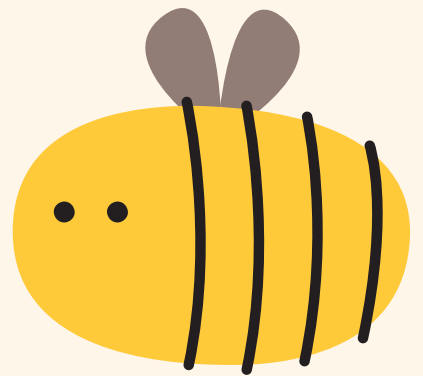


little munchkin

LUNCH PROGRAM



- Healty lunch
- Fresh
Ingredients

***Please note that although we not be using any kind of nuts in our lunches, we **cannot guarantee** the lunches to be nut-free.

***Note that menu are subject to change depending on availability, preferences, etc.

www.littlemunchkindaycare.ca





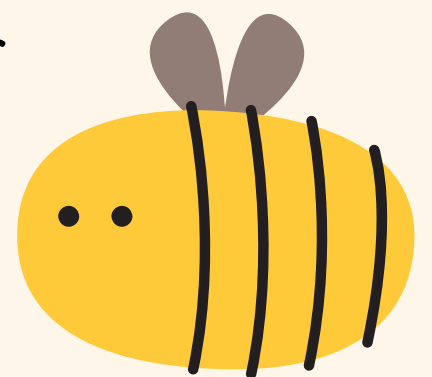
LITTLE MUNCHKIN LUNCH PROGRAM:

- Provide daily nutritious & healthy lunch meals while reducing food waste.
- Supports child development (e.g. creative shapes for meals to promote eating and a more collaborative experience)
- Exposure to cuisines from a variation of different cultural backgrounds

Salmon Patties



Apple Cheddar Quesadilla





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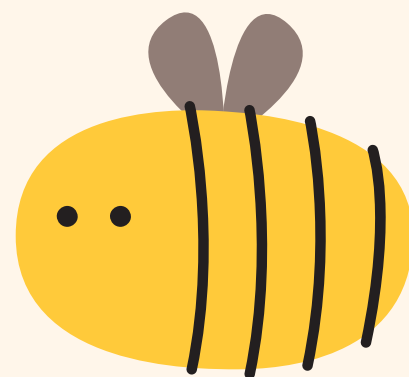
Mini Pizza xt



Rabbit Pancakes



Onigiri

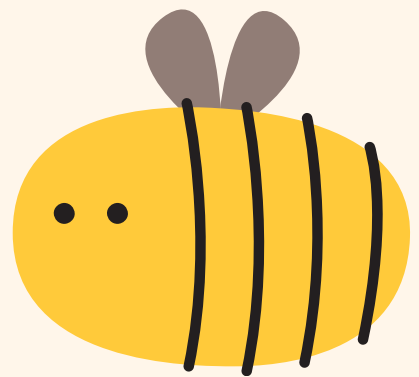


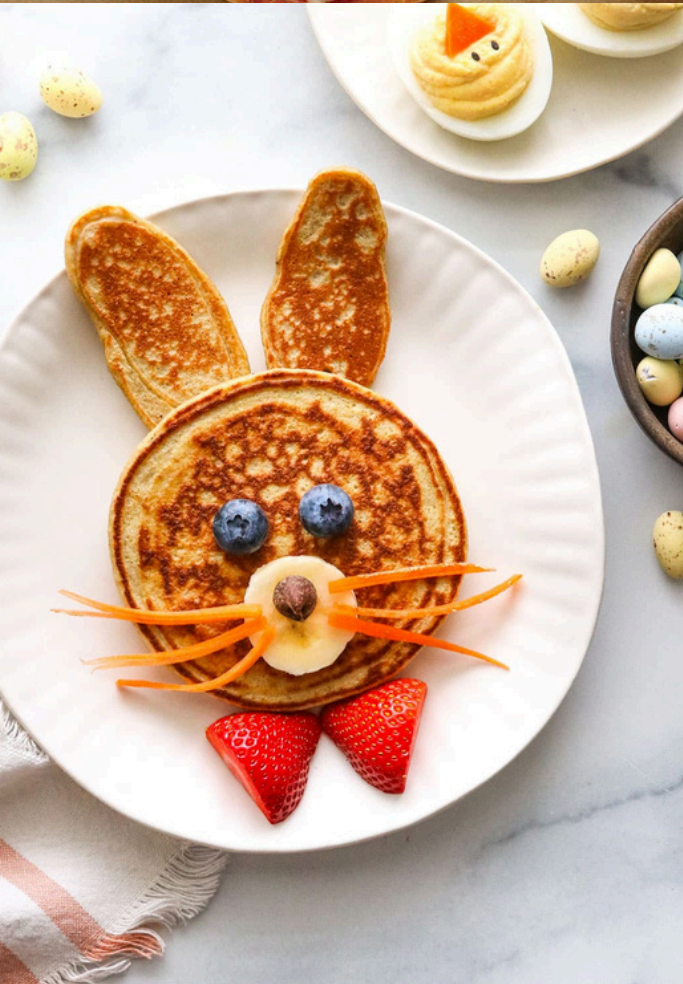


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Expanded lunch options menu below...

