



## Building healthy bodies & minds



# Fall Menu

Regular ♦ Vegetarian ♦ With Fish

| Week 1          |  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|-----------------|--|---|--|---|---|--|
| Morning Snack   |  | › Yogurt Parfait & Granola<br>› Outstanding Orange  | › Whole Wheat Bagel & Cream Cheese<br>› Cantaloupe Cubes | › Oaty Oatmeal<br>› Kooky Kiwi                      | › Whole Grain Cereal<br>› Perfect Pear              | › Spiced Pumpkin Loaf<br>› Bubbly Banana                 |
|                 |  | › Milk  | › Milk   | › Milk  | › Milk  | › Milk   |
| Lunch           |  | › Magic Meatballs                                   | › Beanny Biryani   | › Cheeky Chicken Cacciatore                         | › Maple Dijon Salmon                                | › Zippy Turkey Ziti                                      |
|                 |  | › Mixed Magic Beans                                 |  | › Cheeky Cacciatore Fillet                          | › Maple Dijon Fillet                                | › Zippy Veggie Ziti                                      |
|                 |  | › Confetti Couscous<br>› P's & Q's                  | › Brilliant Brown Rice<br>› Cuddly Corn                  | › Roasted Sweet Potatoes<br>› Autumn Veggie Medley* | › Rock'n Roll<br>› Gingerly Carrot Soup             | › Whole Wheat Pasta<br>› Bold Broccoli                   |
|                 |  | › Fruit Fiesta*<br>                                 | › Fruit Fiesta*<br>                                      | › Fruit Fiesta*<br>                                 | › Fruit Fiesta*<br>                                 | › Fruit Fiesta*<br>                                      |
| Afternoon Snack |  | › Happy Hummus & Dipping Sticks<br>› Cucumber Coins | › Berry Blend Smoothie<br>› Trail Mix                    | › Banana Bread<br>› Pineapple Tidbits               | › Peppy Pumpkin Crunch<br>› Honeydew Melon Munchies | › Cheese Bites & Whole Wheat Crackers<br>› Awesome Apple |
|                 |  | › Water   | › Water  | › Water   | › Water   | › Water  |

\* **Fruit Fiesta:** Seasonal, Fresh Fruits | \* **Rootin' Tootin' Veggies:** Sweet Potato, Turnip, Squash, Carrot & Onion

\* **Heavenly Harvest Veggies:** Yellow Carrot, Orange Carrot & Green Bean | \* **Autumn Veggie Medley:** Broccoli, Cauliflower & Carrot



### Chef Lisa's Tip:

Embrace the fall with delicious harvest veggies! After the warm summer, we have a whole new variety of vegetables like pumpkin, corn, and sweet potato! We have two pumpkin dishes on this seasons menu because pumpkin contains tons of vitamin A and nutrients, making for extremely moist baked goods!



### Kidco Kitchen Fun Fact:

Jack o' Lanterns originated in Ireland. However, the Irish did not use pumpkins for their carvings they used turnips and potatoes! It was not until they came to North America and discovered pumpkins that they started using them for Jack o' Lanterns. Aside from using the flesh and carving them for Halloween, you can also snack on pumpkin seeds and even drink it in a pumpkin spiced latte!

### Connect with us!



kidsandcompany.com/blog/



@kidcokitchen



kidsandcompany



@cheflisaruscica

kitchen.kidsandcompany.com





## Building healthy bodies & minds



# Fall Menu

Regular ♦ Vegetarian ♦ With Fish

| Week 2          |  | Monday   | Tuesday                                  | Wednesday   | Thursday   | Friday  |
|-----------------|--|--|--|---|--|---|
| Morning Snack   |  | > Whole Grain Cereal<br>> Awesome Apple            | > Blueberry Smoothie Bowl<br>> Muesli    | > Whole Wheat Pancake & Fruit Spread<br>> Honeydew Melon Munchies | > English Muffin & Wow Butter<br>> Perfect Pear      | > Apple Cinnamon Loaf<br>> Cantaloupe Cubes                         |
|                 |  | > Milk   | > Milk                                   | > Milk  | > Milk   | > Milk  |
| Lunch           |  | > Chana Masala                                     | > Turkey Enchiladas<br>> Bean Enchiladas | > Bright Beef & Broccoli<br>> Bright Bean & Broccoli              | > Sweetie Pie Fish Fillet<br>> Sweetie Pie Fillet    | > Marvelous Chicken Mac 'n Cheese<br>> Marvelous Tofu Mac 'n Cheese |
|                 |  | > Roasted Sweet Potatoes<br>> Bold Broccoli        | > Whole Wheat Tortilla<br>> Cuddly Corn  | > Terrific Thai Noodles<br>> Crazy Carrots                        | > Brilliant Brown Rice<br>> Rootin' Tootin' Veggies* | > Whole Wheat Pasta<br>> Heavenly Harvest Veggies*                  |
|                 |  | > Fruit Fiesta*                                    | > Fruit Fiesta*                          | > Fruit Fiesta*   | > Fruit Fiesta*                                      | > Fruit Fiesta*   |
|                 |  | > Milk   | > Milk                                   | > Milk  | > Milk   | > Milk  |
| Afternoon Snack |  | > Creamy Spread & Playful Pita<br>> Cucumber Coins | > Energy Bites<br>> Bubbly Banana        | > Oatmeal Cookie<br>> Outstanding Orange                          | > Royal Rice Pudding<br>> Pineapple Tidbits          | > Trail Mix<br>> Groovy Grapes                                      |
|                 |  | > Water  | > Water                                  | > Water   | > Water  | > Water   |

