




**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.

KENSINGTON KIDS

Healthy Choices Plus Fall/Winter 2021 - 2022

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk, Fresh Fruit Entrée Beef Chili Mac and Cheese, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Organic Whole Grain Mini Ginger Snaps, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Cinnamon Raisin Bagel, Applesauce Entrée Ethiopian Sweet Potato Stew, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Apple Oatmeal Cookie, Fresh Fruit, Edamame</p>	<p>AM Snack Banana Oatmeal Bar, Fresh Fruit Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit PM Snack Cheddar Cheese Sandwich on Whole Wheat Bread, Cucumber Slices</p>	<p>AM Snack Organic Whole Wheat Blueberry Muffin, Fresh Fruit Entrée Turkey Alphabet Soup, Whole Wheat Roll, Baby Carrots, Fresh Fruit PM Snack Wheat Crackers, Cheddar Cheese Cubes, Grape Tomatoes</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit Entrée Beef and Vegetable Stew, Whole Wheat Baguette, Fresh Fruit PM Snack Whole Wheat Lemon Cranberry Loaf, Fresh Fruit, Cheddar Cheese Curds</p>
WEEK 2	<p>AM Snack Whole Grain Life Cereal, Milk, Fresh Fruit Entrée Breaded Chicken, Brown Rice, Corn and Peas, Fresh Fruit PM Snack Whole Wheat Focaccia Bread, Hummus, Baby Carrots</p>	<p>AM Snack Organic Apple Granola Minis, Berry Applesauce Entrée Turkey Burger, Whole Wheat Bun, Cheddar Cheese, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Organic Whole Grain Mini Lemon Snaps, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Strawberry Yogurt, Whole Grain Pumpkin Harvest Seed Granola, Fresh Fruit Entrée Cuban Chicken Drumstick, Brown Rice, Green Beans, Fresh Fruit PM Snack Rice Cake, Fresh Fruit, Cheddar Cheese Curds</p>	<p>AM Snack Organic Whole Wheat Chunky Apple Muffin, Fresh Fruit Entrée Butternut Squash and Lentil Soup, Artisan Roll, Cucumbers, Fresh Fruit PM Snack Banana Oat Chunky Biscuit, Fresh Fruit, Edamame</p>	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit Entrée Breaded All White Meat Chicken Pieces, Brown Rice, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit, Vanilla Yogurt</p>
WEEK 3	<p>AM Snack Multigrain Cheerios Cereal, Milk, Fresh Fruit Entrée Salisbury Steak, Mashed Potato, Whole Wheat Bread, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Oatmeal Raisin Biscuit, Vanilla Yogurt, Baby Carrots</p>	<p>AM Snack Banana Oatmeal Bar, Applesauce Entrée Turkey Meatballs in Tomato Sauce, Bun, Green Beans, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Curds, Fresh Fruit</p>	<p>AM Snack Blueberry Clusters, Fresh Fruit Entrée Mild Jerk Chicken Drumstick, Brown Rice, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Whole Wheat Pumpkin Loaf, Cucumbers, Hummus</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit Entrée Chicken and Rice Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit PM Snack Organic Strawberry Granola Bar, Fresh Fruit, Edamame</p>	<p>AM Snack Organic Whole Wheat Banana Muffin, Fresh Fruit Entrée Classic Mac and Cheese, Garbanzo Bean Salad, Carrots and Corn, Fresh Fruit PM Snack Wheat Crackers, Bruschetta, Cheese Curds</p>
WEEK 4	<p>AM Snack Whole Grain Oatmeal Squares Cereal, Milk, Fresh Fruit Entrée Lemon Chicken Drumstick, Brown Rice, Turnip and Carrots, Fresh Fruit PM Snack Rice Cake, Hummus, Baby Carrots</p>	<p>AM Snack Peach Yogurt, Whole Grain Pumpkin Harvest Seed Granola, Fresh Fruit Entrée Beef Chili, Naan Bread, Green Beans, Fresh Fruit PM Snack Whole Wheat Oatmeal Banana Cookie, Fresh Fruit, Edamame</p>	<p>AM Snack Whole Grain Mini Bagel, Fresh Fruit Entrée BBQ Chicken Meatballs, Brown Rice, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Social Tea Biscuits, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Organic Whole Wheat Lemon Cranberry Muffin, Fresh Fruit Entrée Classic Chicken Noodle Soup, Whole Wheat Roll, Leafy Greens, French Dressing, Fresh Fruit PM Snack Whole Grain Cereal Mix, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit Entrée Shepherd's Pie, Whole Wheat Bread, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Mini Pita, Cheddar Cheese Curds, Fresh Fruit</p>



