

KIDS MENU



Healthy Breakfast Choices

Hard Boiled Egg

- Served with low fat yogurt with granola and seasonal fresh fruit.

Vegetable Egg Beater Scramble

- With low-fat cream cheese, fresh spinach and mushrooms. Served with muffins and seasonal fresh fruit.

Oatmeal

- With choice of fresh fruit, pecans, walnuts, raisins, honey, brown sugar, lactose free milk, almond milk, or sugar substitute.

Build your own Breakfast Pizza

- Served with your choice of yogurt, fruit, chocolate spread, whipped cream, or nuts.

Fruit Skewer

- Seasonal fruit with a yogurt dipping sauce



HOT BREAKFAST ENTREES

American

-Scrambled eggs, bacon (turkey or pork), sausage (turkey or pork), biscuits, and roasted potatoes.

Breakfast Casseroles

-Vegetarian: Fresh spinach, zucchini, onion, green peppers and cheddar cheese, baked in an egg batter.

-Country: Bacon, ham, sausage, onion, green peppers and cheddar cheese, baked in an egg batter; served with seasonal fresh fruit.

-French Toast: Cinnamon or pecan; served with syrup and seasonal fresh fruit.



BISCUIT SLIDERS

- Buttermilk Biscuit Slider - Ham
- Buttermilk Biscuit Slider - Turkey
- Buttermilk Biscuit Slider – Chicken



LUNCH

Build your own Lunchable

- Served with crackers, choice of chicken, beef, pepperoni, ham, cheddar cheese, grapes, and a Capri Sun.



CHICKEN

Smoked Chicken

- All-natural bone in chicken legs and thighs marinated in homemade seasonings for 24 hours and smoked to perfection. Choose from Barbeque, Herb, Plain, Lemon Pepper, or Southern.

Asian Inspired Chicken

- Large chunks of all natural chicken breasts, onions and peppers cooked in your choice of savory sweet and sour or orange sauce.

Lemon and Thyme Roasted Chicken Thighs

- All-natural bone in chicken legs and thighs infused with lemon and thyme seasonings and slow roasted.
- Served with choice of mashed potatoes, broccoli , carrots, macaroni and cheese, sweet potatoes, or green beans. (Please note if vegetables need to be hidden, we will make them invisible)

PASTA

Lasagna

- Traditional ground beef or turkey and marinara with mozzarella and Parmesan.

Vegetable Lasagna

Spaghetti with Meatballs or Meat sauce

- Grandmas' meat sauce or meatballs baked with marinara and Parmesan, served over spaghetti.

Chicken & Shrimp

- (sliced chicken or shrimp in a roasted red pepper cream sauce over rotini pasta)

Creamy Chicken and Vegetable Pasta

- (with Mixed Vegetables in a Parmesan cream sauce and Sun-Dried Tomatoes)

Classic Chicken or Shrimp Parmesan

- Linguine and chicken or shrimp in a light herb olive oil or Parmesan cream sauce.

SNACKS

Popcorn

Muffins

Celery with peanut butter

Peanut Butter and Jelly Rolls

Cookies

Fruit Parfait with Granola

Fruit Smoothie

Build a snack (Contains 3 snacks from above)





DAIRY FREE

BREAKFAST

HEALTHY CHOICES

Vegetable Egg Beater Scramble

- With fresh spinach and mushrooms. Served with seasonal fresh fruit.

Oatmeal

- With choice of fresh fruit, pecans, walnuts, raisins, honey, brown sugar, almond milk, or sugar substitute.

Fruit Skewer

- Seasonal fruit with pretzel sticks.

HOT ENTREES

American

- Dairy Free Waffles, bacon (turkey or pork), sausage (turkey or pork), and roasted potatoes.

Breakfast Casseroles

- Vegetarian: Fresh spinach, zucchini, onion, and green peppers, baked in an egg batter.
- Country: Bacon, ham, sausage, onion, green peppers and seasoned potatoes, served with seasonal fresh fruit.
- French Toast: Cinnamon or pecan; served with syrup and seasonal fresh fruit.