\* Fruit Fiesta: Seasonal, Fresh Fruits | \* Rootin' Tootin' Veggies: Sweet Potato, Turnip, Squash, Carrot & Onion

\* Heavenly Harvest Veggies: Yellow Carrot, Orange Carrot & Green Bean | \* Autumn Veggie Medley: Broccoli, Cauliflower & Carrot



### Chef Lisa's Tip:

Apples are the fruit of the season! Packed with fibre and antioxidants the kiddies enjoy eating the crispy whole fruit and in our homemade baking. Our apple cinnamon loaf gets its subtle, sweet flavour from delicious local apples. Try using apple sauce as a fat replacement in your favourite baked goods such as muffins and cakes! Don't forget to eat both the flesh and skin to get all the best nutrients!



### Kidco Kitchen Fun Fact:

If you ate an apple a day, it would take you almost 7 years to try every different type! Though there are over 2,500 varieties of apples, only the crab-apple which isn't normally eaten, originates in North America.

### Connect with us!

[kidsandcompany.com/blog/](https://kidsandcompany.com/blog/)

@kidcokitchen

kidsandcompany

@cheflisaruscica

[kitchen.kidsandcompany.com](https://kitchen.kidsandcompany.com)





## Building healthy bodies & minds



# Fall Menu

Regular ♦ Vegetarian ♦ With Fish

| Week 3          |  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|-----------------|--|---|---|---|---|--|
| Morning Snack   |  | › Yogurt Parfait & Granola<br>› Awesome Apple       | › Banana Roll Up<br>› Bubbly Banana                                   | › Oaty Oatmeal<br>› Cantaloupe Cubes                      | › Whole Wheat Bagel & Cream Cheese<br>› Pineapple Tidbits         | › Morning Glory Muffin<br>› Groovy Grapes                                |
|                 |  | › Milk  | › Milk  | › Milk  | › Milk  | › Milk   |
| Lunch           |  | › Chitty Chitty Squashy Chili                       | › Tasty Teriyaki Salmon   | › Beef & Barley Stew                                      | › Turkey Shepherd's Pie   | › Best Butter Chicken  |
|                 |  | › Corn Bread<br>› Heavenly Harvest Veggies*         | › Tasty Teriyaki Fillet<br>› Confetti Couscous<br>› Tomato Basil Soup | › Bean & Barley Stew<br>› Rock 'n Roll<br>› Bold Broccoli | › Veggie Shepherd's Pie<br>› Merry Mashed Potatoes<br>› P's & Q's | › Best Butter Beans<br>› Brilliant Brown Rice<br>› Autumn Veggie Medley* |
|                 |  | › Fruit Fiesta*                                     | › Fruit Fiesta*   | › Fruit Fiesta*   | › Fruit Fiesta*   | › Fruit Fiesta*  |
|                 |  | › Milk  | › Milk  | › Milk  | › Milk  | › Milk   |
| Afternoon Snack |  | › Happy Hummus & Dipping Sticks<br>› Cucumber Coins | › Cheese Bites & Whole Wheat Crackers<br>› Crazy Carrots              | › Monkey Pudding<br>› Perfect Pear                        | › Peppy Pumpkin Crunch<br>› Outstanding Orange                    | › Banana Smoothie<br>› Trail Mix   |
|                 |  | › Water   | › Water   | › Water   | › Water   | › Water  |

\* **Fruit Fiesta:** Seasonal, Fresh Fruits | \* **Rootin' Tootin' Veggies:** Sweet Potato, Turnip, Squash, Carrot & Onion

\* **Heavenly Harvest Veggies:** Yellow Carrot, Orange Carrot & Green Bean | \* **Autumn Veggie Medley:** Broccoli, Cauliflower & Carrot



### Chef Lisa's Tip:

We love to cozy up with big hearty meals as the weather starts to get cooler! Soups and stews can be super flavourful and are easy to prepare. Try making some of our fall favourites such as Squashy Chili or Beef and Barley Stew in a slow cooker for a wonderful fall meal that is ready the second you step in the door!



