fiesta	★ Magic Meatballs • Magic Veggie Bites • Whole Wheat Pasta • Veggie Parade Mix • Fruit Fiesta	★ Holiday Turkey • Holiday Veggie Bites • Garlic Roasted Potatoes • Petite Peas • Fruit Fiesta
PM SNACK	• Cosmic Carrot Dip & Playful Pita • Cucumber Coins	• Rainbow Berry Bar • Perfect Pear	• Banana Bread • Pineapple Tidbits	• Pumpkin Patch Spread & Golden Grahams • Honeydew Melon Munchies	• Strawberry Smoothie • Trail Mix
BYE BYE BITES	• Oatmeal Cookie	• Bubbly Banana	• Spiced Pumpkin Muffin	• Wow Butter Jammy Sammy	• Gingerbread Loaf

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	• Whole Grain Cereal • Admirable Applesauce	• Berry Blast Smoothie • Trail Mix	• Whole Wheat Pancake & Fruit Spread • Pineapple Tidbits	• Chai Spice Loaf • Cantaloupe Cubes	• Banana Roll Up • Bubbly Banana
LUNCH	★ Tikka Masala Chicken • Tikka Masala Beans • Comfy Coconut Rice • Super Sunrise Veggies • Fruit Fiesta	★ Brazen Beef Tacos • Brazen Bean Tacos • Whole Wheat Tortilla • Vibrant Veggie Medley • Fruit Fiesta	★ Turkey Noodle Doodle • Veggie Noodle Doodle • Whole Wheat Pasta • Petite Peas • Fruit Fiesta	★ Teriyaki Salmon • Teriyaki Tofu • Terrific Thai Noodles • Cuddly Corn • Fruit Fiesta	★ Marvellous Mac n' Cheese • Marching Macaroni • Crazy Carrots • Fruit Fiesta
PM SNACK	• Tea Time Sandwiches • Cucumber Coins	• Applelicious Crisp • Outstanding Orange	• Cheese Bites & Crackers • Groovy Grapes	• Strawberry Snowstorm • Perfect Pear	• Marinara & Dipping Sticks • Honeydew Melon Munchies
BYE BYE BITES	• Oatmeal Cookie	• Bubbly Banana	• Spiced Pumpkin Muffin	• Wow Butter Jammy Sammy	• Gingerbread Loaf

★ REGULAR MENU

🌿 VEGETARIAN MENU

- Vegetarian option available by parent request.
- We drink milk at AM snack and lunch.
- We drink water every time we eat.





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Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	• Yogurt Parfait & Granola • Honeydew Melon Munchies	• French Toast & Maple Butter • Perfect Pear	• Oaty Oatmeal • Cantaloupe Cubes	• Whole Wheat Bagel & Cream Cheese • Awesome Apple	• Cranberry Orange Muffin • Bubbly Banana
LUNCH	★ Chitty Chitty Veggie Chili • Cornbread • Vibrant Veggie Medley • Fruit Fiesta	★ Maple Dijon Salmon • Maple Dijon Fillet • Brilliant Brown Rice • Crazy Carrots • Fruit Fiesta	★ Beef & Barley Stew • Veggie & Barley Stew • Rock n' Roll • Cuddly Corn • Fruit Fiesta	★ Roaring Rosé Lentil Pasta • Whole Wheat Pasta • Glorious Green Beans • Fruit Fiesta	★ Cluck & Crunch Casserole • Bean & Crunch Casserole • Marching Macaroni • Veggie Parade Mix • Fruit Fiesta
PM SNACK	• Cheese Bites & Crackers • Pineapple Tidbits	• Rainbow Berry Bar • Admirable Applesauce	• Banana Smoothie • Trail Mix	• Pumpkin Patch Spread & Golden Grahams • Outstanding Orange	• Marinara & Dipping Sticks • Cucumber Coins
BYE BYE BITES	• Oatmeal Cookie	• Bubbly Banana	• Spiced Pumpkin Muffin	• Wow Butter Jammy Sammy	• Gingerbread Loaf

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	• Whole Grain Cereal • Admirable Applesauce	• Blueberry Smoothie • Trail Mix	• Whole Wheat Pancake & Fruit Spread • Outstanding Orange	• Okey Dokey Oat Square • Honeydew Melon Munchies	• Banana Roll Up • Bubbly Banana
LUNCH	★ Chatty Chickpea Tagine • Lucky Lemon Couscous • Crazy Carrots • Fruit Fiesta	★ Best Butter Chicken • Best Butter Beans • Brilliant Brown Rice • Super Sunrise Veggies • Fruit Fiesta	★ Swedish Meatballs • Swedish Veggie Bites • Garlic Roasted Potatoes • Petite Peas • Fruit Fiesta	★ Twisty Turkey Stir Fry • Twisty Veggie Stir Fry • Terrific Thai Noodles • Glorious Green Beans • Fruit Fiesta	★ Zingy Veggie Ziti • Whole Wheat Pasta • Bold Broccoli • Fruit Fiesta
PM SNACK	• Tea Time Sandwiches • Cucumber Coins	• Applelicious Crisp • Pineapple Tidbits	• Cosmic Carrot Dip & Playful Pita • Perfect Pear	• Cheese Bites & Crackers • Groovy Grapes	• Strawberry Snowstorm • Cantaloupe Cubes
BYE BYE BITES	• Oatmeal Cookie	• Bubbly Banana	• Spiced Pumpkin Muffin	• Wow Butter Jammy Sammy	• Gingerbread Loaf

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