- Chicken Wrap
- Tomato Pasta with Baked Chicken
- Pasta Party Salad
- Khichri
- Egg Salad
- Chilli Not Chilli (not spicy) Dog
- Chicken Fajita Taco
- Tofu Teriyaki
- Mc&Cheese Macaroni with Broccoli and Tuna
- Cauliflower Mc&Cheese with Chicken
- Spinach Dip and Salmon Wrap
- Butter Chicken Curry
- Chicken Wrap
- Crispy Tofu Lettuce Wrap
- Pasta Party Salad
- Onigiri
- Fried Rice
- Dino Quesadilla





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Sample Lunch Menu 2024

M 1. Apple Cheddar Quesadilla	T 2. Tomato Pasta with baked chicken	W 3. Salmon Patties with boil cucumber	Th 4. Egg Salad with crackers and cheese	F 5. Chilli (Not Chilli) Dog
M 6. Baked chicken and mash potatoes	T 7. Chicken Fajita Taco bowl	W 8. Tofu Teriyaki	Th 9. Mc&Cheese with Broccoli and Tuna	F 10. Vegetarian Mini Pizza
M 11 Fried Tofu bowl with green beans	T 12. Pasta Party Salad	W 13. Onigiri with cucumber	Th 14. Fried Rice	F 15. Dino Quesadilla and broccoli
M 16. Cauliflower Mc&cheese and Chicken	T 17. Rabbit Pancake with banana	W 18. Spinach and Salmon pasta	Th 19. KHICHRI with rice	F 20. Butter Chicken Curry and rice



Nutritional Facts

(please note that carb, protein, etc are approximate values calculated using <https://www.carbmanager.com>)

Apple Cheddar Quesadilla: Tortilla, cheddar cheese, and apple are combined to create this dish, which is served with a replica pico de gallo made from tomato, pineapple, and black beans. Each Cheese Quesadilla (1 quesadilla) contains 37.2g of total carbs, 34.8g of net carbs, 28.8g of fat, 20g of protein, and 490 calories.

Tomato Pasta with Baked Chicken: Fusilli pasta is served with a tomato and basil sauce, accompanied by juicy baked chicken. Each serving of Pasta (1 cup) contains 42.8g of total carbs, 40.3g of net carbs, 1.3g of fat, 8.1g of protein, and 220 calories. Additionally, the Basket Chicken Breast 50 G (4 slices) contains 2g of total carbs, 2g of net carbs, 0.5g of fat, 8g of protein, and 45 calories.

Salmon Patties: Canned salmon is combined with potatoes to form the patties, which are then baked and served with cucumber and carrot sticks. Each serving of Salmon Patties (2 patties) contains 7.3g of total carbs, 6.8g of net carbs, 8.2g of fat, 8.6g of protein, and 139 calories.

Egg Salad: Boiled eggs and mayo are combined with crackers and served with pasta and red pesto. Each serving of Egg Salad (0.5 cup) contains 2.1g of total carbs, 1.7g of net carbs, 24.5g of fat, 8.5g of protein, and 266 calories. Additionally, Pasta (1/2 cup) contains 22.4g of total carbs, 20.7g of net carbs, 0.7g of fat, 4.05g of protein, and 110 calories.



Chilli Not Chilli (not spicy) Bowl: Ingredients include drained and rinsed black beans, canned kernel corn, peppers, paprika, crushed tomatoes, cabbage, and shredded cheddar cheese. It is served with steamed rice. A serving of Chili beans (0.5 cup) contains 21.4g of total carbs, 16g of net carbs, 1.3g of fat, 6.3g of protein, and 123 calories, while a serving of Rice (1 cup, cooked) contains 43.7g of total carbs, 43g of net carbs, 1.7g of fat, 4.2g of protein, and 213 calories.

Baked Chicken and Mashed Potatoes: The dish comprises baked chicken, cream cheese, potatoes, butter, salt, and red bell pepper. Each serving of Basket Chicken Breast 50 G (4 slices) contains 2g of total carbs, 2g of net carbs, 0.5g of fat, 8g of protein, and 45 calories. Mashed potatoes, prepared from fresh (0.5 cup), contain 22g of total carbs, 19.8g of net carbs, 4.4g of fat, 2.2g of protein, and 134 calories.

Chicken Fajita Taco Bowl: Cooked chicken, grated cheddar cheese, pineapple, bell pepper, lettuce, salsa, and rice are combined to create this flavorful dish. Each serving of Basket Chicken Breast 50 G (4 slices) contains 2g of total carbs, 2g of net carbs, 0.5g of fat, 8g of protein, and 45 calories. Additionally, Rice (1 cup, cooked) contains 43.7g of total carbs, 43g of net carbs, 1.7g of fat, 4.2g of protein, and 213 calories.



