



KIDS LUNCH PROGRAM

CHICKEN

- Chicken & Vegetable Potstickers
- Chicken Teriyaki with Rice and Vegetables
- Butter Chicken with Rice and Naan
- Chicken "Fried" Rice

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BEEF

- Beef Lasagna
- Beef Sliders
- Cheese Burger
- Whole Wheat Spaghetti & Meatballs
- Beef Soft Taco

VEGETARIAN

- Cheese Lasagna
- Cheese Pizza
- French Toast with Maple Syrup
- Grilled Cheese
- Mac and Cheese
- Pancakes with Maple Syrup
- Penne with Choice of Sauce: Pesto, Tomato, Plain

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OTHER

- Gluten Free Chicken Snack Pack
- Gluten Free Egg Snack Pack
- Chicken Snack Pack
- Egg Snack Pack

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SALADS

- Arugula & Sweet Potato Salad
- Baby Spinach Salad with Strawberries and Goat Cheese
- Caesar Salad with Choice of: Chicken, Salmon, Tofu
- Chicken Taco Salad
- Cobb Salad
- Greek Salad with Choice of: Chicken, Salmon, Tofu
- Quinoa Salad with Choice of: Chicken, Salmon, Tofu

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DRINKS

- Milk, 2%
- Milk, Chocolate

SAMPLE MENU



Every meal comes with a complimentary side fruit or vegetable.

SANDWICHES/WRAPS

- Hot Egg Breakfast Sandwich with Choice of: Cheese, Cheese & Sliced Turkey, Plain Bagel with Cream Cheese and Smoked Salmon BLT on a Rustic Bun (Dress Your Own - Add Mayo)
- Egg Salad on a Rustic Bun (Dress Your Own)
- Gluten Free Chicken Wrap
- Gluten Free Egg Salad Wrap
- Gluten Free Tuna Wrap
- Grilled Chicken Caesar Salad Wrap
- Sliced Chicken on a Rustic Bun (Dress Your Own)
- Tuna Salad on a Rustic Bun (Dress Your Own)

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COMPLIMENTARY SIDES

- Bell Peppers
- Cantaloupe
- Carrots
- Celery
- Cucumber
- Grape Tomato
- Grapes
- Honeydew
- Orange

SNACKS

- Apple Rings
- Fresh Fruit Cup
- Grapes
- Mango Slices
- Orange Wedges
- Cheddar Cheese Slices with Whole Grain Crackers
- Fresh Cut Vegetables and Dip
- Granola Mix
- Hummus (Sesame Free) with Whole Grain Crackers
- Popcorn
- Snack Pack with Fruit
- Snack Pack with Veggies
- Gluten Free Snack Pack with Fruit
- Gluten Free Snack Pack with Veggies
- Tortilla Chips and Salsa
- Vanilla Greek Yogurt

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BASIC PRINCIPLE:

Real ingredients, real food, never processed, kid-friendly, healthy menu made for child's tastes with flexibility.

FOOD SOURCES:

Ontario food terminal, Ontario meat vendors, and Rose Reisman Catering approved vendors, all nut and tree nut-free.

FOOD PREPARATION:

Food is prepared from scratch in the Rose Reisman Catering state-of-the-art 10,000 square foot kitchen.



WWW.KIDLUNCH.CA

G Gluten Free
D Dairy Free
V Vegetarian