Waffle Sliders

DAIRY FREE WAFFLES WITH FRUIT

DAIRY FREE WAFFLES WITH A CHOICE OF TURKEY OR CHICKEN SAUSAGE

DAIRY FREE WAFFLES WITH OATMEAL





LUNCH

Build your own Lunchable

- Served with crackers, choice of chicken, beef, pepperoni, ham, grapes, and a Capri Sun.



PASTA

Chicken & Shrimp

- (sliced roasted red pepper in a roasted marinara sauce)

Chicken and Vegetable Pasta

- (with Broccoli, Bell Peppers, and Sun-Dried Tomatoes)

Beef or Chicken Tacos

- Seasoned ground beef in soft or hard taco shells, served with tomato, lettuce, and salsa.

Chicken Fajitas

- (salsa, lettuce, and onion – soft tacos on the side)

CHICKEN

Smoked Chicken

- All-natural bone in chicken legs and thighs marinated in homemade seasonings for 24 hours and smoked to perfection. Choose from Barbeque, Herb, Plain, Lemon Pepper, or Southern.

Asian Inspired Chicken

- Large chunks of all natural chicken breasts, onions and peppers cooked in your choice of savory sweet and sour or orange sauce.

Lemon and Thyme Roasted Chicken Thighs

- All-natural bone in chicken legs and thighs infused with lemon and thyme seasonings and slow roasted.

- Served with choice of mashed potatoes, broccoli , carrots, pasta and herb sauce, sweet potatoes, or green beans. (Please note if vegetables need to be hidden, we will make them invisible)

SNACKS

Fruit Sorbet

Celery and Peanut Butter

Fruit Smoothie

Fruit and dairy free yogurt

Turkey roll

Popcorn

Dairy Free Cupcakes

Build a snack (Contains 3 snacks from above)





GLUTEN FREE



HEALTHY BREAKFAST CHOICES

Hard Boiled Egg

- Served with low fat yogurt with seasonal fresh fruit.

Vegetable Egg Beater Scramble

- With low-fat cream cheese, fresh spinach and mushrooms. Served with seasonal fresh fruit.

Gluten Free Oatmeal

- With choice of fresh fruit, pecans, walnuts, raisins, honey, brown sugar, lactose free milk, almond milk, or sugar substitute.

Build your own Breakfast Pizza

- Served with your choice of yogurt, fruit, chocolate spread, whipped cream, or nuts on a gluten-free crust.

Fruit Skewer

- Seasonal fruit with a Greek yogurt dipping sauce

HOT BREAKFAST ENTREES

- **American**
- Scrambled eggs, gluten free pancakes, Greek yogurt, and
- **Breakfast Casseroles**
- Vegetarian: Fresh spinach, zucchini, onion, green peppers and cheddar cheese, baked in an egg batter.
- Onion, green peppers and cheddar cheese, baked in an egg batter; served with seasonal fresh fruit.



GLUTEN FREE PANCAKES

- Buttermilk Pancake with fresh fruit cooked inside (strawberries, blueberries, or peaches)
- Buttermilk Pancake with gluten free oatmeal
- Buttermilk Pancake with Greek yogurt



LUNCH

Build your own Lunchable

- Served with gluten free crackers, choice of chicken, turkey, grapes, and a Capri Sun.



CHICKEN

Smoked Chicken

- All-natural bone in chicken legs and thighs marinated in homemade seasonings for 24 hours and smoked to perfection. Choose from Barbeque, Herb, Plain, Lemon Pepper, or Southern.

Asian Inspired Chicken

- Large chunks of all natural chicken breasts, onions and peppers cooked in your choice of savory sweet and sour or orange sauce.

Lemon and Thyme Roasted Chicken Thighs

- All-natural bone in chicken legs and thighs infused with lemon and thyme seasonings and slow roasted.
- Served with choice of mashed potatoes, broccoli, carrots, gluten free macaroni and cheese, sweet potatoes, or green beans. (Please note if vegetables need to be hidden, we will make them invisible)

GLUTEN FREE PASTA

Gluten Free Lasagna

- Traditional ground beef or turkey and marinara with mozzarella and Parmesan.

