



MENU FOR

Spring/ Summer 2026

- The Kidco Kitchen is founded on a fresh, from-scratch philosophy, building children with healthy bodies and minds.
- At Kids & Company, we serve a rotation of protein varieties including plant-based options weekly.

- Our fish is Ocean Wise, meaning it is sustainably sourced while reducing factors that contribute to climate change.
- We are proud to practice family-style dining, which empowers children to make their own choices and develop fine motor skills.
- Our team of food experts work to accommodate your child's allergies.



Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<ul style="list-style-type: none"> Yogurt Parfait & Granola Pineapple Tidbits 	<ul style="list-style-type: none"> French Toast & Maple Butter Cantaloupe Cubes 	<ul style="list-style-type: none"> Oaty Oatmeal Wonderful Watermelon 	<ul style="list-style-type: none"> Berry Blast Smoothie Trail Mix 	<ul style="list-style-type: none"> Stunning Strawberry Muffin Outstanding Orange
LUNCH	<ul style="list-style-type: none"> Chana Masala Confetti Couscous Super Sunrise Veggies Fruit Fiesta 	<ul style="list-style-type: none"> ★ Cluck & Crunch Casserole Bean & Crunch Casserole Marching Macaroni Petite Peas Fruit Fiesta 	<ul style="list-style-type: none"> ★ Lemon Dill Fish Lemon Dill Tofu Garlic Roasted Potatoes Veggie Parade Mix Fruit Fiesta 	<ul style="list-style-type: none"> ★ Turkey Enchiladas Bean Enchiladas Whole Wheat Tortilla Crazy Carrots Fruit Fiesta 	<ul style="list-style-type: none"> ★ Beef Burger Veggie Burger Whole Wheat Bun Sweet Corn 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"> Marinara & Dipping Sticks Honeydew Melon Munchies 	<ul style="list-style-type: none"> Happy Hummus & Playful Pita Bubbly Banana
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"> Classy Carrot Muffin 	<ul style="list-style-type: none"> Wow Butter Jammy Sammy 	<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 Pineapple Tidbits 	<ul style="list-style-type: none"> Whole Wheat Bagel & Cream Cheese Perfect Pear 	<ul style="list-style-type: none"> Peach Smoothie Trail Mix 	<ul style="list-style-type: none"> Whole Wheat Pancake & Fruit Spread Wonderful Watermelon 	<ul style="list-style-type: none"> Lemon Poppy Seed Loaf Outstanding Orange
LUNCH	<ul style="list-style-type: none"> Tex Mex Madness Brilliant Brown Rice Super Sunrise Veggies Fruit Fiesta 	<ul style="list-style-type: none"> ★ Sassy Salmon Pasta Sassy Tofu Pasta Whole Wheat Pasta Petite Peas Fruit Fiesta 	<ul style="list-style-type: none"> ★ Twisty Turkey Stir Fry Twisty Veggie Stir Fry Terrific Thai Noodles Sweet Corn Fruit Fiesta 	<ul style="list-style-type: none"> Marvellous Mac n' Cheese Marching Macaroni Veggie Parade Mix Fruit Fiesta 	<ul style="list-style-type: none"> ★ Chicken Souvlaki & Tzatziki Bean Souvlaki & Tzatziki Playful Pita Cucumber Coins Fruit Fiesta
PM SNACK	<ul style="list-style-type: none"> Tea Time Sandwiches Cucumber Coins 	<ul style="list-style-type: none"> Rainbow Berry Bar Cantaloupe Cubes 	<ul style="list-style-type: none"> Banana Roll Up Bubbly Banana 	<ul style="list-style-type: none"> Okey Dokey Oat Square Awesome Apple 	<ul style="list-style-type: none"> Blueberry Island 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"> Classy Carrot Muffin 	<ul style="list-style-type: none"> Wow Butter Jammy Sammy 	<ul style="list-style-type: none"> Zany Zucchini Loaf

★ REGULAR MENU

• Vegetarian option available by parent request.

🌿 VEGETARIAN MENU

• We drink milk at AM snack and lunch.

• We drink water every time we eat.