Menu is effective November 1, 2021

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





**WHOLESONE
KIDS
CATERING**

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KENSINGTON KIDS

Healthy Choices Plus - Infant/Toddler Fall/Winter 2021 - 2022

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk, Fresh Fruit Entrée Beef Chili Mac and Cheese, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Social Tea Biscuits, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Cinnamon Raisin Bagel, Applesauce Entrée Ethiopian Sweet Potato Stew, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Apple Oatmeal Cookie, Fresh Fruit, Edamame</p>	<p>AM Snack Banana Oatmeal Bar, Fresh Fruit Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit PM Snack Cheddar Cheese Sandwich on Whole Wheat Bread, Peeled Cucumber</p>	<p>AM Snack Organic Whole Wheat Blueberry Muffin, Fresh Fruit Entrée Turkey Alphabet Soup, Whole Wheat Roll, Blanched Baby Carrots, Fresh Fruit PM Snack Wheat Crackers, Cheddar Cheese Cubes, Grape Tomatoes</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit Entrée Beef and Vegetable Stew, Whole Wheat Baguette, Fresh Fruit PM Snack Whole Wheat Lemon Cranberry Loaf, Fresh Fruit, Cheddar Cheese Curds</p>
WEEK 2	<p>AM Snack Whole Grain Life Cereal, Milk, Fresh Fruit Entrée Breaded Chicken, Brown Rice, Corn and Peas, Fresh Fruit PM Snack Whole Wheat Focaccia Bread, Hummus, Blanched Baby Carrots</p>	<p>AM Snack Organic Apple Granola Minis, Berry Applesauce Entrée Turkey Burger, Whole Wheat Bun, Cheddar Cheese, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Arrowroot Cookies, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Strawberry Yogurt, Whole Grain Pumpkin Harvest Seed Granola, Fresh Fruit Entrée Diced Cuban Chicken, Brown Rice, Green Beans, Fresh Fruit PM Snack Rice Cake, Fresh Fruit, Cheddar Cheese Curds</p>	<p>AM Snack Organic Whole Wheat Chunky Apple Muffin, Fresh Fruit Entrée Butternut Squash and Lentil Soup, Artisan Roll, Peeled Cucumbers, Fresh Fruit PM Snack Banana Oat Chunky Biscuit, Fresh Fruit, Edamame</p>	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit Entrée Breaded All White Meat Chicken Pieces, Brown Rice, Green Peas, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit, Vanilla Yogurt</p>
WEEK 3	<p>AM Snack Multigrain Cheerios Cereal, Milk, Fresh Fruit Entrée Salisbury Steak, Mashed Potato, Whole Wheat Bread, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Oatmeal Raisin Biscuit, Vanilla Yogurt, Blanched Baby Carrots</p>	<p>AM Snack Banana Oatmeal Bar, Applesauce Entrée Turkey Meatballs in Tomato Sauce, Bun, Green Beans, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Curds, Fresh Fruit</p>	<p>AM Snack Social Tea Biscuits, Fresh Fruit Entrée Diced Mild Jerk Chicken, Brown Rice, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Whole Wheat Pumpkin Loaf, Peeled Cucumbers, Hummus</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit Entrée Chicken and Rice Soup, Whole Wheat Bread, Blanched Baby Carrots, Fresh Fruit PM Snack Organic Strawberry Granola Bar, Fresh Fruit, Edamame</p>	<p>AM Snack Organic Whole Wheat Banana Muffin, Fresh Fruit Entrée Classic Mac and Cheese, Garbanzo Bean Salad, Carrots and Corn, Fresh Fruit PM Snack Wheat Crackers, Bruschetta, Cheese Curds</p>
WEEK 4	<p>AM Snack Whole Grain Life Cereal, Milk, Fresh Fruit Entrée Diced Lemon Chicken Drumstick, Brown Rice, Turnip and Carrots, Fresh Fruit PM Snack Rice Cake, Hummus, Blanched Baby Carrots</p>	<p>AM Snack Peach Yogurt, Social Tea Biscuits, Fresh Fruit Entrée Beef Chili, Naan Bread, Green Beans, Fresh Fruit PM Snack Whole Wheat Oatmeal Banana Cookie, Fresh Fruit, Edamame</p>	<p>AM Snack Whole Grain Mini Bagel, Fresh Fruit Entrée BBQ Chicken Meatballs, Brown Rice, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Social Tea Biscuits, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Organic Whole Wheat Lemon Cranberry Muffin, Fresh Fruit Entrée Classic Chicken Noodle Soup, Whole Wheat Roll, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Grain Cereal Mix, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit Entrée Shepherd's Pie, Whole Wheat Bread, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Mini Pita, Cheddar Cheese Curds, Fresh Fruit</p>



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