Gluten Free Vegetable Lasagna

Gluten Free Spaghetti with Meatballs or Meat sauce

- Grandmas meat sauce or meatballs baked with marinara and Parmesan, served over spaghetti.

Chicken & Shrimp

- (sliced chicken or shrimp in a roasted red pepper cream sauce over gluten free rotini pasta)

Creamy Chicken and Vegetable Pasta

(with Mixed Vegetables in a Parmesan cream sauce and Sun-Dried Tomatoes)

- **Classic Chicken or Shrimp Parmesan**
- Gluten Free Linguini and chicken or shrimp in a light herb olive oil or Parmesan cream sauce.

SNACKS

Snacks

Fruit Salad

Apples and Nut Butter

Popcorn

Gluten Free Muffins

Homemade Applesauce

Gluten Free Pretzels and Cheese

Gluten Free Cookies

Build a Snack (Contains 3 snacks from above)





VEGETARIAN



Healthy Breakfast Choices

Vegetable Egg Beater Scramble

- With fresh spinach and mushrooms. Served with seasonal fresh fruit.

Oatmeal

- With choice of fresh fruit, pecans, walnuts, raisins, honey, brown sugar, almond milk, or sugar substitute.

Fruit Skewer

- Seasonal fruit with pretzel sticks.
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Hot Breakfast Entrees

American

- Dairy Free Waffles, vegan sausage, and roasted potatoes.

Breakfast Casseroles

- Vegetarian: Fresh spinach, zucchini, onion, and green peppers, baked in an egg batter.
- Country: Vegan chicken, onion, green peppers and seasoned potatoes, served with seasonal fresh fruit.
- French Toast: Cinnamon or pecan; served with syrup and seasonal fresh fruit.



Vegetarian Pancakes

- Vegetarian Pancake with fresh fruit cooked inside (strawberries, blueberries, or peaches)
- Vegetarian Pancake with oatmeal
- Vegetarian Pancake with hash browns



LUNCH

Build your own Lunchable

- Served with crackers, choice of vegan chicken, veggie sticks, grapes, and a Capri Sun.



Vegetarian Chicken

Asian Inspired Vegan Chicken

- Large chunks of vegan chicken breasts, onions and peppers cooked in your choice of savory sweet and sour or orange sauce.

Lemon and Thyme Roasted Vegan Chicken

- Vegan chicken pieces infused with lemon and thyme seasonings and slow roasted.
- Served with choice of mashed potatoes, broccoli , carrots,, sweet potatoes, or green beans.



Vegetarian Pasta

Spaghetti with Meat sauce

- Vegan turkey meat sauce or meatballs baked with marinara and Parmesan, served over spaghetti.

Vegan Chicken

(sliced vegan chicken in a roasted red pepper cream sauce over rotini pasta)

Vegan Chicken and Vegetable Pasta

- (with Mixed Vegetables in a Sun-Dried Tomato sauce)




Vegetarian Snacks

- Fruit Salad
- Apples and Nut Butter
- Popcorn
- Vegan Chocolate Cake
- Homemade Applesauce
- Fruit and Vegetable Smoothie
- Build a Snack (Contains 3 snacks from above)

FOOD TRAYS



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- Cheese
 - Fruit, Cheese, and Chocolate
 - Fruit and Vegetables
 - Fruit and Cheese
 - Taco Party
 - Mini Burger (Dairy and Gluten Free Options)
 - Mini Hot Dog with Chips or Vegetables (Dairy and Gluten Free Options)
 - Dessert (Dairy and Gluten Free Options)
 - Pizza Bar (Dairy and Gluten Free Options)

PRICING

- We provide great tasting, nutritious meals for your children - food they will want to eat.
- **Highlights & Benefits of our Catering program:**
 - Free yourself & your employees from the hassle of menu planning, grocery shopping, and preparing food
 - Personalized, individual service, we treat every child like they are our only customer!
 - 100% peanut/tree nut-free and all other allergy & restrictions are substituted for
 - Low priced opinion compared to competition or an in-house cook