Tofu Teriyaki: Made with firm tofu, teriyaki sauce, carrots, bell peppers, broccoli florets, pineapple, and rice, this dish offers a delightful blend of flavors. Each serving of Nutrisoy Teriyaki Tofu contains 2g of total carbs, 0g of net carbs, 5g of fat, 11g of protein, and 107 calories. Additionally, Rice (1 cup, cooked) contains 43.7g of total carbs, 43g of net carbs, 1.7g of fat, 4.2g of protein, and 213 calories.

Mac and Cheese with Broccoli and Tuna: This dish includes whole wheat pasta elbows, milk, broccoli, grated cheddar cheese, and tuna chunks. One cup of whole-wheat elbows contains 37.2g of total carbs, 30.9g of net carbs, 0.8g of fat, 7.5g of protein, and 174 calories. Additionally, Tuna Light Canned In Water (half cup, solid or chunks) contains 0g of total carbs, 0g of net carbs, 0.75g of fat, 14.45g of protein, and 66 calories.

Mini Vegetarian Pizza: Prepared with small round pizza dough, mushrooms, bell peppers, onion, grated mozzarella cheese, grated parmesan cheese, and tomato sauce, this mini pizza is a flavorful vegetarian option. Each slice of Pizza Factory Pizzas Vegetarian Small contains 27g of total carbs, 25g of net carbs, 5g of fat, 9g of protein, and 190 calories.

Fried Tofu Bowl with Green Beans: This dish features carrots, celery, bell peppers, green beans, cucumber, ginger, canola oil, rice, soy sauce, and extra-firm tofu. A serving of Tofu Fried Rice With Green Beans contains 70g of total carbs, 70g of net carbs, 34g of fat, 23g of protein, and 570 calories.



Pasta Party Salad: This salad features a blend of ingredients including whole wheat pasta elbows, mayonnaise, bell pepper, celery, carrot, and cooked chicken. It is served with fusilli pasta in a tomato and basil sauce, accompanied by juicy baked chicken. Each cup of pasta contains 42.8g of total carbs, 40.3g of net carbs, 1.3g of fat, 8.1g of protein, and 220 calories. Additionally, Basket Chicken Breast 50 G provides 45 calories.

Onigiri: This dish consists of rice, tuna from a can, toasted seaweed, and cucumber. A serving of Cooked Salmon Onigiri contains 45g of total carbs, 44.1g of net carbs, 9.4g of fat, 7.5g of protein, and 307 calories.

Fried Rice: Made with carrots, celery, bell pepper, cabbage, cucumber, ginger, canola oil, soy sauce, egg, and rice, this fried rice dish offers a flavorful combination of ingredients. One cup of Egg Fried Rice contains 34g of total carbs, 32.1g of net carbs, 5.6g of fat, 6.3g of protein, and 209 calories.

Dino Quesadilla: This quesadilla features tortilla, cheddar cheese, and avocado, served with tomato, pineapple, and black bean fake pico de gallo. Each Cheese Quesadilla contains 37.2g of total carbs, 34.8g of net carbs, 28.8g of fat, 20g of protein, and 490 calories.



Cauliflower Mac & Cheese with Chicken: This dish features roasted chicken, cauliflower, milk, and grated cheddar cheese, combined with whole-wheat elbows. One cup of whole-wheat elbows contains 37.2g of total carbs, 30.9g of net carbs, 0.8g of fat, 7.5g of protein, and 174 calories. Additionally, Halal Basket Chicken Breast 50 G provides 45 calories.

Rabbit Pancake: Made with milk, egg, banana, oats, sugar, baking powder, baking soda, and vegetable oil, these Banana Oat Blender Pancakes offer a nutritious breakfast option. One serving contains 50g of total carbs, 44g of net carbs, 4g of fat, 8g of protein, and 255 calories.

Spinach and Salmon Pasta: This pasta dish includes spinach, whole wheat pasta, canned salmon, sour cream, and fresh parsley. One cup of whole-wheat noodles contains 37.2g of total carbs, 30.9g of net carbs, 0.8g of fat, and 7.5g of protein.

Khichri: This serving of Khichri contains 24.2g of total carbs, 21g of net carbs, 3.8g of fat, 4.3g of protein, and 141 calories. Additionally, rice (1 cup, cooked) contains 43.7g of total carbs, 43g of net carbs, 1.7g of fat, 4.2g of protein, and 213 calories.

Chicken Butter Curry with Rice: Flavorful meal with butter chicken curry, rice, and baked chicken. One serving of Butter Chicken contains 8.6g of total carbs, 6g of net carbs, 17g of fat, 22g of protein, and 282 calories. Additionally, rice (1 cup, cooked) contains 43.7g of total carbs, 43g of net carbs, 1.7g of fat, 4.2g of protein, and 213 calories.