



MENU FOR

Fall 2026 – Winter 2027

- 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	- Yogurt Parfait & Granola - Awesome Apple	- Whole Wheat Bagel & Cream Cheese - Cantaloupe Cubes	- Blueberry Oatmeal - Outstanding Orange	- French Toast & Maple Butter - Admirable Applesauce	- Okey Dokey Oat Square - Honeydew Melon Munchies
LUNCH	- Veggie Fried Rice - Brilliant Brown Rice - Cuddly Corn - Fruit Fiesta	★ Fish Florentine - Tofu Florentine - Whole Wheat Pasta - Petite Peas - Fruit Fiesta	★ Chicken Pot Pie Stew - Chickpea Pot Pie Stew - Rock n' Roll - Bold Broccoli - Fruit Fiesta	★ Magic Meatballs - Magic Veggie Bites - Marching Macaroni - Veggie Parade Mix - Fruit Fiesta	★ Turkey Kofta & La La Labneh - Veggie Kofta & La La Labneh - Whole Wheat Tortilla - Crazy Carrots - Fruit Fiesta
PM SNACK	- Happy Hummus & Playful Pita - Cucumber Coins	- Rainbow Berry Bar - Perfect Pear	- Banana Bread - Pineapple Tidbits	- Cheese Bites & Crackers - Bubbly Banana	- Strawberry Smoothie - Trail Mix
BYE BYE BITES	Oatmeal Cookie	Bubbly Banana	Spiced Pumpkin Muffin	Wow Butter Jammy Sammy	Gingerbread Loaf

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	- Whole Grain Cereal - Admirable Applesauce	- Berry Blast Smoothie - Trail Mix	- Whole Wheat Pancake & Fruit Spread - Pineapple Tidbits	- Chai Spice Loaf - Cantaloupe Cubes	- Banana Roll Up - Bubbly Banana
LUNCH	★ Chicken Pad Thai - Veggie Pad Thai - Terrific Thai Noodles - Super Sunrise Veggies - Fruit Fiesta	★ Brazen Beef Tacos - Brazen Bean Tacos - Whole Wheat Tortilla - Vibrant Veggie Medley - Fruit Fiesta	★ Turkey Noodle Doodle - Veggie Noodle Doodle - Whole Wheat Pasta - Petite Peas - Fruit Fiesta	★ Teriyaki Salmon - Teriyaki Tofu - Lucky Lemon Couscous - Cuddly Corn - Fruit Fiesta	- Tikka Masala Beans - Comfy Coconut Rice - Crazy Carrots - Fruit Fiesta
PM SNACK	- Tea Time Sandwiches - Cucumber Coins	- Appeticious Crisp - Outstanding Orange	- Spin Dip & Playful Pita - Groovy Grapes	- Marinara & Dipping Sticks - Perfect Pear	- Strawberry Snowstorm - Honeydew Melon Munchies
BYE BYE BITES	Oatmeal Cookie	Bubbly Banana	Spiced Pumpkin Muffin	Wow Butter Jammy Sammy	Gingerbread Loaf

★ REGULAR MENU

VEGETARIAN MENU

- Vegetarian option available by parent request.
- We drink milk at AM snack and lunch.
- We drink water every time we eat.





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Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	- Yogurt Parfait & Granola - Pineapple Tidbits	- French Toast & Maple Butter - Perfect Pear	- Blueberry Oatmeal - Cantaloupe Cubes	- Whole Wheat Bagel & Cream Cheese - Awesome Apple	- Cranberry Orange Muffin - Bubbly Banana
LUNCH	- Chitty Chitty Veggie Chili - Cornbread - Vibrant Veggie Medley - Fruit Fiesta	★ Chicken Shawarma & Happy Hummus - Veggie Shawarma & Happy Hummus - Playful Pita - Crazy Carrots - Fruit Fiesta	★ Buckaroo Beef Stew - Buckaroo Bean Stew - Rock n' Roll - Cuddly Corn - Fruit Fiesta	★ Maple Dijon Salmon - Maple Dijon Fillet - Brilliant Brown Rice - Glorious Green Beans - Fruit Fiesta	- Chatty Chickpea Tagine - Lucky Lemon Couscous - Veggie Parade Mix - Fruit Fiesta
PM SNACK	- Cheese Bites & Crackers - Honeydew Melon Munchies	- Rainbow Berry Bar - Admirable Applesauce	- Mango Lassi - Trail Mix	- Spin Dip & Playful Pita - Outstanding Orange	- Strawberry Snowstorm - Cucumber Coins
BYE BYE BITES	Oatmeal Cookie	Bubbly Banana	Spiced Pumpkin Muffin	Wow Butter Jammy Sammy	Gingerbread Loaf

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	- Whole Grain Cereal - Awesome Apple	- Blueberry Smoothie - Trail Mix	- Whole Wheat Pancake & Fruit Spread - Outstanding Orange	- Okey Dokey Oat Square - Honeydew Melon Munchies	- Banana Roll Up - Bubbly Banana
LUNCH	- Roaring Red Lentil Pasta - Whole Wheat Pasta - Crazy Carrots - Fruit Fiesta	★ Best Butter Chicken - Best Butter Beans - Brilliant Brown Rice - Super Sunrise Veggies - Fruit Fiesta	★ Swedish Meatballs - Swedish Veggie Bites - Merry Mashed Potatoes - Petite Peas - Fruit Fiesta	★ Twisty Turkey Stir Fry - Twisty Veggie Stir Fry - Terrific Thai Noodles - Glorious Green Beans - Fruit Fiesta	- Marvellous Mac n' Cheese - Marching Macaroni - Bold Broccoli - Fruit Fiesta
PM SNACK	- Tea Time Sandwiches - Cucumber Coins	- Appeticious Crisp - Pineapple Tidbits	- Happy Hummus & Playful Pita - Perfect Pear	- Cheese Bites & Crackers - Groovy Grapes	- Marinara & Dipping Sticks - Cantaloupe Cubes
BYE BYE BITES	Oatmeal Cookie	Bubbly Banana	Spiced Pumpkin Muffin	Wow Butter Jammy Sammy	Gingerbread Loaf

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