MENU FOR

Spring/ Summer 2026

- The Kidco Kitchen is founded on a fresh, from-scratch philosophy, building children with healthy bodies and minds.
- At Kids & Company, we serve a rotation of protein varieties including plant-based options weekly.
- Our fish is Ocean Wise, meaning it is sustainably sourced while reducing factors that contribute to climate change.
- We are proud to practice family-style dining, which empowers children to make their own choices and develop fine motor skills.
- Our team of food experts work to accommodate your child's allergies.



Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<ul style="list-style-type: none"> • Yogurt Parfait & Granola • Outstanding Orange 	<ul style="list-style-type: none"> • French Toast & Maple Butter • Honeydew Melon Munchies 	<ul style="list-style-type: none"> • Oaty Oatmeal • Pineapple Tidbits 	<ul style="list-style-type: none"> • Zany Zucchini Loaf • Cantaloupe Cubes 	<ul style="list-style-type: none"> • Banana Roll Up • Bubbly Banana
LUNCH	<ul style="list-style-type: none"> • Messy Mediterranean Rice • Brilliant Brown Rice • Bold Broccoli • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Hello Hawaiian Meatballs • Hello Hawaiian Veggie Bites • Confetti Couscous • California Blend • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Shredded BBQ Chicken • BBQ Beans • Whole Wheat Bun • Veggie Parade Mix • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Ohana Orange Fish • Ohana Orange Tofu • Garlic Roasted Potatoes • Sweet Corn • Fruit Fiesta 	<ul style="list-style-type: none"> • Roaring Rosé Lentil Pasta • Whole Wheat Pasta • Crazy Carrots • Fruit Fiesta
PM SNACK	<ul style="list-style-type: none"> • Marinara & Dipping Sticks • Awesome Apple 	<ul style="list-style-type: none"> • Peach Crumble • Wonderful Watermelon 	<ul style="list-style-type: none"> • Cheese Bites & Crackers • Cucumber Coins 	<ul style="list-style-type: none"> • Happy Hummus & Playful Pita • Perfect Pear 	<ul style="list-style-type: none"> • Blueberry Smoothie • Trail Mix
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"> • Classy Carrot Muffin 	<ul style="list-style-type: none"> • Wow Butter Jammy Sammy 	<ul style="list-style-type: none"> • Zany Zucchini Loaf

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<ul style="list-style-type: none"> • Whole Grain Cereal • Awesome Apple 	<ul style="list-style-type: none"> • Whole Wheat Pancake & Fruit Spread • Cantaloupe Cubes 	<ul style="list-style-type: none"> • Strawberry Smoothie • Trail Mix 	<ul style="list-style-type: none"> • Whole Wheat Bagel & Cream Cheese • Outstanding Orange 	<ul style="list-style-type: none"> • Popular Peach Muffin • Honeydew Melon Munchies
LUNCH	<ul style="list-style-type: none"> • Veggie Pad Thai • Terrific Thai Noodles • California Blend • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Kool Korean Meatballs • Kool Korean Beans • Marching Macaroni • Petite Peas • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Teriyaki Salmon • Teriyaki Tofu • Garlic Roasted Potatoes • Super Sunrise Veggies • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Tikka Masala Chicken • Tikka Masala Beans • Comfy Coconut Rice • Crazy Carrots • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Turkey Sloppy Joe's • Veggie Sloppy Joe's • Whole Wheat Bun • Bold Broccoli • Fruit Fiesta
PM SNACK	<ul style="list-style-type: none"> • Tea Time Sandwiches • Cucumber Coins 	<ul style="list-style-type: none"> • Rainbow Berry Bar • Groovy Grapes 	<ul style="list-style-type: none"> • Queso Dip & Playful Pita • Pineapple Tidbits 	<ul style="list-style-type: none"> • Okey Dokey Oat Square • Perfect Pear 	<ul style="list-style-type: none"> • Blueberry Island • Wonderful Watermelon
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"> • Classy Carrot Muffin 	<ul style="list-style-type: none"> • Wow Butter Jammy Sammy 	<ul style="list-style-type: none"> • Zany Zucchini Loaf

★ REGULAR MENU

• Vegetarian option available by parent request.

🌿 VEGETARIAN MENU

• We drink milk at AM snack and lunch.

• We drink water every time we eat.





