
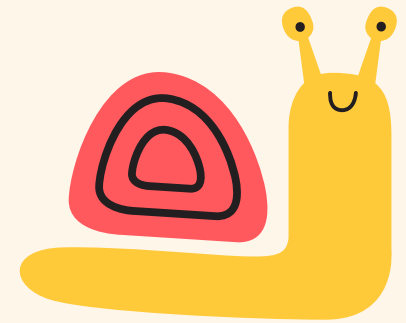


little munchkin

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/lunch

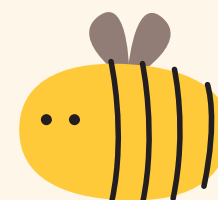


LITTLE MUNCHKIN LUNCH PROGRAM:

Welcome to the Little Munchkin Daycare Lunch Program...

Thoughtfully designed for tiny tummies and growing minds. We have created a lunch menu that goes beyond just feeding – it nurtures. Each meal is handcrafted to provide:

- ✓ Balanced nutrition for early development
- ✓ Flavors and textures that encourage healthy eating habits
- ✓ A cultural variety that opens little minds and palates



Our goal is to make food a joyful, safe, and enriching part of each child's day. Whether it's a mini turkey burger or veggie-packed noodles, every bite is made with care – and tested with love.



👶 Baby-Friendly Preparation (Age < 1)

Meals are made using the same wholesome ingredients for all ages, but with special preparation for infants 11 months or under. That means softer textures, smaller portions, no added preservatives or condiments—just clean, nutritious food tailored to your child's stage.

🍴 Balanced Lunch Program (Ages 1–3)

At Little Munchkin Daycare, we know that good nutrition is key to healthy growth and happy days. That's why our lunch program is thoughtfully crafted with variety, nutrition, and age-appropriate preparation in mind.

Here's a taste of what we serve...



🍌 Sample Menu Highlights (✅ All protein sources are halal certified):

- Mini Cheese Quesadillas with Spanish rice and grilled chicken breast
- Pasta with Homemade Tomato Sauce + ground beef + steamed zucchini
- Waffles & Scrambled Eggs with turkey ham + mashed banana and chia pudding
- Baked White Fish + mashed potatoes + grilled vegetables (ratatouille)
- Short Pasta + beef patty + cucumber sticks
- Chicken Noodles + mozzarella cubes + seasonal fruit
- Mac & Cheese (with sweet potato cheese sauce) + baked salmon + vegetables
- Beef Stew with carrots + mashed potatoes + strawberry crumble
- Spanish Tortilla (egg & potato) + baked chicken + cherry tomatoes
- Couscous with shredded chicken + green peas + orange slices
- Soft Beef Stew with potatoes + plain rice + seasonal fruit
- Nut-Free Pesto Pasta + grilled chicken + steamed cucumber & carrots
- Mini "Happy" Pizza + grilled zucchini + vanilla yogurt pie
- "Happy" Egg Muffins (fried style) + fries + fresh strawberries
- Chicken Strips + mashed potatoes with gravy + mini muffin + vegetables





WEEKLY MENU

THE SCHEDULE BELOW IS A SAMPLE FOR
REFERENCE ONLY. ACTUAL MEALS MAY VARY BY
DAY

M Day 1: Apple Cheddar Quesadilla	T Day 2: Tomato Pasta with Baked Chicken	W Day 3: Salmon Patties with Boil Cucumber	Th Day 4: Egg Salad with Crackers and Cheese	F Day 5: Chilli (Not Chilli) Dog
M Day 6: Baked Chicken and Mashed Potatoes	T Day 7: Chicken Fajita Taco Bowl	W Day 8: Tofu Teriyaki	Th Day 9: Mac & Cheese with Broccoli and Tuna	F Day 10: Vegetarian Mini Pizza
M Day 11: Fried Tofu Bowl with Green Beans	T Day 12: Pasta Party Salad	W Day 13: Onigiri with Cucumber	Th Day 14: Fried Rice	F Day 15: Dino Quesadilla and Broccoli
M Day 16: Cauliflower Mac & Cheese with Chicken	T Day 17: Rabbit Pancake with Banana	W Day 18: Spinach and Salmon Pasta	Th Day 19: Khichri with Rice	F Day 20: Butter Chicken Curry and Rice



Nutritional Facts

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

Mini Cheese Quesadilla with Spanish Rice and Grilled Chicken

Served toddler-style in a balanced portion.

1 mini cheese quesadilla: ~100 kcal

1/4 cup Spanish rice: ~60 kcal

1 slice grilled chicken breast: ~45 kcal

➡ Total: ~205 kcal

Pasta with Homemade Tomato Sauce, Ground Beef, and Zucchini

Served toddler-style in a balanced portion.

1/4 cup short pasta with tomato sauce: ~90 kcal

2 tbsp ground beef: ~60 kcal

2 tbsp steamed zucchini: ~20 kcal

➡ Total: ~170 kcal

Waffle, Scrambled Egg with Turkey Ham, and Chia Banana Pudding

Served toddler-style in a balanced portion.

1/2 small waffle: ~90 kcal

1 scrambled egg with turkey ham: ~80 kcal

2 tbsp banana chia pudding: ~60 kcal

➡ Total: ~230 kcal

Baked White Fish, Mashed Potatoes, and Grilled Vegetables (Ratatouille)

Served toddler-style in a balanced portion.

1.5 oz baked white fish: ~70 kcal

1/4 cup mashed potatoes: ~60 kcal

2 tbsp grilled vegetables: ~30 kcal

➡ Total: ~160 kcal

Short Pasta, Beef Patty, and Cucumber Sticks

Served toddler-style in a balanced portion.

