

Spring-Summer 2023 Menu

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	<ul style="list-style-type: none"> › Yogurt Parfait & Granola › Cantaloupe Cubes 	<ul style="list-style-type: none"> › Apple Pie Oatmeal › Kooky Kiwi 	<ul style="list-style-type: none"> › French Toast & Maple Butter › Outstanding Orange 	<ul style="list-style-type: none"> › Banana Roll Up › Bubbly Banana 	<ul style="list-style-type: none"> › Carrot Quinoa Loaf › Pineapple Tidbits
Lunch	<ul style="list-style-type: none"> › Jammin' Jambalaya 	<ul style="list-style-type: none"> › Chicken Souvlaki with Tzatziki › Bean Souvlaki with Tzatziki 	<ul style="list-style-type: none"> › Cuckoo Coconut Fish › Cuckoo Coconut Fillet 	<ul style="list-style-type: none"> › Beef Sliders › Veggie Sliders 	<ul style="list-style-type: none"> › Turkey Enchiladas › Bean Enchiladas
	<ul style="list-style-type: none"> › Brilliant Brown Rice › Crazy Carrots 	<ul style="list-style-type: none"> › Playful Pita › Cucumber Coins 	<ul style="list-style-type: none"> › Outgoing Orzo › Bold Broccoli 	<ul style="list-style-type: none"> › Whole Wheat Bun › California Blend 	<ul style="list-style-type: none"> › Whole Wheat Tortilla › Sweet Corn
	<ul style="list-style-type: none"> › Fruit Fiesta 	<ul style="list-style-type: none"> › Fruit Fiesta 	<ul style="list-style-type: none"> › Fruit Fiesta 	<ul style="list-style-type: none"> › Fruit Fiesta 	<ul style="list-style-type: none"> › Fruit Fiesta
PM Snack	<ul style="list-style-type: none"> › Cheese Bites & Crackers › Perfect Pear 	<ul style="list-style-type: none"> › Peach Crumble › Groovy Grapes 	<ul style="list-style-type: none"> › Banana Bread › Awesome Apple 	<ul style="list-style-type: none"> › Strawberry Smoothie › Trail Mix 	<ul style="list-style-type: none"> › Spin Dip & Playful Pita › Honeydew Melon Munchies
Bye Bye Bites	<ul style="list-style-type: none"> › Oatmeal Cookie 	<ul style="list-style-type: none"> › Bubbly Banana 	<ul style="list-style-type: none"> › Carrot Quinoa Loaf 	<ul style="list-style-type: none"> › Cheese Nibblers 	<ul style="list-style-type: none"> › Zany Zucchini Loaf

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	<ul style="list-style-type: none"> › Whole Grain Cereal › Outstanding Orange 	<ul style="list-style-type: none"> › Whole Wheat Pancake & Fruit Spread › Awesome Apple 	<ul style="list-style-type: none"> › Whole Wheat Bagel & Cream Cheese › Perfect Pear 	<ul style="list-style-type: none"> › Blueberry Smoothie Bowl › Magical Muesli 	<ul style="list-style-type: none"> › Stunning Strawberry Muffin › Kooky Kiwi
Lunch	<ul style="list-style-type: none"> › Tex Mex Madness 	<ul style="list-style-type: none"> › Dashing Dill Salmon › Dashing Dill Fillet 	<ul style="list-style-type: none"> › Kool Korean Meatballs › Kool Korean Beans 	<ul style="list-style-type: none"> › Turkey Bolognese › Veggie Bolognese 	<ul style="list-style-type: none"> › Jolly Jerk Chicken › Jolly Jerk Beans
	<ul style="list-style-type: none"> › Brilliant Brown Rice › Petite Peas 	<ul style="list-style-type: none"> › Outgoing Orzo › Glorious Green Beans 	<ul style="list-style-type: none"> › Terrific Thai Noodles › Super Sunrise Veggies 	<ul style="list-style-type: none"> › Whole Wheat Pasta › Bold Broccoli 	<ul style="list-style-type: none"> › Nifty New Potatoes › Crazy Carrots
	<ul style="list-style-type: none"> › Fruit Fiesta 	<ul style="list-style-type: none"> › Fruit Fiesta 	<ul style="list-style-type: none"> › Fruit Fiesta 	<ul style="list-style-type: none"> › Fruit Fiesta 	<ul style="list-style-type: none"> › Fruit Fiesta
PM Snack	<ul style="list-style-type: none"> › Pineapple Whip › Honeydew Melon Munchies 	<ul style="list-style-type: none"> › Rainbow Berry Bar › Cantaloupe Cubes 	<ul style="list-style-type: none"> › Oatmeal Cookie › Pineapple Tidbits 	<ul style="list-style-type: none"> › Happy Hummus & Dipping Sticks › Bubbly Banana 	<ul style="list-style-type: none"> › Pizza Stackers › Cucumber Coins
Bye Bye Bites	<ul style="list-style-type: none"> › Oatmeal Cookie 	<ul style="list-style-type: none"> › Bubbly Banana 	<ul style="list-style-type: none"> › Carrot Quinoa Loaf 	<ul style="list-style-type: none"> › Cheese Nibblers 	<ul style="list-style-type: none"> › Zany Zucchini 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.

