



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 - Infant/Toddler Fall/Winter 2025-2026

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	AM Snack Multigrain Cheerios with Milk Entrée Classic Mac & Cheese, Quinoa Black Bean & Corn Salad, Sunrise Mix Vegetables, Fresh Fruit PM Snack Whole Wheat Maple Round, Fresh Fruit, Edamame	AM Snack Banana Oat Bar Entrée Minestrone Soup, Whole Wheat Baguette, Peeled Cucumber Slices, Fresh Fruit PM Snack Whole Wheat Crackers, Hummus, Fresh Fruit	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, Cheese Curds	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, Strawberry Granola Bar	AM Snack Multigrain Muesli Morning Round, Apple Butter Entrée Diced Jerk Chicken, Coconut Rice, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Round Crackers, Cheese Curds, Blanched Baby Carrots
WEEK 2	AM Snack Special K Cereal with Milk Entrée Chicken Bolognese with Whole Grain Pasta, Diced Carrots and 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, Blanched Baby Carrots, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit, Cheese Cubes	AM Snack Corn Flakes Cereal with Milk Entrée Beef Burger, Hamburger Bun, Cheese Slice, Green Beans, Fresh Fruit PM Snack Owl Cookies, Vanilla Yogurt, Fresh Fruit	AM Snack Whole Wheat Apple Cinnamon Bagel, Cream Cheese Entrée BBQ Diced Chicken, Veggie Quinoa Blend, Broccoli, Fresh Fruit PM Snack Whole Wheat Crackers, Mozzarella Cheese Slice, Grape Tomatoes	AM Snack Peach Yogurt, Social Tea Biscuit Entrée Classic Mac & Cheese, Chickpea & Orzo Salad, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Whole Wheat Banana Loaf, Fresh Fruit
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, Fresh Fruit	AM Snack Apple Cinnamon Morning Round Entrée BBQ Beef Meatballs, Whole Wheat Submarine Bun, Green Beans, Fresh Fruit PM Snack Whole Wheat Pumpkin Loaf, Fresh Fruit, Edamame	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, Hard Boiled Egg	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, Blanched Snap Peas	AM Snack Whole Wheat Carrot Muffin Entrée Balsamic Diced Chicken, Brown Rice, Green Peas, Fresh Fruit PM Snack Whole Wheat Crackers, Cheese Curds, Blanched Baby Carrots
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, Strawberry Granola Bar	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, Cereal Topping 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, Peeled Cucumber Slices	AM Snack Whole Wheat Cocoa Zucchini Muffin Entrée Turkey Alphabet Soup, Whole Wheat Bread, Blanched Baby Carrots, Fresh Fruit PM Snack Javaneh Slice, Hummus, Grape Tomatoes	AM Snack Multigrain Cheerios with Milk Entrée Herbed Diced Chicken, Brown Rice, Green Beans, Fresh Fruit PM Snack



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.





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WEEK 2	AM Snack Special K Cereal with Milk Entrée Chicken Bolognese with Whole Grain Pasta, Diced Carrots and 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, Cheese Cubes	AM Snack Corn Flakes Cereal with Milk Entrée Beef Burger, Hamburger Bun, Cheese Slice, Green Beans, Fresh Fruit PM Snack Owl Cookies, Vanilla Yogurt, Fresh Fruit	AM Snack Whole Wheat Apple Cinnamon Bagel, Cream Cheese Entrée BBQ Chicken Drumstick, Veggie Quinoa Blend, Broccoli, Fresh Fruit PM Snack Whole Wheat Crackers, Mozzarella Cheese Slice, Grape Tomatoes	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, Fresh Fruit
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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, Mixed Berry Granola Minis	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, Cucumber Slices	AM Snack Whole Wheat Cocoa Zucchini Muffin Entrée Turkey Alphabet Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit PM Snack Javaneh Slice, Hummus, Grape Tomatoes	AM Snack Multigrain Cheerios with Milk Entrée Herbed Chicken Drumstick, Brown Rice, Leafy Greens with Balsamic Dressing, Fresh Fruit PM Snack



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