NOVA SCOTIA MENU FOR Spring/Summer 2026

- The Kidco Kitchen is founded on a fresh, from-scratch philosophy, building children with healthy bodies and minds.
- At Kids & Company, we serve a rotation of protein varieties including plant-based options weekly.

- Our fish is Ocean Wise, meaning it is sustainably sourced while reducing factors that contribute to climate change.
- We are proud to practice family-style dining, which empowers children to make their own choices and develop fine motor skills.
- Our team of food experts work to accommodate your child's allergies.



Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<ul style="list-style-type: none"> • Yogurt Parfait & Granola • Pineapple Tidbits 	<ul style="list-style-type: none"> • Silly Shreddies • Cantaloupe Cubes 	<ul style="list-style-type: none"> • Oaty Oatmeal • Wonderful Watermelon 	<ul style="list-style-type: none"> • Whole Wheat Bagel & Cream Cheese • Outstanding Orange 	<ul style="list-style-type: none"> • Stunning Strawberry Muffin • Bubbly Banana
LUNCH	<ul style="list-style-type: none"> ★ Chatty Chickpea Tagine • Playful Pita • Super Sunrise Veggies • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Cluck & Crunch Casserole ★ Bean & Crunch Casserole • Whole Wheat Pasta • Petite Peas • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Fish Florentine ★ Tofu Florentine • Whole Wheat Radiant Rotini • Bold Broccoli • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Brazen Beef Tacos ★ Brazen Bean Tacos • Whole Wheat Tortilla • Veggie Parade Mix • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Twisty Turkey Stir Fry ★ Twisty Veggie Stir Fry • Brilliant Brown Rice • Glorious Green Beans • Fruit Fiesta
PM SNACK	<ul style="list-style-type: none"> • Cheese Bites • Admirable Applesauce 	<ul style="list-style-type: none"> • Peach Crumble • Wonderful Watermelon 	<ul style="list-style-type: none"> • Banana Bread • Awesome Apple 	<ul style="list-style-type: none"> • Happy Hummus & Playful Pita • Honeydew Melon Munchies 	<ul style="list-style-type: none"> • Berry Blast Smoothie • Trail Mix
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"> • Classy Carrot Muffin 	<ul style="list-style-type: none"> • Trail Mix 	<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 • Pineapple Tidbits 	<ul style="list-style-type: none"> • Whole Wheat English Muffin & Butter • Wonderful Watermelon 	<ul style="list-style-type: none"> • Peach Smoothie • Trail Mix 	<ul style="list-style-type: none"> • Oaty Oatmeal • Outstanding Orange 	<ul style="list-style-type: none"> • Lemon Poppy Seed Loaf • Bubbly Banana
LUNCH	<ul style="list-style-type: none"> ★ Tex Mex Madness • Brilliant Brown Rice • Super Sunrise Veggies • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Sassy Salmon Pasta ★ Sassy Tofu Pasta • Whole Wheat Pasta • Petite Peas • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Turkey Burrito Bowl ★ Bean Burrito Bowl • Brilliant Brown Rice • Veggie Parade Mix • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Marvellous Mac n' Cheese • Whole Wheat Radiant Rotini • Glorious Green Beans • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Chicken Souvlaki & Tzatziki ★ Bean Souvlaki & Tzatziki • Playful Pita • Bold Broccoli • Fruit Fiesta
PM SNACK	<ul style="list-style-type: none"> • Blueberry Island • Honeydew Melon Munchies 	<ul style="list-style-type: none"> • Rainbow Berry Bar • Cantaloupe Cubes 	<ul style="list-style-type: none"> • Queso Dip & Playful Pita • Awesome Apple 	<ul style="list-style-type: none"> • Okey Dokey Oat Square • Wonderful Watermelon 	<ul style="list-style-type: none"> • Tea Time Sandwiches • 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"> • Classy Carrot Muffin 	<ul style="list-style-type: none"> • Trail Mix 	<ul style="list-style-type: none"> • Zany Zucchini Loaf

★ REGULAR MENU

• Vegetarian option available by parent request.

🌿 VEGETARIAN MENU

• We drink milk at AM snack and lunch.

• We drink water every time we eat.





NOVA SCOTIA MENU FOR Spring/Summer 2026

- The Kidco Kitchen is founded on a fresh, from-scratch philosophy, building children with healthy bodies and minds.
- At Kids & Company, we serve a rotation of protein varieties including plant-based options weekly.