Kidco Kitchen recipes can be found at kitchen.kidsandcompany.com

Spring-Summer 2023 Menu



WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	› Yogurt Parfait & Granola › Outstanding Orange	› Apple Pie Oatmeal › Pineapple Tidbits	› Banana Roll Up › Bubbly Banana	› Zany Zucchini Loaf › Cantaloupe Cubes	› French Toast & Maple Butter › Honeydew Melon Munchies
Lunch	› Tofu Fried Rice	› Turkey Tagine › Veggie Tagine	› BBQ Chicken › BBQ Beans	› Moroccan Meteorites	› Fish Florentine › Tofu Florentine
	› Brilliant Brown Rice › Bold Broccoli	› Rock n' Roll › Petite Peas	› Picnic Potato Salad › California Blend	› Confetti Couscous › Sweet Corn	› Whole Wheat Pasta › Crazy Carrots
	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta
PM Snack	› Spin Dip & Playful Pita › Awesome Apple	› Peach Crumble › Kooky Kiwi	› Pineapple Whip › Perfect Pear	› Mango Lassi › Trail Mix	› Cheese Bites & Crackers › Cucumber Coins
Bye Bye Bites	› Oatmeal Cookie	› Bubbly Banana	› Carrot Quinoa Loaf	› Cheese Nibblers	› Zany Zucchini Loaf

WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	› Whole Grain Cereal › Awesome Apple	› Whole Wheat Pancake & Fruit Spread › Outstanding Orange	› Peach Smoothie Bowl › Magical Muesli	› Whole Wheat Bagel & Cream Cheese › Cantaloupe Cubes	› Blushing Blueberry Muffin › Kooky Kiwi
Lunch	› Roaring Red Lentil Pasta	› Molten Meatball Sub › Molten Veggie Sub	› Monster Mango Chicken › Monster Mango Fillet	› Teriyaki Salmon › Teriyaki Tofu	› Veggie Pad Thai
	› Whole Wheat Pasta › Sweet Corn	› Rock n' Roll › Petite Peas	› Comfy Coconut Rice › Super Sunrise Veggies	› Confetti Couscous › Glorious Green Beans	› Terrific Thai Noodles › Crazy Carrots
	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta
PM Snack	› Cheese Bites & Crackers › Cucumber Coins	› Rainbow Berry Bar › Pineapple Tidbits	› Oatmeal Cookie › Bubbly Banana	› Pizza Stackers › Perfect Pear	› Happy Hummus & Dipping Sticks › Groovy Grapes
Bye Bye Bites	› Oatmeal Cookie	› Bubbly Banana	› Carrot Quinoa Loaf	› Cheese Nibblers	› Zany Zucchini 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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