

MAD RADISH

HEARTY BOWLS • BURRITOS • SALADS

SCHOOL LUNCH PROGRAM

Helping Kids Eat Right and Feel Bright



WHY IT MATTERS

Nutrition Fuels Learning

30% of Canadian children face obesity or unhealthy weight

01

Nutrient-rich food helps with brain development, focus, and lifelong health

02

Only 1 in 3 Canadian children aged 5–17 meet recommendations for daily fruit and vegetable intake

03

It's time to move beyond pizza days and support healthy habits early with delicious, nutritious meals that taste as good it makes you feel.

04

OUR COMMITMENT

Created by Parents, For Kids

DEVELOPED BY CONCERNED PARENTS

This program was created by parents who were frustrated with the unhealthy, overly processed foods commonly found in school cafeterias. We believe that kids deserve meals that truly support their growth, learning, and well-being, not just fill their stomachs.

DESIGNED FOR HEALTH AND CONVENIENCE

Each bowl is carefully crafted to deliver balanced nutrition, with the right mix of protein, fibre, and whole grains to fuel growing bodies. Ordering and distribution are streamlined, with bowls labeled by class to make handout easy and stress-free.

TAX-EXEMPT PRICING FOR SCHOOL DISTRIBUTION

With pricing as low as \$5.50 per bowl, we have prioritized affordability to ensure healthy meals are within reach for every family.

**We understand that schools may have operational costs, and we're happy to collaborate on a solution that maintains affordability for students without significantly marking up the price*

The Lil' Bowl Lineup

Kids can choose between our 100% halal chicken or tofu and timid palates can skip the dressing.



LIL' TACO BOWL – \$7

VEGETARIAN OPTION | SPICY | HALAL

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

Protein: 17 grams
Fibre: 9 grams



LIL' BUDDHA BOWL – \$7

VEGETARIAN 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 gram



LIL' BUILD YOUR OWN – \$7.75

Select your protein: Luisa's chicken **OR** cilantro-lime tofu

Select up to three ingredients: Avocado, guacamole, black beans, cheddar, cilantro roasted corn, cucumber, curry cauliflower, grape tomatoes, roasted broccoli, roasted sweet potato, tortilla strips, or baby carrots.

Select your dressing: Carrot ginger, creamy cilantro dressing, Caesar dressing, or no dressing.



HEALTHY EATING, SUSTAINABLE LIVING

Healthy, Inclusive, Sustainable

- All meals are made without artificial colours or flavours, supporting clean, honest ingredients kids can feel good about eating. Our portion sizes are carefully designed to provide balanced nutrition based on Canada's Food Guide recommendations, helping kids get the protein, grains, and vegetables they need to fuel a healthy, active lifestyle.
- We use 100% halal-certified chicken and provide vegan and vegetarian options so every child can be included, regardless of dietary preferences.
- Our packaging - including forks, bowls, and lids are entirely plant-based and compostable, making it easy for schools to reduce waste and meet their sustainability goals.

How it Works

01

Our School Lunch Program is designed to make ordering and distribution simple for schools and parents alike. Schools collect orders and payments from parents as often as they choose, with no long-term commitment or fixed schedule required.

02

Orders can be submitted whenever it works best, with just 48 hours' notice. Each order is grouped and labelled by the classroom or any other system that supports your needs, making distribution straightforward and stress-free.

03

To make things flexible, there's a 20-bowl minimum for delivery, but no minimum for pickup. Delivery fees are affordable and transparent – \$15 in Ottawa and \$30 in Toronto.

We are happy to work with you to tailor the program to your school's unique requirements so every child can benefit from a healthier lunch.

“ We always knew it was gonna be a good lunch when it was Mad Radish day. I love the bowls and chicken. It’s the best flavour! So much better than pizza. ”

- Oliver (Student) - École élémentaire catholique d'enseignement personnalisé La Source Orléans, ON

WHAT SCHOOLS ARE SAYING

Real Testimonials from Real Schools

Schools and parents alike have responded enthusiastically to the Lil' Bowls program. Here's what some of our partners have to say:

“ Mad Radish meals gave me peace of mind—healthy lunches for my kid, without the hassle. Convenient, nutritious, and stress-free. ”

- Valérie (Parent) - École élémentaire catholique d'enseignement personnalisé La Source in Orléans, ON

“ The kids loved it, and the school was super impressed with the way it’s packaged. We didn’t expect the bowls to be individually labelled with forks and napkins, it’s perfect! The kids mentioned how they like the packaging because they can bring leftovers home too. ”

- Teacher - St. Elizabeth Ann Seton School in Nepean, ON

SUMMER CAMPS

Lil' Bowls for Summer Camps Too!

SAME NUTRITIOUS, KID-APPROVED OPTIONS

Our Lil' Bowls aren't just for the school year. They're a perfect fit for summer camps as well, delivering the same nutritious, kid-approved meals to keep campers energized and focused on fun.

SAME PRICING AND PACKAGING

We offer the same pricing and compostable packaging, with no minimums for pickup and a 20-bowl minimum for delivery. From day camps to sports camps and community programs, Lil' Bowls make it easy to provide healthy, satisfying meals for growing, active kids.

PERFECT FOR ACTIVE, GROWING CAMPERS

Keep your campers fueled all summer long with options ranging from just \$5.50 to \$7.75 per bowl.



GET IN TOUCH

Ready to Serve Your Students?

Contact us at catering@madradish.com to learn more about
our School Lunch Program click or scan the QR code below:

