



Eat Grow Thrive

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

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



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.

