



Delicious
Nutritious
Meals
Kids
Love.



License Number: CAT1621192

Healthy and Nutritious Preschool Meals That Kids Love

Mealtime is one of the most important aspects of a growing child's life, whether at home or away from home. To help children get the nourishment they need for physical, emotional and intellectual growth, we focus on balanced nutrition as the cornerstone of our preschool meal program. Our recipes are packed with veggies to fill your little one with goodness. Every Kiddo Dish is a complete, nutritionally balanced meal, made with love.

“If I wouldn't feed it to my little one, I won't feed it to yours!”
Michelle Oliveira, Head Chef/Owner



A BIT ABOUT ME

Hi. My name is Michelle, and in many ways I'm like you. I have a toddler, I live in a busy household near Miami, and I juggle to find the right work-life balance.

Like every mother, I simply wanted the best for my kiddo. I wanted to ensure I could provide him with the very best healthy upbringing, and I knew starting good habits early was the way to go.

The nutritional programs offered by preschools are mostly basic, following a government calendar pattern, with low variety and without observing important issues such as the use of organic foods or regular and vegan menu variety. I refused to give my kiddo pasteurized produce and decided to search the market for alternatives, but the market didn't take long to disappoint me.

Having worked for +10 years with food, health and nutrition I decided to push my own boundaries and create the freshest food possible for him, and that was when the idea of Kiddo Gourmet was born! Inspired by my son, I took the plunge into *mumpreneurship* and launched Kiddo Gourmet to help more moms to give your toddlers organic nutritious meals directly at their preschools.



OUR PHILOSOPHY

CATERED SCHOOL LUNCHES THAT ARE MADE AND PREPARED FRESH EVERY DAY.

We only use hand-picked fresh organic ingredients. Our meals are prepared daily and delivered hot ready to eat.

EXCEED NUTRITIONAL NEEDS

We follow USDA and CAFCP Healthy Kids guidelines to meet or exceed nutritional needs for school aged children's nutritional requirements. We change our menu weekly to ensure that children enjoy a variety of flavors and receive nutrients from different sources.



OUR FOOD

- ✓ NUTRITIONIST APPROVED
- ✓ NO ADDED SUGAR
- ✓ LOW SODIUM
- ✓ NO ADDITIVES. NO PRESERVATIVES. NO NASTIES
- ✓ ALL NATURAL - REAL, ORGANIC, NON-GMO, ANTIBIOTIC & HORMONE-FREE INGREDIENTS
- ✓ THE FOOD IS MADE FRESH - DAILY
- ✓ FAMILY RUN AND MADE WITH ♥



How It Works



MONTHLY MENU

A menu is prepared monthly by our nutritionist expert and shared with the school. The menu will always have two options, **regular** and **vegan**.



WE COOK & DELIVER

Meals are cooked daily in a professional kitchen and delivered hot, ready to eat. The menus can be delivered in two serving options: **Family style** or **individually packaged**.



EAT. LOVE. REPEAT.

Let your Kiddo dive into flavors they'll love.



Food Safety

Fully permitted by the Florida Department of Health, our kitchen facility utilizes the highest quality equipment available to ensure that proper care is taken with food preparation and delivery.



