






**WHOLESONE
KIDS
CATERING**

**Our WHOLESOME
Menu Includes:**

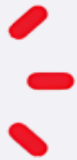
-  Simple, wholesome ingredients for growing bodies and minds.
-  Meals and snacks using municipal, provincial and national nutritional guidelines.
-  Food kids love to eat.

JINGBAO - RICHMOND HILL

Healthy Choices Fall/Winter 2025-2026

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Entrée Dino Chicken Pieces, Brown Rice, Plum Sauce, Sunrise Mix Vegetables (Carrots and Green Beans), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Turkey Meatballs in Marinara Sauce, Whole Wheat Submarine Bun, Vegetable Medley (Green Beans, Green Peas, Corn, Carrots), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Teriyaki Fish, Brown Rice, Green Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Chicken Cacciatore, Whole Grain Pasta, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Ground Beef Sloppy Joe, Hamburger Bun, White Cheese Slice, Carrots & Turnips, Fresh Fruit PM Snack</p>
WEEK 2	<p>AM Snack Entrée Chicken Bolognese with Whole Grain Pasta, Diced Carrots and Green Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Chicken Noodle Soup, Javaneh Slice, Baby Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Carvey Chicken with Gravy, Whole Wheat Dinner Bread, Sweet Potato Mash, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée BBQ Chicken Drumstick, Veggie Quinoa Blend, Broccoli, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Fish Nuggets, Brown Rice, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack</p>
WEEK 3	<p>AM Snack Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn and Green Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Ancient Grains, Bean & Lentil Soup, Whole Wheat Baguette, Cucumber Slices, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Turkey Burger, Hamburger Bun, Cheese Slice, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Butter Chicken, Mini Savoury Naan Bread, Sunrise Mix Vegetables (Carrots and Green Beans), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Whitefish Tomato Macaroni Bake, Green Peas, Fresh Fruit PM Snack</p>
WEEK 4	<p>AM Snack Entrée Build-Your-Own Beef Shepards Pie, Mash Potatoes, Whole Wheat Dinner Roll, Green Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Salisbury Steak with Gravy, Brown Rice, Carrots & Turnips, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Turkey Bowtie Pasta in Rose Sauce, Vegetable Medley (Green Beans, Green Peas, Carrots and Corn), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Turkey Alphabet Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Herbed Chicken Drumstick, Brown Rice, Leafy Greens with Balsamic Dressing, Fresh Fruit PM Snack</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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JINGBAO - RICHMOND HILL

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

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Entrée Dino Chicken Pieces, Brown Rice, Plum Sauce, Sunrise Mix Vegetables (Carrots and Green Beans), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Turkey Meatballs in Marinara Sauce, Whole Wheat Submarine Bun, Vegetable Medley (Green Beans, Green Peas, Corn, Carrots), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Teriyaki Fish, Brown Rice, Green Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Chicken Cacciatore, Whole Grain Pasta, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Ground Beef Sloppy Joe, Hamburger Bun, White Cheese Slice, Carrots & Turnips, Fresh Fruit PM Snack</p>
WEEK 2	<p>AM Snack Entrée Fish Sticks, Brown Rice, Lemon Garlic Sauce, Diced Carrots & Green Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Chicken Noodle Soup, Javaneh Slice, Blanched Baby Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Carvey Chicken with Gravy, Whole Wheat Dinner Bread, Sweet Potato Mash, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée BBQ Diced Chicken, Veggie Quinoa Blend, Broccoli, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Fish Nuggets, Brown Rice, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack</p>
WEEK 3	<p>AM Snack Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn and Green Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Ancient Grains, Beans & Lentil Soup, Whole Wheat Baguette, Peeled Cucumber Slices, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Turkey Burger, Hamburger Bun, Cheese Slice, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Butter Chicken, Mini Savoury Naan Bread, Sunrise Mix Vegetables (Carrots and Green Beans), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Whitefish Tomato Macaroni Bake, Green Peas, Fresh Fruit PM Snack</p>
WEEK 4	<p>AM Snack Entrée Build-Your-Own Beef Shepards Pie, Mash Potatoes, Whole Wheat Dinner Roll, Green Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Salisbury Steak with Gravy, Brown Rice, Carrots & Turnips, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Turkey Bowtie Pasta in Rose Sauce, Vegetable Medley (Green Beans, Green Peas, Carrots and Corn), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Turkey Alphabet Soup, Whole Wheat Bread, Blanched Baby Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Herbed Diced Chicken, Brown Rice, Green Beans, Fresh Fruit PM Snack</p>



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Healthy eating, happy kids!

JINGBAO™ BILINGUAL MONTESSORI SCHOOL 京宝宝

Snack Menu Fall/Winter 2025 - 2026

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Morning Snacks	Rice Krispies Cereal Milk	Organic Granola, Strawberry yogurt	Ozery Bakery Cranberry Morning Rounds, Milk	Whole wheat bread toast with jam, milk	Cinnamon Raisin Bagels, Sour Cream, Milk
	Afternoon Snack	JINGBAO™ Pancake, Unsweetened Applesauce	Whole wheat crackers w/ hummus, bell pepper	Brown rice cake w/ Wowbutter, Watermelon	Banana rolls up w/ whole wheat wrap	Digestive cookies with cheese cubes
Week 2	Morning Snacks	Corn Flakes Cereal With Milk	Fruit & maple oatmeal with apple cranberries, Milk	Ozery Bakery Blueberry Morning Rounds, Milk	Whole wheat raisin bread, Vanilla yogurt	Carrot mini muffin, Milk
	Afternoon Snack	Rainbow Cake, Steamed Carrot	Multigrain cereal mix, vanilla yogurt	Banana/strawberry smoothie with Organic Tortilla Chips	Whole wheat mini pita w/ hummus, Cucumber	Cinnamon Raisin Bagels w/ sour cream, watermelon
Week 3	Morning Snacks	Rice Krispies Cereal, Milk	Organic Granola, Strawberry Yogurt	Blueberry mini muffin, Milk	Unsalted cracker, Organic Unsweetened Applesauce	Toasted Whole Wheat Bread, Cream cheese, Milk
	Afternoon Snack	JINGBAO™ Pancake, Grape tomatoes/baby carrots (toddler)	Unsalted cracker, Spinach, Pineapple, & Mango smoothie	Brown rice cake w/ Wowbutter, Cucumber slices	Multigrain Bagels w/ jam, cheese cubes	Animal cookies, watermelon
Week 4	Morning Snacks	Cheerios Strawberry Banana Breakfast Cereal, Whole Grains, Milk	Fruit & maple oatmeal with apple cranberries, Milk	Ozery Bakery Cranberry Morning Rounds, Milk	JINGBAO™ rainbow cake, Organic Unsweetened Applesauce	Raisin Bran Cereal, Watermelon
	Afternoon Snack	Banana/strawberry smoothie with Raisin bread	Boulangerie Grissel Melba Toast Plain, Cheese cubes	Que Pasa Organic Tortilla Chips, cucumber	Mixed Berry Lemonade Mini Muffins, Unsweetened Applesauce	Organic Granola, Strawberry Yogurt

advise us with any allergies