



# Regular Spring-Summer 2024 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>› Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>› French Toast &amp; Maple Butter</li> <li>› Wonderful Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>› Peachy Keen Oats</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>› Stunning Strawberry Muffin</li> <li>› Outstanding Orange</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>› Campfire Baked Beans </li> <li>› Cornbread</li> <li>› Crazy Carrots</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Chicken Souvlaki &amp; Tzatziki</li> <li>› Bean Souvlaki &amp; Tzatziki </li> <li>› Playful Pita</li> <li>› Cucumber Coins</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Ohana Orange Fish </li> <li>› Ohana Orange Tofu </li> <li>› Brilliant Brown Rice</li> <li>› Bold Broccoli</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Beef Sliders</li> <li>› Veggie Sliders </li> <li>› Whole Wheat Bun</li> <li>› California Blend</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Moroccan Meteorites </li> <li>› Confetti Couscous</li> <li>› Petite Peas</li> <li>› Fruit Fiesta</li> </ul>
PM Snack	<ul style="list-style-type: none"> <li>› Cheese Bites &amp; Crackers</li> <li>› Perfect Pear</li> </ul>	<ul style="list-style-type: none"> <li>› Peach Crumble</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>› Marinara &amp; Dipping Sticks</li> <li>› Honeydew Melon Munchies</li> </ul>	<ul style="list-style-type: none"> <li>› Mango Lassi</li> <li>› Trail Mix</li> </ul>
Bye Bye Bites	<ul style="list-style-type: none"> <li>› Oatmeal Cookie</li> </ul>	<ul style="list-style-type: none"> <li>› Bubbly Banana</li> </ul>	<ul style="list-style-type: none"> <li>› Lemon Poppy Seed Loaf</li> </ul>	<ul style="list-style-type: none"> <li>› Cheese Nibblers</li> </ul>	<ul style="list-style-type: none"> <li>› Zany Zucchini Loaf</li> </ul>

## WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	<ul style="list-style-type: none"> <li>› Whole Grain Cereal</li> <li>› Pineapple Tidbits</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>› Wonderful Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>› Strawberry Smoothie</li> <li>› Magical Muesli</li> </ul>	<ul style="list-style-type: none"> <li>› Lemon Poppy Seed Loaf</li> <li>› Perfect Pear</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>› Tex Mex Madness </li> <li>› Brilliant Brown Rice</li> <li>› Super Sunrise Veggies</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Sassy Salmon Pasta </li> <li>› Sassy Tofu Pasta </li> <li>› Whole Wheat Pasta</li> <li>› Glorious Green Beans</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Kool Korean Meatballs</li> <li>› Kool Korean Beans </li> <li>› Confetti Couscous</li> <li>› Petite Peas</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Twisty Turkey Stir Fry</li> <li>› Twisty Veggie Stir Fry </li> <li>› Terrific Thai Noodles</li> <li>› Sweet Corn</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Jolly Jerk Chicken</li> <li>› Jolly Jerk Beans </li> <li>› Nifty New Potatoes</li> <li>› Crazy Carrots</li> <li>› Fruit Fiesta</li> </ul>
PM Snack	<ul style="list-style-type: none"> <li>› Spin Dip &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>› Outstanding Orange</li> </ul>	<ul style="list-style-type: none"> <li>› Roasted Pepper Hummus &amp; Crackers</li> <li>› Bubbly Banana</li> </ul>	<ul style="list-style-type: none"> <li>› Cha-Cha Chia Pudding</li> <li>› Honeydew Melon Munchies</li> </ul>
Bye Bye Bites	<ul style="list-style-type: none"> <li>› Oatmeal Cookie</li> </ul>	<ul style="list-style-type: none"> <li>› Bubbly Banana</li> </ul>	<ul style="list-style-type: none"> <li>› Lemon Poppy Seed Loaf</li> </ul>	<ul style="list-style-type: none"> <li>› Cheese Nibblers</li> </ul>	<ul style="list-style-type: none"> <li>› Zany Zucchini 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
AM 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>› French Toast &amp; Maple Butter</li> <li>› Pineapple Tidbits</li> </ul>	<ul style="list-style-type: none"> <li>› Peachy Keen Oats</li> <li>› Honeydew Melon Munchies</li> </ul>	<ul style="list-style-type: none"> <li>› Zany Zucchini Loaf</li> <li>› Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>› Banana Roll Up</li> <li>› Bubbly Banana</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>› Tofu Fried Rice </li> </ul>	<ul style="list-style-type: none"> <li>› Turkey Enchiladas</li> <li>› Bean Enchiladas </li> </ul>	<ul style="list-style-type: none"> <li>› Tikka Masala Chicken</li> <li>› Tikka Masala Beans </li> </ul>	<ul style="list-style-type: none"> <li>› Veggie Pad Thai </li> </ul>	<ul style="list-style-type: none"> <li>› Fish Florentine </li> <li>› Tofu Florentine </li> </ul>
PM Snack	<ul style="list-style-type: none"> <li>› Marinara &amp; Dipping Sticks</li> <li>› Awesome Apple</li> </ul>	<ul style="list-style-type: none"> <li>› Peach Crumble</li> <li>› Wonderful Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>› Pineapple Whip</li> <li>› Perfect Pear</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>› Cheese Bites &amp; Crackers</li> <li>› Cucumber Coins</li> </ul>
Bye Bye Bites	<ul style="list-style-type: none"> <li>› Oatmeal Cookie</li> </ul>	<ul style="list-style-type: none"> <li>› Bubbly Banana</li> </ul>	<ul style="list-style-type: none"> <li>› Lemon Poppy Seed Loaf</li> </ul>	<ul style="list-style-type: none"> <li>› Cheese Nibblers</li> </ul>	<ul style="list-style-type: none"> <li>› Zany Zucchini Loaf</li> </ul>

## WEEK 4

	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>› Outstanding Orange</li> </ul>	<ul style="list-style-type: none"> <li>› Peach Smoothie</li> <li>› Magical Muesli</li> </ul>	<ul style="list-style-type: none"> <li>› Whole Wheat Bagel &amp; Cream Cheese</li> <li>› Pineapple Tidbits</li> </ul>	<ul style="list-style-type: none"> <li>› Paradise Muffin</li> <li>› Wonderful Watermelon</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>› Roaring Red Lentil Pasta </li> </ul>	<ul style="list-style-type: none"> <li>› Hello Hawaiian Meatballs</li> <li>› Hello Hawaiian Veggie Bites </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>
PM Snack	<ul style="list-style-type: none"> <li>› Spin Dip &amp; Playful Pita</li> <li>› Cucumber Coins</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>› Bubbly Banana</li> </ul>	<ul style="list-style-type: none"> <li>› Roasted Pepper Hummus &amp; Crackers</li> <li>› Perfect Pear</li> </ul>	<ul style="list-style-type: none"> <li>› Cha-Cha Chia Pudding</li> <li>› Cantaloupe Cubes</li> </ul>
Bye Bye Bites	<ul style="list-style-type: none"> <li>› Oatmeal Cookie</li> </ul>	<ul style="list-style-type: none"> <li>› Bubbly Banana</li> </ul>	<ul style="list-style-type: none"> <li>› Lemon Poppy Seed Loaf</li> </ul>	<ul style="list-style-type: none"> <li>› Cheese Nibblers</li> </ul>	<ul style="list-style-type: none"> <li>› Zany Zucchini Loaf</li> </ul>

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