

# Regular Spring-Summer 2024 Menu



REGULAR VEGETARIAN WITH FISH

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	› Yogurt Parfait & Granola › Cantaloupe Cubes	› French Toast & Maple Butter › Wonderful Watermelon	› Peachy Keen Oats › Pineapple Tidbits	› Banana Roll Up › Bubbly Banana	› Stunning Strawberry Muffin › Outstanding Orange
<b>Lunch</b>	› Campfire Baked Beans	› Chicken Souvlaki & Tzatziki › Bean Souvlaki & Tzatziki	› Ohana Orange Fish › Ohana Orange Tofu	› Beef Sliders › Veggie Sliders	› Moroccan Meteorites
	› Cornbread › Crazy Carrots › Fruit Fiesta	› Playful Pita › Cucumber Coins › Fruit Fiesta	› Brilliant Brown Rice › Bold Broccoli › Fruit Fiesta	› Whole Wheat Bun › California Blend › Fruit Fiesta	› Confetti Couscous › Petite Peas › Fruit Fiesta
	› Cheese Bites & Crackers › Perfect Pear	› Peach Crumble › Groovy Grapes	› Banana Bread › Awesome Apple	› Marinara & Dipping Sticks › Honeydew Melon Munchies	› Mango Lassi › Trail Mix
<b>Bye Bye Bites</b>	› Oatmeal Cookie	› Bubbly Banana	› Lemon Poppy Seed Loaf	› Cheese Nibblers	› Zany Zucchini Loaf

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	› Whole Grain Cereal › Pineapple Tidbits	› Whole Wheat Pancake & Fruit Spread › Awesome Apple	› Whole Wheat Bagel & Cream Cheese › Wonderful Watermelon	› Strawberry Smoothie › Magical Muesli	› Lemon Poppy Seed Loaf › Perfect Pear
<b>Lunch</b>	› Tex Mex Madness	› Sassy Salmon Pasta › Sassy Tofu Pasta	› Kool Korean Meatballs › Kool Korean Beans	› Twisty Turkey Stir Fry › Twisty Veggie Stir Fry	› Jolly Jerk Chicken › Jolly Jerk Beans
	› Brilliant Brown Rice › Super Sunrise Veggies › Fruit Fiesta	› Whole Wheat Pasta › Glorious Green Beans › Fruit Fiesta	› Confetti Couscous › Petite Peas › Fruit Fiesta	› Terrific Thai Noodles › Sweet Corn › Fruit Fiesta	› Nifty New Potatoes › Crazy Carrots › Fruit Fiesta
	› Spin Dip & Playful Pita › Cucumber Coins	› Rainbow Berry Bar › Cantaloupe Cubes	› Oatmeal Cookie › Outstanding Orange	› Roasted Pepper Hummus & Crackers › Bubbly Banana	› Cha-Cha Chia Pudding › Honeydew Melon Munchies
<b>Bye Bye Bites</b>	› Oatmeal Cookie	› Bubbly Banana	› Lemon Poppy Seed 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.

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> <li>› Brilliant Brown Rice</li> <li>› Bold Broccoli</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Turkey Enchiladas</li> <li>› Bean Enchiladas </li> <li>› Whole Wheat Tortilla</li> <li>› Petite Peas</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Tikka Masala Chicken</li> <li>› Tikka Masala Beans </li> <li>› Nifty New Potatoes</li> <li>› California Blend</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Veggie Pad Thai </li> <li>› Terrific Thai Noodles</li> <li>› Sweet Corn</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Fish Florentine </li> <li>› Tofu Florentine </li> <li>› Whole Wheat Pasta</li> <li>› Crazy Carrots</li> <li>› Fruit Fiesta</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> <li>› Whole Wheat Pasta</li> <li>› Bold Broccoli</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Hello Hawaiian Meatballs</li> <li>› Hello Hawaiian Veggie Bites </li> <li>› Terrific Thai Noodles</li> <li>› Petite Peas</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Monster Mango Chicken</li> <li>› Monster Mango Fillet </li> <li>› Comfy Coconut Rice</li> <li>› Super Sunrise Veggies</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Teriyaki Salmon </li> <li>› Teriyaki Tofu </li> <li>› Confetti Couscous</li> <li>› Crazy Carrots</li> <li>› Fruit Fiesta</li> </ul>	<ul style="list-style-type: none"> <li>› Turkey Sloppy Joe's</li> <li>› Veggie Sloppy Joe's </li> <li>› Whole Wheat Bun</li> <li>› Glorious Green Beans</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>› 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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