1/4 cup short pasta: ~90 kcal

small beef patty: ~90 kcal

2 tbsp cucumber sticks: ~15 kcal

➡ Total: ~195 kcal



Chicken Noodles with Mozzarella Cubes and Seasonal Fruit

Served toddler-style in a balanced portion.

1/4 cup chicken noodles: ~90 kcal

3 small mozzarella cubes: ~50 kcal

2 tbsp seasonal fruit (e.g. banana or apple): ~40 kcal

➡ Total: ~180 kcal



Mac and Cheese (Sweet Potato Sauce), Salmon, and Vegetables

Served toddler-style in a balanced portion.

1/4 cup sweet potato mac and cheese: ~100 kcal

1 oz baked salmon: ~60 kcal

2 tbsp steamed vegetables: ~30 kcal

➡ Total: ~190 kcal



Beef Stew with Carrots, Mashed Potatoes, and Strawberry Crumble

Served toddler-style in a balanced portion.

2 tbsp beef stew with carrots: ~80 kcal

1/4 cup mashed potatoes: ~60 kcal

1 tbsp strawberry crumble: ~45 kcal

➡ Total: ~185 kcal



Spanish Tortilla, Baked Chicken, and Cherry Tomatoes

Served toddler-style in a balanced portion.

1 slice Spanish tortilla (egg & potato): ~90 kcal

1 slice baked chicken: ~45 kcal

2 cherry tomatoes: ~10 kcal

➡ Total: ~145 kcal



Couscous with Shredded Chicken and Orange Slices

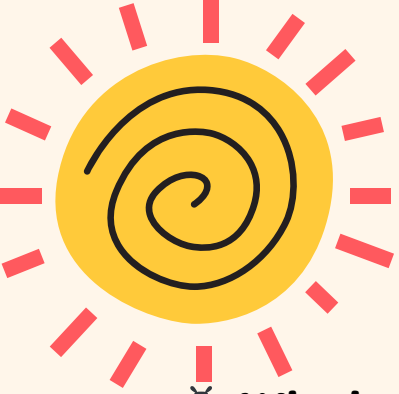
Served toddler-style in a balanced portion.

1/4 cup couscous: ~85 kcal

2 tbsp shredded chicken: ~50 kcal

2 slices orange: ~15 kcal

➡ Total: ~150 kcal



Whole Wheat Molletes with Beans and Cheese, Red Rice, and Baked Pear

Served toddler-style in a balanced portion.

1/2 whole wheat mollete with beans and cheese: ~100 kcal

1/4 cup red rice: ~60 kcal

2 tbsp baked pear: ~30 kcal

➡ Total: ~190 kcal



Banana Oat Pancakes, Natural Yogurt, Blueberries, and Baked Chicken

Served toddler-style in a balanced portion.

1 banana oat pancake: ~80 kcal

2 tbsp natural yogurt: ~35 kcal

1 tbsp blueberries: ~10 kcal

1 slice baked chicken: ~45 kcal

➡ Total: ~170 kcal



Baked Fish, Spinach Rice, and Diced Tomatoes

Served toddler-style in a balanced portion.

1.5 oz baked white fish: ~70 kcal

1/4 cup spinach rice: ~65 kcal

2 tbsp diced tomatoes: ~10 kcal

➡ Total: ~145 kcal



Soft Beef Stew with Potatoes, Plain Rice, and Seasonal Fruit

Served toddler-style in a balanced portion.

2 tbsp soft beef stew: ~80 kcal

1/4 cup plain rice: ~60 kcal

2 tbsp seasonal fruit: ~20 kcal

➡ Total: ~160 kcal



Nut-Free Pesto Pasta with Chicken, Cucumber, and Carrots

Served toddler-style in a balanced portion.

1/4 cup nut-free pesto pasta: ~90 kcal

1 slice cooked chicken: ~45 kcal

2 tbsp cucumber and carrots: ~20 kcal

➡ Total: ~155 kcal



Mini Happy Pizza, Grilled Zucchini, and Vanilla Yogurt Pie

Served toddler-style in a balanced portion.

1 mini happy pizza: ~100 kcal

2 tbsp grilled zucchini: ~20 kcal

2 tbsp vanilla yogurt pie: ~50 kcal

➡ Total: ~170 kcal

Grilled Beef, Broccoli and Carrots, and Steamed Rice

Served toddler-style in a balanced portion.

1 slice grilled beef: ~80 kcal

2 tbsp broccoli and carrots: ~20 kcal

1/4 cup steamed rice: ~60 kcal

➡ Total: ~160 kcal

Scrambled Eggs, Homemade Sausage Burrito, Puff Fries, and Apple

Served toddler-style in a balanced portion.

1 scrambled egg: ~70 kcal

1/2 small sausage burrito: ~90 kcal

2 tbsp puff fries: ~60 kcal

2 apple slices: ~20 kcal

➡ Total: ~240 kcal

Happy Fried Egg Muffin, Fries, and Strawberries

Served toddler-style in a balanced portion.

1 happy egg muffin: ~100 kcal

2 tbsp fries: ~60 kcal

2 strawberries: ~10 kcal

➡ Total: ~170 kcal

Chicken Strips, Mashed Potato with Gravy, Mini Muffin, and Vegetables

Served toddler-style in a balanced portion.

2 chicken strips: ~90 kcal

1/4 cup mashed potato with gravy: ~70 kcal

1 mini muffin: ~60 kcal

2 tbsp vegetables: ~20 kcal

➡ Total: ~240 kcal