



Where Learning Starts with Lunch!

Good nutrition fuels growing minds

ROSEDALE HEIGHTS P.S.

Service Days: TUESDAY & THURSDAY

2026-2027 Lunch Service Resumes on September 29, 2026



Healthy Options
Kids Love



Tree Nut Free &
Allergy Aware



Affordable &
Convenient

SAMPLE MENU

Entrees

Macaroni & Cheese
Beef Soft Taco
Bean Soft Taco
Pancakes with Turkey
Sausage
Pasta with Meat
Sauce **(GF)**
Pasta with Tomato
Sauce **(GF)**
Chicken Fingers with
Rice **(GF)**
Beef Burger **(H)**
Chicken Burger **(H)**
Veggie Burger

Side Items

Chicken Fingers
(2 pcs) **(GF)**
Baked Potato with
Sour Cream
Garden Salad with
Ranch Dressing
Steamed Veggies
Edamame (shelled)
Cucumber Slices
Veggies & Dip
Perogies (4 pcs)
Garlic Bread
2% or Chocolate Milk
Various Fruit Juices
(100% juice)

Snacks & Desserts

Fresh Fruit
Diced Fruit
Yogurt Cup
Chocolate Chip Cookie
Kettle Popcorn
Fresh Fruit of the Season
Fudgy Brownie
Banana or Carrot Muffin
(GF) Gluten-friendly also available
(H) Halal also available

Not all options are available in all
locations. Please check online to see
the options at your school.



CLICK HERE TO SEE YOUR SCHOOL'S
MENU ONLINE OR VISIT
KIDSKITCHEN.CA

Need Help with your order?

905-944-0210 (M to F 8:30 am-2:30 pm) or email us:
information@kidskitchen.ca

Kids Kitchen co.

A Proud Part of the
Lunch Lady Group

