

Fall 2023 - Winter 2024 Menu



REGULAR	VEGETARIAN	WITH FISH
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WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	› Yogurt Parfait & Granola › Awesome Apple	› Whole Wheat Bagel & Cream Cheese › Cantaloupe Cubes	› Oaty Oatmeal › Kooky Kiwi	› French Toast & Maple Butter › Outstanding Orange	› Spiced Pumpkin Muffin › Bubbly Banana
Lunch	› Tofu Fried Rice 🌿	› Maple Dijon Salmon 🐟 › Maple Dijon Fillet 🌿	› Oh-La-La Orange Chicken › Oh-La-La Orange Tofu 🌿	› Magic Meatballs › Magic Veggie Bites 🌿	› Turkey Tourtiere Pie › Veggie Tourtiere Pie 🌿
	› Brilliant Brown Rice	› Confetti Couscous	› Terrific Thai Noodles	› Whole Wheat Pasta	› Merry Mashed Potatoes
	› Tomato Basil Soup	› Crazy Carrots	› Vibrant Veggie Medley	› Bold Broccoli	› Cuddly Corn
	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta
PM Snack	› Spin Dip & Playful Pita › Honeydew Melon Munchies	› Applelicious Crisp › Perfect Pear	› Banana Bread › Pineapple Tidbits	› Berry Blast Smoothie › Trail Mix	› Cheese Bites & Crackers › Cucumber Coins
Bye Bye Bites	› Oatmeal Cookie	› Bubbly Banana	› Spiced Pumpkin Muffin	› Cheese Nibblers	› Gingerbread Loaf

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	› Whole Grain Cereal › Awesome Apple	› Whole Wheat Pancake & Fruit Spread › Cantaloupe Cubes	› Blueberry Smoothie Bowl › Magical Muesli	› Banana Roll Up › Bubbly Banana	› Apple Cinnamon Loaf › Pineapple Tidbits
Lunch	› Chana Masala 🌿	› Turkey Taco Tuesday › Bean Taco Tuesday 🌿	› Teriyaki Fish 🐟 › Teriyaki Tofu 🌿	› Moroccan Meteorites 🌿	› Marvellous Chicken Mac n' Cheese › Marvellous Tofu Mac n' Cheese 🌿
	› Brilliant Brown Rice	› Whole Wheat Tortilla	› Terrific Thai Noodles	› Confetti Couscous	› Whole Wheat Pasta
	› Vibrant Veggie Medley	› Mad Mirepoix Soup	› Petite Peas	› Crazy Carrots	› Super Sunrise Veggies
	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta
PM Snack	› Superb Herb Spread & Dipping Sticks › Kooky Kiwi	› Pizza Stackers › Groovy Grapes	› Oatmeal Cookie › Outstanding Orange	› Cheese Bites & Crackers › Perfect Pear	› Veggie Pita Pocket › Cucumber Coins
Bye Bye Bites	› Oatmeal Cookie	› Bubbly Banana	› Spiced Pumpkin Muffin	› Cheese Nibblers	› 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.

Kidco Kitchen recipes can be found at
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REGULAR

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WITH FISH

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	- Yogurt Parfait & Granola - Honeydew Melon Munchies	- French Toast & Maple Butter - Awesome Apple	- Oaty Oatmeal - Cantaloupe Cubes	- Whole Wheat Bagel & Cream Cheese - Pineapple Tidbits	- Cranberry Orange Muffin - Kooky Kiwi
Lunch	Chitty Chitty Veggie Chili	- Dashing Dill Salmon - Dashing Dill Fillet	Bean & Barley Stew	- Turkey Noodle Doodle - Veggie Noodle Doodle	- Best Butter Chicken - Best Butter Beans
	Corn Bread	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
PM Snack	- Pizza Stackers - Outstanding Orange	- Spin Dip & Playful Pita - Cucumber Coins	- Cheese Bites & Crackers - Perfect Pear	- Rainbow Berry Bar - Bubbly Banana	- Mango Lassi - Trail Mix
Bye Bye Bites	Oatmeal Cookie	Bubbly Banana	Spiced Pumpkin Muffin	Cheese Nibblers	Gingerbread Loaf

WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	- Whole Grain Cereal - Awesome Apple	- Whole Wheat Pancake & Fruit Spread - Outstanding Orange	- Banana Roll Up - Bubbly Banana	- Strawberry Smoothie Bowl - Magical Muesli	- Carrot Quinoa Loaf - Honeydew Melon Munchies
Lunch	- Chicky Noodle Soup - Chickpea Noodle Soup	Jammin' Jambalaya	- Swedish Meatballs - Swedish Veggie Bites	- Twisty Turkey Stir Fry - Twisty Veggie Stir Fry	- Fish Florentine - Tofu Florentine
	Rock n' Roll	Brilliant Brown 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
PM Snack	- Veggie Pita Pocket - Cucumber Coins	- Appelicious Crisp - Cantaloupe Cubes	- Oatmeal Cookie - Perfect Pear	- Superb Herb Spread & Dipping Sticks - Groovy Grapes	- Pizza Stackers - Pineapple Tidbits
Bye Bye Bites	Oatmeal Cookie	Bubbly Banana	Spiced Pumpkin Muffin	Cheese Nibblers	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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