



Welcome to Mavalicious KidsEat Hot Lunch Program!

Mavalicious KidsEat was created by a busy mom that wanted to ensure all families could have access to a healthy, delicious and convenient hot lunch in their school. We are dedicated to quality, freshness, food safety and using local providers including family-operated Duso's pastas and MSG-free all beef hot dogs from Harvest Meats. And, all of our goodies are made in-house and free of artificial flavours, colours and preservatives. Who says a lunch can't be good for you, fun and delicious?!

In order to set up your account, click the following link:

<https://www.kidseat.ca/customerlogin.aspx>

1. Complete the 'new parent account sign up'. You will find St. Helens in the drop-down menu.
2. Next, add students to your account.
3. Start placing your orders now and up until March 22<sup>nd</sup> for the week beginning Monday, March 30<sup>th</sup>. Going forward, orders will be accepted up until 7 days before delivery date. You may cancel up until 48 hours before delivery. Mavalicious accepts both Visa and Mastercard.

**\*\*\*Please note: sushi selections are NOT available on MONDAYS\*\*\***

## **MENU**

### **Tasty Snacks**

**Carrot sticks and dip** A bundle of crisp carrot sticks, from Okanagan based Tamarac Foods, served with low-fat ranch dip. Vegetarian

**Fresh Fruit Cup** Depending on the season, we mix freshly cut melons, pineapple, apples and grapes for a sweet and healthy side or dessert. Vegan / Dairy Free

**Yogurt** Always a nutritious option! Choose from blueberry/strawberry yogurt – from local dairy producers

## Scrumptious Sides

**Chicken Caesar Salad** Get your greens with this classic Caesar salad! Freshly chopped romaine lettuce topped with grated Canadian parmesan cheese, tender slices of skinless chicken breast, served with a side of low-fat Caesar dressing – Kids love it!

**Side Caesar salad** Freshly chopped romaine lettuce topped with Canadian parmesan cheese served with a side of dressing. Vegetarian

**Chicken noodle soup** Fresh homemade classic brimming with chicken, noodles and a hearty helping of your favourite veggies! Served with a soft, whole wheat bun. Dairy Free

**Garden Veg Soup** Fresh homemade soup made from your favourite veggies. Dairy Free

## Kids' All Time Favourite Entrees

**Hot dog** Kids think these are top dog! A tasty, 100 percent all-beef hot dog served on a whole wheat bun, with ketchup and mustard. Dairy Free

**Veggie dog** A tasty meat-free alternative for Hot Dog & Slider Days. Served on a whole wheat bun with ketchup and mustard. Vegetarian / Dairy Free

**Gluten-Free Turkey Hotdog** Kids think these are top dog! A tasty, 100 percent all-turkey hot dog served on a gluten free bun, with ketchup and mustard. Dairy Free

**Beef sliders** Kids love these deliciously nutritious sliders: two mini (2 oz) all-beef burgers served in soft enriched wheat flour buns, with a side of ketchup and mustard. Dairy Free

**Garden Veggie sliders** A vegetarian twist to our sliders! Two mini veggie burgers served in soft enriched wheat flour buns with a side of ketchup and mustard. Dairy Free / Vegetarian

**Gluten-Free Burger** Kids love these all-beef burgers served in soft enriched gluten-free bun

**Pepperoni or Cheese Pizza** A six-inch, enriched flour, personal pizza shell topped with yummy tomato sauce, the finest toppings and a custom blend of 100% real Canadian cheese, including Mozzarella, Monterey Jack, and Parmesan. Vegetarian

**Gluten-Free Pizza** Choose from these delicious options: Pepperoni or Cheese pizza. Vegetarian

**Multigrain Chicken Fingers** Two tender chicken breast fillets with a delicious, crisp breading baked to perfection. The low sodium fingers are paired with plum sauce for dipping. Dairy Free

**Spaghetti & Meatballs** Classic dish with a healthy twist! Whole wheat pasta, beef meatballs that are perfectly cooked in our homemade, Hazelmere Farm's organic tomato sauce

**Mac 'N' Cheese** Comfort food real Canadian cheddar cheese. Vegetarian

**Three Cheese Tortellini** Comfort food real Canadian cheddar cheese. Vegetarian

### **Sushi Selections (Not available on Mondays)**

**California Sushi Roll** Kids' favourite roll! Crab, mayo, and cucumbers are rolled in soft and sticky Japanese rice. Served with low sodium soya sauce. (5 pieces)

**Grilled Veggie Sushi Roll** Crisp red peppers, cucumbers, carrots, romaine lettuce and tofu are wrapped in soft and sticky Japanese rice for a hearty and colorful vegan roll. Served with low sodium soya sauce. (5 pieces). Vegan

### **World Flair**

**Chicken quesadilla** Tender pieces of chicken, refried beans, light Mexican seasoning that is mixed with light Canadian Mozzarella cheese, folded in a low sodium flour tortilla. (2 pieces)

**Veggie Burrito** A low sodium whole grain flour tortilla. Filled with a perfect blend of rice, refried beans, salsa (mild), Canadian cheese, and a touch of locally produced sour cream. Vegetarian

**Mexican Chili** Vegetarian or beef

**Chicken Chow Mein** A traditional Chinese recipe made with chicken, handmade chow mein noodle, celery, carrots and our homemade Asian sauce

### **Dessert Time**

**MAVA Kids! Cinnamon donut Bites** Yummy cake donut in a fantastic new baked recipe, rolled in delicious cinnamon sugar. Two donuts per order. Vegetarian

**Oatmeal Chocolate Chip Cookie** A classic chewy, chocolatey way to finish lunch! Vegetarian

**Double Chocolate Brownies** Two mini brownies – double the decadence! Our chocolate brownies are sure to please even the pickiest sweet tooth. Vegetarian / Dairy Free / Gluten Free

**Oatmeal Raisin Cookie** Raisins baked with crisp brown sugar & oat crumble topping. Vegetarian