






**WHOLESONE
KIDS
CATERING**

**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.

SALVATION ARMY AGINCOURT

Healthy Balance Fall/Winter 2025-2026

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>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</p>	<p>AM Snack Banana Oat Bar Entrée Turkey Meatballs in Marinara Sauce, Whole Wheat Submarine Bun, Vegetable Medley (Green Beans, Green Peas, Corn, Carrots), Fresh Fruit PM Snack Whole Wheat Breadsticks, Hummus</p>	<p>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</p>	<p>AM Snack Whole Wheat Cocoa Zucchini Muffin Entrée Egg Patty, Whole Wheat French Toast Bites, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Vanilla Yogurt, Fresh Fruit</p>	<p>AM Snack Multigrain Muesli Morning Round, Apple Butter Entrée Jerk Chicken Drumstick, Coconut Rice, Leafy Greens with French Dressing, Fresh Fruit PM Snack Round Crackers, Cheese Curds, Baby Carrots</p>
WEEK 2	<p>AM Snack Special K Cereal with Milk Entrée Fish Sticks, Brown Rice, Lemon Garlic Sauce, Diced Carrots & Green Peas, Fresh Fruit PM Snack Whole Wheat Oatmeal Round, Applesauce</p>	<p>AM Snack Whole Wheat Pancake, Strawberry Jam Entrée Chicken Noodle Soup, Javaneh Slice, Baby Carrots, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit</p>	<p>AM Snack Corn Flakes Cereal with Milk Entrée Beef Burger, Hamburger Bun, Cheese Slice, Green Beans, Fresh Fruit PM Snack Whole Wheat Owl Snaps, Vanilla Yogurt</p>	<p>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</p>	<p>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</p>
WEEK 3	<p>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</p>	<p>AM Snack Apple Cinnamon Morning Round Entrée Winter Vegetable Bean and Lentil Soup, Whole Wheat Ciabatta, Cucumber Slices, Fresh Fruit PM Snack Whole Wheat Pumpkin Loaf, Fresh Fruit, Edamame</p>	<p>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</p>	<p>AM Snack Rice Krispies Cereal with Milk Entrée Egg Patty, Cheese Slice, Whole Wheat English Muffin, Sunrise Mix Vegetables (Carrots and Green Beans), Fresh Fruit PM Snack Whole Wheat Pita, Hummus, Snap Peas</p>	<p>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</p>
WEEK 4	<p>AM Snack Rice Chex Cereal with Milk Entrée Fish Patty, Hamburger Bun, Lemon Garlic Sauce, Green Peas, Fresh Fruit PM Snack Strawberry Yogurt, Fresh Fruit, Mixed Berry Granola Minis</p>	<p>AM Snack Multigrain Muesli Morning Round, Strawberry Jam Entrée Salisbury Steak with Gravy, Brown Rice, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Owl Snaps, Berry Applesauce</p>	<p>AM Snack Vanilla Yogurt, Whole Grain Granola Entrée Cheddar Cheese Omelet, Whole Wheat English Muffin, Vegetable Medley (Green Beans, Green Peas, Carrots and Corn), Fresh Fruit PM Snack Whole Wheat Pita, Cheddar Cheese Slice</p>	<p>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</p>	<p>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</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.





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SALVATION ARMY AGINCOURT

Healthy Balance - Infant/Toddler Fall/Winter 2025-2026

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>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</p>	<p>AM Snack Banana Oat Bar Entrée Turkey Meatballs in Marinara Sauce, Whole Wheat Submarine Bun, Vegetable Medley (Green Beans, Green Peas, Corn, Carrots), Fresh Fruit PM Snack Whole Wheat Crackers, Hummus</p>	<p>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</p>	<p>AM Snack Whole Wheat Cocoa Zucchini Muffin Entrée Egg Patty, Whole Wheat French Toast Bites, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Vanilla Yogurt, Fresh Fruit</p>	<p>AM Snack Multigrain Muesli Morning Round, Apple Butter Entrée Diced Jerk Chicken, Coconut Rice, Carrots & Turnips, Fresh Fruit PM Snack Round Crackers, Cheese Curds, Baby Carrots</p>
WEEK 2	<p>AM Snack Special K Cereal with Milk Entrée Fish Sticks, Brown Rice, Lemon Garlic Sauce, Diced Carrots & Green Peas, Fresh Fruit PM Snack Whole Wheat Oatmeal Round, Applesauce</p>	<p>AM Snack Whole Wheat Pancake, Strawberry Jam Entrée Chicken Noodle Soup, Javaneh Slice, Blanched Baby Carrots, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit</p>	<p>AM Snack Corn Flakes Cereal with Milk Entrée Beef Burger, Hamburger Bun, Cheese Slice, Green Beans, Fresh Fruit PM Snack Whole Wheat Owl Snaps, Vanilla Yogurt</p>	<p>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</p>	<p>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</p>
WEEK 3	<p>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</p>	<p>AM Snack Apple Cinnamon Morning Round Entrée Winter Vegetable Bean and Lentil Soup, Whole Wheat Ciabatta, Peeled Cucumber Slices, Fresh Fruit PM Snack Whole Wheat Pumpkin Loaf, Fresh Fruit, Edamame</p>	<p>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</p>	<p>AM Snack Rice Krispies Cereal with Milk Entrée Egg Patty, Cheese Slice, Whole Wheat English Muffin, Sunrise Mix Vegetables (Carrots and Green Beans), Fresh Fruit PM Snack Whole Wheat Pita, Hummus, Blanched Snap Peas</p>	<p>AM Snack Whole Wheat Carrot Muffin Entrée Balsamic Diced Chicken, Brown Rice, Green Peas, Fresh Fruit PM Snack Whole Wheat Crackers, Cheese Curds</p>
WEEK 4	<p>AM Snack Rice Chex Cereal with Milk Entrée Fish Patty, Hamburger Bun, Lemon Garlic Sauce, Green Peas, Fresh Fruit PM Snack Strawberry Yogurt, Fresh Fruit, Strawberry Granola Bar</p>	<p>AM Snack Multigrain Muesli Morning Round, Strawberry Jam Entrée Salisbury Steak with Gravy, Brown Rice, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Owl Snaps, Berry Applesauce</p>	<p>AM Snack Vanilla Yogurt, Cereal Topping Entrée Cheddar Cheese Omelet, Whole Wheat English Muffin, Vegetable Medley (Green Beans, Green Peas, Carrots and Corn), Fresh Fruit PM Snack Whole Wheat Pita, Cheddar Cheese Slice</p>	<p>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</p>	<p>AM Snack Multigrain Cheerios with Milk Entrée Herbed Diced Chicken, Brown Rice, Green Beans, Fresh Fruit PM Snack Whole Wheat Square Crackers, Cheese Cubes</p>



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