



Helping children eat well and perform better.

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www.kidskitchen.ca



Leave the lunches to us.



Proud to be serving lunch every Monday, Tuesday, Thursday and Friday

BECKETT FARM PUBLIC SCHOOL
Monday, September 9, 2019

Spend more quality time with your kids.

With everything that's on your plate, you can feel good about ordering our hot, fresh lunches because they're delicious, affordable and are as good as homemade. Rely on us to make your child's lunch in our nut-free kitchen and delivered fresh at lunch time.

Order today!

Go to www.kidskitchen.ca to see your school's menu and for easy, secure online ordering,



*Special diet needs?
No problem! We're here for you.*



Turn over for a sample menu



Kid's Kitchen Co.

Serving hot lunches to GTA schools since 2001!

Delivering good, real food to kids at school

Our commitment is to provide nutritious, delicious, "home-cooked" meals with simple ingredients that you'd find in your own kitchen.

Kid's Kitchen 2019-2020 Sample Menu

Here's a taste of what we've got cooking at Kid's Kitchen. Choices and availability may vary by school. Please visit www.kidskitchen.ca to see your customized menu.

Daily Entrees

Macaroni & cheese
Grilled cheese sandwich on whole wheat bread
Grilled cheese & turkey sandwich
Greek Chicken with steamed rice (GF) (H)
Tofu Greek Chicken with steamed rice
Meatballs, brown gravy, Mashed Potato (H)
Veg. Meatballs, brown gravy, Mashed Potato
Pasta with meat sauce (GF)
Pasta with tomato sauce (GF)
Buttery pasta
Chicken fingers with rice pilaf (GF) (H)
Veggie fingers with rice pilaf
Beef burger
Chicken burger (H)
Veggie burger

Complete Meals

Chicken Caesar Wrap with fruit (H)
California rolls (9 pcs) w/ edamame
Veg. California rolls (9 pcs) w/ edamame
Chicken fried rice with fruit
Tofu fried rice with fruit
Bento Box
(hummus, mini pita, veggie sticks & cheese cube)
Pancakes (2) turkey sausage (2) apple sauce

Side Items

Baked potato with sour cream
Garden salad with Italian dressing
Steamed rice
Corn niblets
Edamame (shelled)
Cucumber slices
Veggies & dip
Pierogies (4 pcs) with sour cream
Chicken fingers (2 pcs) (GF) (H)
Pancakes with syrup (2pcs)
Garlic bread

Snacks & Desserts

Fruit of the Day
Diced Fruit
Yogurt cup
Banana chocolate chip muffin (SFTE)
Banana blueberry loaf (GF) (SFTE)
Chocolate chip cookie (SFTE)
Fudgy Brownie (SFTE)
Super food granola bar

Drinks

2% or Chocolate Milk
Chocolate soy milk
Various Fruit Juices (100% juice)
Apple watermelon juice (100% juice)
Yogurt Smoothie – Strawberry (Hans Dairy)

Condiments

Butter
Cheese slice
Parmesan cheese
Mayonnaise
Pickles
Plum sauce
Extra syrup
Ketchup, Relish, Mustard

(GF) Gluten-friendly also available. See prices online.

(H) Halal also available. See prices online.

(SFTE) Sweets from the Earth Premium Baked Good

The Kid's Kitchen Food Philosophy Checklist:

- ✓ Fresh
- ✓ Healthy
- ✓ Tasty
- ✓ Reliable
- ✓ Convenient

Made from scratch every day.

Your child(ren)'s lunches will always be made fresh in the morning. If we can't make something, we only use suppliers that share our passion for high quality food.

We know local is fresher.

Local farmers top our list for buying fresh fruits, vegetables, beef and chicken whenever possible. We use Canadian chicken which is raised without added hormones or routine antibiotics.

Pure ingredients make better meals.

Our focus is to use fresh, natural ingredients. We use only whole grain/wheat breads and wraps; enriched pastas; and 100% juice.

100% nut-free.

Our entire kitchen is a nut-free zone. We take pride in the nut-free, baked products that are made in-house, or bought from nut-free bakeries.

Nutrition or taste? We deliver both.

Our menus have been developed in consultation with a Registered Dietician and meet the Ontario School Food and Beverage guidelines.

Stay in the know! Don't miss any important lunch updates.

Be sure to subscribe to Kid's Kitchen emails for specials, reminders and account updates.

Create your account or sign in at www.kidskitchen.ca. In your Account Profile, check the box Send me lunch reminders and details for specials."

