



# Classic Fall 2024 - Winter 2025 Menu



REGULAR VEGETARIAN WITH FISH

## WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	<ul style="list-style-type: none"> <li>› Yogurt Parfait &amp; Granola</li> <li>› Awesome Apple</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>› Apple Pie Cream of Wheat</li> <li>› Kooky Kiwi</li> </ul>	<ul style="list-style-type: none"> <li>› French Toast &amp; Maple Butter</li> <li>› Outstanding Orange</li> </ul>	<ul style="list-style-type: none"> <li>› Spiced Pumpkin Muffin</li> <li>› Bubbly Banana</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>› Veggie Fried Rice</li> </ul>	<ul style="list-style-type: none"> <li>› Maple Dijon Salmon</li> <li>› Maple Dijon Fillet</li> </ul>	<ul style="list-style-type: none"> <li>› Oh-La-La Orange Chicken</li> <li>› Oh-La-La Orange Tofu</li> </ul>	<ul style="list-style-type: none"> <li>› Magic Meatballs</li> <li>› Magic Veggie Bites</li> </ul>	<ul style="list-style-type: none"> <li>› Turkey Shepherd's Pie</li> <li>› Veggie Shepherd's Pie</li> </ul>
PM Snack	<ul style="list-style-type: none"> <li>› Brilliant Brown Rice</li> <li>› Crazy Carrots</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Confetti Couscous</li> <li>› Petite Peas</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Terrific Thai Noodles</li> <li>› Vibrant Veggie Medley</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Whole Wheat Pasta</li> <li>› Bold Broccoli</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Merry Mashed Potatoes</li> <li>› Cuddly Corn</li> <li>› Fruit Fiesta</li> </ul>
Bye Bye Bites	<ul style="list-style-type: none"> <li>› Superb Herb Spread &amp; Whole Wheat Tortilla</li> <li>› Honeydew Melon Munchies</li> </ul>	<ul style="list-style-type: none"> <li>› Applesicious Crisp</li> <li>› Perfect Pear</li> </ul>	<ul style="list-style-type: none"> <li>› Banana Bread</li> <li>› Pineapple Tidbits</li> </ul>	<ul style="list-style-type: none"> <li>› Berry Blast Smoothie</li> <li>› Trail Mix</li> </ul>	<ul style="list-style-type: none"> <li>› Roasted Pepper Hummus &amp; Playful Pita</li> <li>› Cucumber Coins</li> </ul>
Bye Bye Bites	<ul style="list-style-type: none"> <li>› Gentle Gingersnaps</li> </ul>	<ul style="list-style-type: none"> <li>› Bubbly Banana</li> </ul>	<ul style="list-style-type: none"> <li>› Spiced Pumpkin Muffin</li> </ul>	<ul style="list-style-type: none"> <li>› Admirable Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>› Gingerbread Loaf</li> </ul>

## WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM 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>› Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>› Blueberry Smoothie</li> <li>› Magical Muesli</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>› Apple Cinnamon Loaf</li> <li>› Pineapple Tidbits</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>› Tikka Masala Beans</li> </ul>	<ul style="list-style-type: none"> <li>› Turkey Taco Tuesday</li> <li>› Bean Taco Tuesday</li> </ul>	<ul style="list-style-type: none"> <li>› Teriyaki Salmon</li> <li>› Teriyaki Tofu</li> </ul>	<ul style="list-style-type: none"> <li>› Moroccan Meteorites</li> </ul>	<ul style="list-style-type: none"> <li>› Marvellous Chicken Mac n' Cheese</li> <li>› Marvellous Tofu Mac n' Cheese</li> </ul>
PM Snack	<ul style="list-style-type: none"> <li>› Brilliant Brown Rice</li> <li>› Super Sunrise Veggies</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Whole Wheat Tortilla</li> <li>› Cuddly Corn</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Terrific Thai Noodles</li> <li>› Petite Peas</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Confetti Couscous</li> <li>› Mad Mirepoix Soup</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Whole Wheat Pasta</li> <li>› Crazy Carrots</li> <li>› Fruit Fiesta</li> </ul>
Bye Bye Bites	<ul style="list-style-type: none"> <li>› Spin Dip &amp; Playful Pita</li> <li>› Honeydew Melon Munchies</li> </ul>	<ul style="list-style-type: none"> <li>› Rainbow Berry Bar</li> <li>› Groovy Grapes</li> </ul>	<ul style="list-style-type: none"> <li>› Oatmeal Cookie</li> <li>› Outstanding Orange</li> </ul>	<ul style="list-style-type: none"> <li>› Cheese Bites &amp; Crackers</li> <li>› Perfect Pear</li> </ul>	<ul style="list-style-type: none"> <li>› Marinara &amp; Dipping Sticks</li> <li>› Cucumber Coins</li> </ul>
Bye Bye Bites	<ul style="list-style-type: none"> <li>› Gentle Gingersnaps</li> </ul>	<ul style="list-style-type: none"> <li>› Bubbly Banana</li> </ul>	<ul style="list-style-type: none"> <li>› Spiced Pumpkin Muffin</li> </ul>	<ul style="list-style-type: none"> <li>› Admirable Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>› Gingerbread Loaf</li> </ul>

