





- ★ HIGH IN PROTEIN
- ★ NO ARTIFICIAL COLOURS OR FLAVOURING
- ★ WELL BALANCED & FLAVOURFUL



With a full serving of oven-roasted protein, brown rice, 2-3 ingredients and one of our mouthwatering dressings, this bowl might be little but it packs a punch.

Kids can choose between chicken or tofu and timid palates can skip the dressing. Note: the Mexican Caesar dressing has a little kick.

Our chicken is halal-certified, raised in Ontario and 100% natural.



**LIL' TACO BOWL - \$7**

**VEGETARIAN OPTION | HALAL**

Luisa's chicken **OR** cilantro-lime tofu, housemade guacamole, black beans, tortilla strips, brown rice, Mexican Caesar dressing.

**Protein: 17 grams**  
**Fibre: 9 grams**



**LIL' BUDDHA BOWL - \$7**

**VEGAN OPTION | HALAL**

Luisa's chicken **OR** cilantro-lime tofu, pickled carrot & daikon, cucumber, brown rice, carrot ginger dressing.

**Protein: 13 grams**  
**Fibre: 3 grams**



**LIL' KID OPTION - \$5.50**

**VEGAN OPTION | HALAL**

Luisa's chicken **OR** cilantro-lime tofu, cucumber, baby carrots, brown rice.

**Protein: 9 grams**  
**Fibre: 3 grams**

## SCHOOL LUNCH PROGRAM FAQS

### Will the bowls be labeled and easy to distribute?

We will group and label the bowls for easy distribution. We can pack and label per classroom or in whichever way is best for your school!

### Q. Does the price include forks?

It sure does and our forks, bowls and lids are plant-based and compostable!

### Q: What is the ordering process?

Schools collect the orders and the payments from parents and submit the orders to Mad Radish as often as they like. There is no long-term commitment and we don't require that orders be consistent from week to week or delivered on the same days from week to week.



### Q: How much notice does Mad Radish need?

48 hours ahead of delivery time.

### What is the minimum order?

We know that it takes time to change old habits and bowls might be new to some kids. So, we're starting with a 20-bowl minimum order per delivery to give your school time to get the word out. If you're picking up the bowls, there's no minimum.

### Q. What is the delivery fee?

It's \$15 in Ottawa and \$30 in Toronto

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We understand that each school has unique requirements and we're happy to accommodate whenever possible, so let's connect to see what works best for you.

Contact [hello@madradish.com](mailto:hello@madradish.com) or call the program's director, **Stephanie Howarth (514-688-1247)** to learn more about bringing Lil' Bowls to your school.

