

Build Your Own Kids Menu- Lunch or Dinner

(Regular)

Hourly Rate -Our hourly rate is \$95/hr with a minimum of 0.3 hr per item to cover shopping, recipe and nutritional writing personalization.



Build Your Lunch

Directions

- 1) Select a main
- 2) Select a side
- 3) Add something sweet (optional)

1) Select a main

- **Chicken Veggie Bites**- Tender baked chicken bites made with ground chicken, grated zucchini, carrot, and spinach. Soft, tasty, and full of color! Serve with roasted sweet potatoes.
- **Beef Meatballs**- Juicy grassfed beef meatballs mixed with zucchini and hidden veggies and served with a kid friendly chimichurri sauce.
- **Mini Salmon Cakes**- Flaked salmon and mashed golden potatoes blended with peas and herbs, pan fried and served with garlic aioli.
- **Teriyaki Chicken & Rice Bowl**- Grilled marinated chicken carrots and broccoli over Japanese rice.
- **Kids Chicken Ramen**- Rich bone Shio broth, ramen noodles, yu choy and a seaweed snack.
- **Onigiri**- Tuna or other fillings upon request served with steamed edamame.
- **Gyudon**- Shaved beef, caramelized onions, cooked in a soy broth with green onions and steamed bok choy.
- **Chicken Tacos**- Shredded Mexican seasoned chicken served with handmade tortillas and veggie toppings
- **Kids Burger or Cheeseburger**- Grass fed beef, lettuce and tomato.

- **Grilled Cheese & Tomato Soup**- Kids classic, cheddar cheese, whole grain bread, homemade tomato soup!
- **Baked Macaroni & Cheese with Veggies** - 3 cheeses, fun pasta in a real natural creamy sauce loaded with kid friendly vegetables.
- **Chicken Noodle Soup**- House made bone broth, fresh pasta and veggies make this kid friendly soup in a league of its own.
- **Kids Spaghetti**- Grass feed beef, fresh spaghetti pasta, zucchini and carrots in a tomato sauce

2) Select a Side

- **Fruit Cup**
- **Steamed Broccoli**
- **Dinner Roll**
- **Pasta & Vegetable Salad**
- **Hard Boiled Egg**
- **Cheese Stick**
- **Organic Crackers**
- **Yogurt**
- **Chickpea Chips**

3) Select a Treat

- **Chocolate Chip & Sea Salt Cookies**
- **Tripe Chocolate Brownies**
- **Rice Crispy Treats**
- **Homemade Trail Mix**
- **Homemade Pudding (Chocolate, Vanilla Bean, Banana)**

We can make a wide array of items. Let us know what you're looking for and our chefs can make it happen!

Don't See What You Want!

Other options available upon request!