



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 Fall/Winter 2025-2026

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	AM Snack Multigrain Cheerios with Milk Entrée Dino Chicken Pieces, Brown Rice, Plum Sauce, Sunrise Mix Vegetables (Carrots and Green Beans), Fresh Fruit PM Snack Whole Wheat Maple Round, Fresh Fruit, Edamame	AM Snack Banana Oat Bar Entrée Minestrone Soup, Whole Wheat Baguette, Cucumber Slices, Fresh Fruit PM Snack Whole Wheat Breadsticks, Hummus	AM Snack Rice Chex Cereal with Milk Entrée Beef Bolognese Bowtie Pasta, Green Peas, Fresh Fruit PM Snack Whole Wheat Oatmeal Cranberry Round, Fresh Fruit	AM Snack Whole Wheat Cocoa Zucchini Muffin Entrée Chicken Cacciatore, Whole Grain Pasta, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Vanilla Yogurt, Fresh Fruit	AM Snack Multigrain Muesli Morning Round, Apple Butter Entrée Jerk Chicken Drumstick, Coconut Rice, Leafy Greens with French Dressing, Fresh Fruit PM Snack Whole Wheat Round Crackers, Cheese Curds
WEEK 2	AM Snack Special K Cereal with Milk Entrée Breaded Fish Sticks, Brown Rice, Lemon Garlic Sauce, Diced Carrots & Green Peas, Fresh Fruit PM Snack Whole Wheat Oatmeal Round, Applesauce, Edamame	AM Snack Whole Wheat Pancake, Strawberry Jam Entrée Chicken Noodle Soup, Javaneh Slice, Baby Carrots, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit	AM Snack Corn Flakes Cereal with Milk Entrée Beef Burger, Hamburger Bun, Cheese Slice, Green Beans, Fresh Fruit PM Snack Owl Cookies, Vanilla Yogurt	AM Snack Whole Wheat Apple Cinnamon Bagel, Cream Cheese, Fresh Fruit Entrée BBQ Chicken Drumstick, Veggie Quinoa Blend, Broccoli, Fresh Fruit PM Snack Whole Wheat Crackers, Mozzarella Cheese Slice	AM Snack Peach Yogurt, Whole Grain Granola Entrée Classic Mac & Cheese, Chickpea & Orzo Salad, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Whole Wheat Banana Loaf
WEEK 3	AM Snack Corn Chex Cereal with Milk Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn and Green Peas, Fresh Fruit PM Snack Pretzel Bun, Mozzarella Cheese Slice	AM Snack Apple Cinnamon Morning Round Entrée Winter Vegetable and Lentil Soup, Whole Wheat Ciabatta, Cucumber Slices, Fresh Fruit PM Snack Whole Wheat Pumpkin Loaf, Fresh Fruit	AM Snack Whole Wheat Bagel, Cream Cheese Entrée Italian Seasoned Beef with Pasta Shells in Tomato Sauce, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Banana Oat Bar, Applesauce	AM Snack Rice Krispies Cereal with Milk Entrée Butter Chicken, Mini Savoury Naan Bread, Sunrise Mix (Carrots and Green Beans), Fresh Fruit PM Snack Whole Wheat Pita, Hummus, Snap Peas	AM Snack Whole Wheat Carrot Muffin Entrée Balsamic Chicken Drumstick, Brown Rice, Leafy Greens with Italian Dressing, Fresh Fruit PM Snack Whole Wheat Crackers, Cheese Curds
WEEK 4	AM Snack Rice Chex Cereal with Milk Entrée Deconstructed Beef Shepards Pie, Mash Potatoes, Whole Wheat Dinner Roll, Green Peas, Fresh Fruit PM Snack Strawberry Yogurt, Fresh Fruit	AM Snack Multigrain Muesli Morning Round, Strawberry Jam Entrée Salisbury Steak with Gravy, Brown Rice, Carrots & Turnips, Fresh Fruit PM Snack Vanilla Owl Cookies, Berry Applesauce, Cheese Curds	AM Snack Vanilla Yogurt, Whole Grain Granola Entrée Turkey Bowtie Pasta in Rose Sauce, Vegetable Medley (Green Beans, Green Peas, Carrots and Corn), Fresh Fruit PM Snack Whole Wheat Pita, Cheddar Cheese Slice	AM Snack Whole Wheat Cocoa Zucchini Muffin Entrée Mediterranean Falafel, Tzatziki Sauce, Brown Rice, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Javaneh Slice, Hummus	AM Snack Multigrain Cheerios with Milk Entrée Herbed Chicken Drumstick, Brown Rice, Leafy Greens with Balsamic Dressing, Fresh Fruit PM Snack Melba Toast, Cheese Cubes



Menu Launch Date October 27, 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.