Vegetarian option available by parent request.

AM Snack and Lunch are served with milk.

PM Snack and Bye Bye Bites are served with water.

Kidco Kitchen recipes can be found at [kitchen.kidsandcompany.com](http://kitchen.kidsandcompany.com)



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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	› Yogurt Parfait & Granola › Honeydew Melon Munchies	› French Toast & Maple Butter › Awesome Apple	› Apple Pie Cream of Wheat › Cantaloupe Cubes	› Whole Wheat Bagel & Cream Cheese › Pineapple Tidbits	› Cranberry Orange Muffin › Kooky Kiwi
<b>Lunch</b>	› Chitty Chitty Veggie Chili	› Cuckoo Coconut Fish › Cuckoo Coconut Fillet	› Jammin' Jambalaya	› Turkey Noodle Doodle › Veggie Noodle Doodle	› Best Butter Chicken › Best Butter Beans
	› Cornbread	› Confetti Couscous	› Rock n' Roll	› Whole Wheat Pasta	› Brilliant Brown Rice
	› Bold Broccoli	› Crazy Carrots	› Cuddly Corn	› Glorious Green Beans	› Vibrant Veggie Medley
	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta
<b>PM Snack</b>	› Spin Dip & Playful Pita › Outstanding Orange	› Marinara & Dipping Sticks › Cucumber Coins	› Cheese Bites & Crackers › Perfect Pear	› Rainbow Berry Bar › Bubbly Banana	› Mango Lassi › Trail Mix
<b>Bye Bye Bites</b>	› Gentle Gingersnaps	› Bubbly Banana	› Spiced Pumpkin Muffin	› Admirable Applesauce	› Gingerbread Loaf

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	› Whole Grain Cereal › Awesome Apple	› Whole Wheat Pancake & Fruit Spread › Outstanding Orange	› Banana Roll Up › Bubbly Banana	› Strawberry Smoothie › Magical Muesli	› Cozy Carrot Loaf › Honeydew Melon Munchies
<b>Lunch</b>	› Chicky Noodle Soup › Chickpea Noodle Soup	› Monster Mango Tofu	› Swedish Meatballs › Swedish Veggie Bites	› Twisty Turkey Stir Fry › Twisty Veggie Stir Fry	› Fish Florentine › Tofu Florentine
	› Rock n' Roll	› Comfy Coconut Rice	› Merry Mashed Potatoes	› Terrific Thai Noodles	› Whole Wheat Pasta
	› Crazy Carrots	› Petite Peas	› Super Sunrise Veggies	› Glorious Green Beans	› Bold Broccoli
	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta
<b>PM Snack</b>	› Cheese Bites & Crackers › Cucumber Coins	› Applelicious Crisp › Cantaloupe Cubes	› Oatmeal Cookie › Perfect Pear	› Superb Herb Spread & Whole Wheat Tortilla › Groovy Grapes	› Roasted Pepper Hummus & Playful Pita › Pineapple Tidbits
<b>Bye Bye Bites</b>	› Gentle Gingersnaps	› Bubbly Banana	› Spiced Pumpkin Muffin	› Admirable Applesauce	› Gingerbread Loaf

🌿 Vegetarian option available by parent request.

🥛 AM Snack and Lunch are served with milk.

🥛 PM Snack and Bye Bye Bites are served with water.

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