



Our WHOLESOME Menu Includes:



Simple, wholesome ingredients for growing bodies and minds.



Meals and snacks using municipal, provincial and national nutritional guidelines.



Food kids love to eat.

LEDBURY PARK CHILD CARE PROGRAM

Healthy Choices Spring/Summer 2025

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	AM Snack Special K Cereal with Milk Entrée Classic Mac & Cheese, Chickpea and Orange Salad, Broccoli, Fresh Fruit PM Snack Whole Wheat Round Crackers, Cheese Cubes, Fresh Fruit	AM Snack Morning Breakfast Round Entrée Three Sisters Soup, Slice of Javaneh Bread, Baby Carrots, Fresh Fruit PM Snack Spice Snaps, Peach Yogurt	AM Snack Whole Grain Cheerios with Milk Entrée Southwest Diced Chicken, Mexican Rice, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Lemon Blueberry Loaf, Fresh Fruit	AM Snack Whole Wheat Cocoa Zucchini Muffin Entrée Whitefish Whole Grain Pasta in Sundried Tomato Pesto Cream Sauce, California Mix, Fresh Fruit PM Snack Whole Wheat Breadsticks, Hummus	AM Snack Vanilla Yogurt, Whole Grain Granola Entrée Italian Seasoned Beef with Pasta Shells in Tomato Sauce, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Bread, Cheddar Cheese Slice
WEEK 2	AM Snack Rice Krispies Cereal with Milk Entrée Chicken Parmesan with Whole Grain Pasta, Green Peas, Fresh Fruit PM Snack Javaneh Slice, Cheese Cubes, Fresh Fruit	AM Snack Banana Oat Bar Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Vegetable Medley, Fresh Fruit PM Snack Digestive Biscuit, Fresh Fruit	AM Snack Corn Flakes Cereal with Milk Entrée Beef Burger, Hamburger Bun, Sweet Potatoes, Fresh Fruit PM Snack Whole Wheat Banana Loaf, Applesauce	AM Snack Overnight Oats, Fresh Fruit Entrée Barbeque Peach Chicken Drumstick, Quinoa, Green Beans, Fresh Fruit PM Snack Cocoa Snaps, Baby Carrots	AM Snack Whole Wheat Summer Berry Muffin Entrée Ground Beef Bolognese with Whole Grain Pasta, Baby Carrots, Fresh Fruit PM Snack Oatmeal Round, Cucumber Slices
WEEK 3	AM Snack Special K Cereal with Milk Entrée Classic Mac & Cheese, Chickpea and Orange Salad, Green Peas, Fresh Fruit PM Snack Mixed Berry Granola Minis, Fresh Fruit	AM Snack Whole Wheat Bagel, Cream Cheese Entrée Mini Beef Meatball Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit PM Snack Banana Oat Bar, Berry Applesauce	AM Snack Strawberry Yogurt, Whole Grain Granola Entrée Pasta Primavera, Green and Yellow Beans, Fresh Fruit PM Snack Lemon Blueberry Loaf, Cucumber Slices	AM Snack Whole Grain Cheerios Cereal with Milk Entrée Ground Beef Sloppy Joe, Bun, Half Cheese Slice, Carrots and Turnips, Fresh Fruit PM Snack Digestive Biscuit, Fresh Fruit, Hardboiled Egg	AM Snack Whole Wheat Cocoa Zucchini Muffin Entrée Tikka Masala Chicken Drumstick, Brown Rice, Peas and Corn, Fresh Fruit PM Snack Half English Muffin, Mozzarella Slice
WEEK 4	AM Snack Rice Krispies Cereal with Milk Entrée Beef Burger, Bun, California Mix, Fresh Fruit PM Snack Vanilla Owl Cookie, Fresh Fruit	AM Snack Banana Oat Bar Entrée Butter Chicken, Brown Rice, Green Peas, Fresh Fruit PM Snack Whole Wheat Square Crackers, Guacamole, Cheese Curds	AM Snack Whole Wheat Pancake, Mango Fruit Puree Entrée Mild Cajun Chicken Drumstick, Quinoa, Leafy Greens, Raspberry Dressing, Fresh Fruit PM Snack Oatmeal Cranberry Round, Fresh Fruit	AM Snack Whole Wheat Summer Berry Muffin Entrée Beef Lasagna, Carrots and Turnips, Fresh Fruit PM Snack Half Pretzel Bun, White Cheese Slice	AM Snack Corn Chex Cereal with Milk Entrée Chicken Alfredo Pasta, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Banana Loaf, Baby Carrots



Menu Launch Date April 28, 2025

Menu is approved by a Registered Dietitian.

Milk and/or Water are served with lunch and snacks

- Please see the allergy guide for the substitution meals for Vegetarian, Vegan and Halal and other dietary replacements. Daily Packing slip will indicate specific replacements by child name.
- Please note that Wholesome Kids operates a facility that is Nut Free, Pork Free, and Shellfish Free at all times. All Lunches are Trans Fat Free (Except for those that are naturally occurring).
- Fresh Fruit will vary depending on seasonal availability. They may include apples, bananas, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, honeydew), plums, nectarines, and peaches.