Monthly Menu - Example

October/22

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
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2	3 Perfect Beef Bolognese Pasta Pasta with Enriched Bolognese Beef Sauce with Carrots, Broccolis, Cauliflower and Zucchini Unsweetened Applesauce	4 Shredded Chicken with Organic Beans Enriched Basmati White Rice and Mixed Organic Vegetables Fresh Organic Fruits	5 Beef Shepherd's Pie Ground Beef with fresh onions Organic Green Peas, Sweet Corn and Fresh Mash Potatoes (not instant) Fresh Organic Fruits	6 Oven Baked Fish Fingers with Chickpeas and Steamed Organic Baby Carrots Fresh Organic Fruits	7 Cheese Tortellini with Fresh Tomato and Organic Beets Sauce Fresh Organic Fruits	8																																																																																				
9	10 Tuna Bolognese Pasta with Roman Tomatoes Sauce (plus carrots and Zucchini) Unsweetened Applesauce	11 Stir Fry Steak with Organic Carrots, Onions and coconut milk, Over Enriched Basmati Rice and Yummy potato stix Fresh Organic Fruits	12 Homemade Popcorn Chicken Fresh Mash Potatoes (not instant) and Organic Brussels Sprouts Fresh Organic Fruits	13 <u>Hispanic Heritage Special</u> Ropa Vieja Shredded beef with potatoes and carrots, Enriched Basmati White Rice and Plantains Fresh Organic Fruits	14 Chicken Dumplings with Organic Sweet Corn and Green Beans (with Soft Tortilla) Fresh Organic Fruits	15																																																																																				
16	17 Perfect Beef Bolognese Pasta Pasta with Enriched Bolognese Beef Sauce with Carrots, Broccolis, Cauliflower and Zucchini Unsweetened Applesauce	18 Shredded Chicken with Organic Beans, Enriched Basmati Yellow Rice and Mixed Organic Vegetables Fresh Organic Fruits	19 Syrian Rice (with lentils) Homade Oven Baked Kibbeh Fresh Salad with Organic Tomatoes, Cucumber & Mint Fresh Organic Fruits	20 Oven Baked Fish Fingers with Potatos and Cauliflower Bites and Steamed Organic Baby Carrots Fresh Organic Fruits	21 Creamy Mac & Cheese with Pumpking in the sauce plus Enriched Beef and Veggies Homemade Meatball Fresh Organic Fruits	22																																																																																				
23	24 Pasta Pomodoro with Fresh Organic Roman Tomatoes & Basil Sauce plus Enriched Beef and Veggies Homemade Meatball Unsweetened Applesauce	25 Stir Fry Steak with Onions and Organic Beets, Enriched Basmati Rice and Yummy Potato Stix Fresh Organic Fruits	26 Oven Baked Fish Fingers Fresh Steamed Sweet Potato and Vegetable Mix Fresh Organic Fruits	27 Asiatic Inspired Fried Rice with chicken, veggie mix, organic baby corn and (real) Eggs Fresh Organic Fruits	28 Chicken Tetrizzini with Corn & Lima Beans Fresh Organic Fruits	29																																																																																				
30	31 Perfect Beef Bolognese Pasta Pasta with Enriched Bolognese Beef Sauce with Carrots, Broccolis, Cauliflower and Zucchini <u>Halloween Special Treat</u> Unsweetened	September '22 <table border="1"> <thead> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </tbody> </table>		S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		November '22 <table border="1"> <thead> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </tbody> </table>		S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				
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Monthly Menu - Example

October/22
Vegan Menu

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9	10 Pasta Pomodoro with Fresh Organic Roman Tomatoes & Basil Sauce plus Vegan Meatballs Unsweetened Applesauce	11 Stir Fry Meatless Steak with Organic Carrots, Onions and coconut milk, Over Enriched Basmati Rice and Yummy potato stix Fresh Organic Fruits	12 Meatless Chick'n Tots Fresh Mash Potatoes (not instant) and Organic Brussels Sprouts Fresh Organic Fruits	13 Hispanic Heritage Special Vegan Ropa Vieja with Mushrooms potatoes and carrots, Enriched Basmati White Rice and Plantains Fresh Organic Fruits	14 Vegan Dumplings with Organic Sweet Corn and Green Beans (with Soft Tortilla) Fresh Organic Fruits	15																																																																																				
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4	5 Labor Day	6 Cheese Tortellini with Fresh Tomato and Butternut Squash Sauce Unsweetened Applesauce	7 Shredded Chicken with Pinto Beans, Organic Beets, and Brown rice Fresh Organic Fruits	8 Asiatic Inspired Fried Rice with chicken, veggie mix, organic baby corn and and Eggs Fresh Organic Fruits	9 Southwestern Grilled Chicken Salad with Soft Tortilla (Sliced Chicken, Organic Avocados, Tomato, Black Beans and Corn) Fresh Organic Fruits	10																																																																																											
11	12 Pasta Bolognese with Enriched Bolognese Beef Sauce (with carrots and Broccolis) Unsweetened Applesauce	13 Stir Fry Steak with Organic Carrots, Onions and coconut milk, Over Enriched Basmati Rice and Yummy potato stix Fresh Organic Fruits	14 Homemade Popcorn chicken with Sweet Corn and Glazed Carrots Fresh Organic Fruits	15 Grilled Tilapia Fillets with Tomato and caper Relish and Brown rice Fresh Organic Fruits	16 Mini Potato Gnocchi Enriched Homemade Beef Meatball with Hidden Carrots and Broccolis and Fresh Tomato Sauce Fresh Organic Fruits	17																																																																																											
18	19 Asiatic Inspired Fried Rice with chicken, veggie mix, organic baby corn and and Eggs Unsweetened Applesauce	20 Chicken Stroganoff with Broccoli and Cauliflower, Over Enriched Basmati White Rice and Yummy potato stix Fresh Organic Fruits	21 Oven Baked Fish Fingers with Baked Potatos and Glazed Carrots Fresh Organic Fruits	22 Ground Beef with Premium Enriched Basmati White Rice & Quinoa and Brussels Sprouts Fresh Organic Fruits	23 Cheese and Turkey Sandwich with tomato, cucumber and homemade mayonnaise; and Cherry Tomatoes Fresh Organic Fruits	24																																																																																											
25	26 Pasta Bolognese with Enriched Bolognese Beef Sauce (with carrots and Broccolis) Unsweetened Applesauce	27 Ground Beef with Veggies and Premium Enriched Basmati White Rice & Quinoa Fresh Organic Fruits	28 Homemade Popcorn chicken Fresh Mash Potatoes (not instant) and Organic Broccolis Fresh Organic Fruits	29 Creamy Mac & Cheese with Pumpking in the sauce plus Enriched Meat Meatball Fresh Organic Fruits	30 Southwestern Grilled Chicken Salad with Soft Tortilla (Sliced Chicken, Organic Avocados, Tomato, Black Beans and Corn) Fresh Organic Fruits																																																																																												
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September/22
Vegan Menu

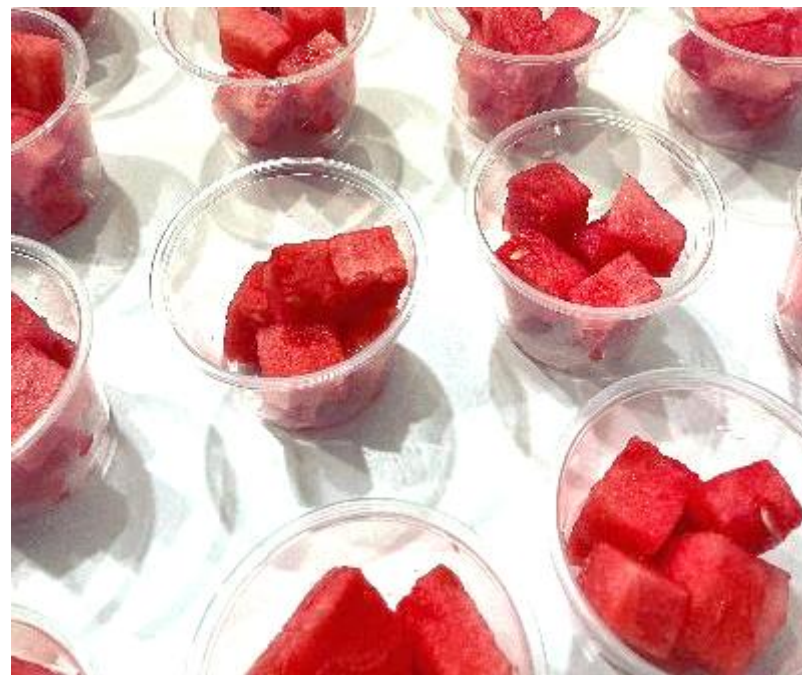
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25	26 The Perfect GF Pasta with Homemade Enriched Tomato Sauce with carrots and Broccolis and vegan ground beef Unsweetened Applesauce	27 Vegan Ground Beef with Veggies and Premium Enriched Basmati White Rice & Quinoa Fresh Organic Fruits	28 Meatless Chick'n Tots Fresh Mash Potatoes (not instant) and Organic Broccolis Fresh Organic Fruits	29 Vegan Mac & Cheese with Pumpking in the sauce plus Vegan Meatless Meatballs Unsweetened Applesauce	30 Southwestern Grilled Grilled Tofu, Soft Tortilla Organic Avocados, Cherry Tomatos Black Beans and Sweet Corn Fresh Organic Fruits																																																																																																																	
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