### Kidco Kitchen Fun Fact:

Winter squash are harvested in the fall and are called winter squash because they can be stored and eaten all throughout the cold winter months! With a hard outer rind, they can stay fresh for the whole season in a dark cool area! These vegetables are great for stews because the long and low heat cooking process helps soften the hard squash.

### Connect with us!



kidsandcompany.com/blog/



@kidcokitchen



kidsandcompany



@cheflisaruscica

kitchen.kidsandcompany.com





## Building healthy bodies & minds



# Fall Menu

Regular ♦ Vegetarian ♦ With Fish

| Week 4          |  | Monday                                     | Tuesday  | Wednesday  | Thursday                                 | Friday  |
|-----------------|--|--|--|--|--|---|
| Morning Snack   |  | › Whole Grain Cereal<br>› Awesome Apple    | › Whole Wheat Pancake & Fruit Spread<br>› Outstanding Orange | › English Muffin & Wow Butter<br>› Bubbly Banana     | › Strawberry Smoothie Bowl<br>› Muesli   | › Gingerbread Loaf<br>› Honeydew Melon Munchies       |
|                 |  | › Milk                                     | › Milk   | › Milk   | › Milk                                   | › Milk  |
| Lunch           |  | › Chicken Pot Pie                          | › Turkey Noodle Doodle                                       | › Kool Korean Beef                                   | <br>› Veggie Pad Thai                    | › Fancy Fish Tacos                                    |
|                 |  | › Chickpea Pot Pie                         | › Veggie Noodle Doodle                                       | › Kool Korean Tofu                                   |  | › Fancy Bean Tacos                                    |
|                 |  | › Merry Mashed Potatoes<br>› Crazy Carrots | › Whole Wheat Pasta<br>› Bold Broccoli                       | › Brilliant Brown Rice<br>› Rootin' Tootin' Veggies* | › Terrific Thai Noodles<br>› Cuddly Corn | › Whole Wheat Tortilla<br>› Heavenly Harvest Veggies* |
|                 |  | › Fruit Fiesta*                            | › Fruit Fiesta*  | › Fruit Fiesta*                                      | › Fruit Fiesta*                          | › Fruit Fiesta*                                       |
| Afternoon Snack |  | › Milk                                     | › Milk   | › Milk   | › Milk                                   | › Milk  |
|                 |  | › Trail Mix<br>› Cantaloupe Cubes          | › Creamy Spread & Playful Pita<br>› Cucumber Coins           | › Oatmeal Cookie<br>› Groovy Grapes                  | › Energy Bites<br>› Perfect Pear         | › Royal Rice Pudding<br>› Pineapple Tidbits           |
| Afternoon Snack |  | › Water                                    | › Water  | › Water  | › Water                                  | › Water   |
|                 |  |  |  |  |  |   |

\* Fruit Fiesta: Seasonal, Fresh Fruits | \* Rootin' Tootin' Veggies: Sweet Potato, Turnip, Squash, Carrot & Onion

\* Heavenly Harvest Veggies: Yellow Carrot, Orange Carrot & Green Bean | \* Autumn Veggie Medley: Broccoli, Cauliflower & Carrot



### Chef Lisa's Tip:

Oats are simply a delicious superfood! They are a great way to add nutrients to baked goods and snacks such as cookies, and loaves. For a healthy, make ahead breakfast try making overnight oats where you layer oats with any type of milk, such as cow's milk or almond milk, and fruit. You can let your creation sit in the refrigerator overnight and be ready to hit the road in the morning!



### Kidco Kitchen Fun Fact:

Think you're the only one enjoying oats for breakfast? Think again! About 95% of oats are used to feed farm animals such as horses, cows, and sheep. These animals typically eat the whole grain whereas we eat oats in a rolled or flaked form so they are easier to cook and chew!

### Connect with us!



[kidsandcompany.com/blog/](http://kidsandcompany.com/blog/)



@kidcokitchen



kidsandcompany



@cheflisaruscica

[kitchen.kidsandcompany.com](http://kitchen.kidsandcompany.com)

