



KIDS LUNCH PROGRAM

CHICKEN

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

BEEF

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

VEGETARIAN

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

OTHER

Gluten Free Chicken Snack Pack	G
Gluten Free Egg Snack Pack	G V
Chicken Snack Pack	
Egg Snack Pack	V

SALADS

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

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)	D
Egg Salad on a Rustic Bun (Dress Your Own)	D V
Gluten Free Chicken Wrap	G D
Gluten Free Egg Salad Wrap	G D V
Gluten Free Tuna Wrap	G D
Grilled Chicken Caesar Salad Wrap	
Sliced Chicken on a Rustic Bun (Dress Your Own)	D
Tuna Salad on a Rustic Bun (Dress Your Own)	D

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	G
Gluten Free Snack Pack with Veggies	G
Tortilla Chips and Salsa	
Vanilla Greek Yogurt	

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.



G Gluten Free
D Dairy Free
V Vegetarian