- Our fish is Ocean Wise, meaning it is sustainably sourced while reducing factors that contribute to climate change.
- We are proud to practice family-style dining, which empowers children to make their own choices and develop fine motor skills.
- Our team of food experts work to accommodate your child's allergies.



Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<ul style="list-style-type: none"> • Yogurt Parfait & Granola • Outstanding Orange 	<ul style="list-style-type: none"> • Silly Shreddies • Honeydew Melon Munchies 	<ul style="list-style-type: none"> • Oaty Oatmeal • Pineapple Tidbits 	<ul style="list-style-type: none"> • Zany Zucchini Loaf • Cantaloupe Cubes 	<ul style="list-style-type: none"> • Whole Wheat Bagel & Cream Cheese • Admirable Applesauce
LUNCH	<ul style="list-style-type: none"> • Messy Mediterranean Rice • Brilliant Brown Rice • Bold Broccoli • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Hello Hawaiian Turkey Meatballs • Hello Hawaiian Veggie Bites • Whole Wheat Radiant Rotini • Glorious Green Beans • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Shredded BBQ Chicken • BBQ Beans • Whole Wheat Bun • Petite Peas • Fruit Fiesta 	<ul style="list-style-type: none"> • Roaring Red Lentil Pasta • Whole Wheat Pasta • Veggie Parade Mix • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Ohana Orange Fish • Ohana Orange Tofu • Brilliant Brown Rice • Super Sunrise Veggies • Fruit Fiesta
PM SNACK	<ul style="list-style-type: none"> • Cheese Bites • Awesome Apple 	<ul style="list-style-type: none"> • Peach Crumble • Wonderful Watermelon 	<ul style="list-style-type: none"> • Happy Hummus & Playful Pita • Cucumber Coins 	<ul style="list-style-type: none"> • Spin Dip & Whole Wheat Tortilla • Bubbly Banana 	<ul style="list-style-type: none"> • Blueberry Smoothie • Trail Mix
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"> • Classy Carrot Muffin 	<ul style="list-style-type: none"> • Trail Mix 	<ul style="list-style-type: none"> • Zany Zucchini Loaf

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<ul style="list-style-type: none"> • Whole Grain Cereal • Awesome Apple 	<ul style="list-style-type: none"> • Strawberry Smoothie • Trail Mix 	<ul style="list-style-type: none"> • Oaty Oatmeal • Honeydew Melon Munchies 	<ul style="list-style-type: none"> • Whole Wheat English Muffin & Butter • Cantaloupe Cubes 	<ul style="list-style-type: none"> • Popular Peach Loaf • Bubbly Banana
LUNCH	<ul style="list-style-type: none"> • Veggie Fried Rice • Brilliant Brown Rice • Glorious Green Beans • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Kool Korean Turkey Meatballs • Kool Korean Beans • Whole Wheat Radiant Rotini • Petite Peas • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Teriyaki Salmon • Teriyaki Tofu • Whole Wheat Pasta • Super Sunrise Veggies • Fruit Fiesta 	<ul style="list-style-type: none"> • Tikka Masala Beans • Brilliant Brown Rice • Peas & Carrots • Fruit Fiesta 	<ul style="list-style-type: none"> ★ Sloppy Joe's • Veggie Sloppy Joe's • Whole Wheat Bun • Veggie Parade Mix • Fruit Fiesta
PM SNACK	<ul style="list-style-type: none"> • Tea Time Sandwiches • Cucumber Coins 	<ul style="list-style-type: none"> • Rainbow Berry Bar • Outstanding Orange 	<ul style="list-style-type: none"> • Queso Dip & Playful Pita • Pineapple Tidbits 	<ul style="list-style-type: none"> • Okey Dokey Oat Square • Admirable Applesauce 	<ul style="list-style-type: none"> • Blueberry Island • Wonderful Watermelon
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"> • Classy Carrot Muffin 	<ul style="list-style-type: none"> • Trail Mix 	<ul style="list-style-type: none"> • Zany Zucchini Loaf

★ REGULAR MENU

• Vegetarian option available by parent request.

🌿 VEGETARIAN MENU

• We drink milk at AM snack and lunch.

• We drink water every time we eat.

