WELCOME TO

KIDS KITCHEN CO.

Helping children eat well and perform better.

Proud to be serving

TOWN CENTRE PRIVATE SCHOOL

Amarillo Campus

Toddler & Casa Students

Our Program

The Child Care and Early Years Act (CCEYA) requires that all children under the age of 3.8 years participate in a mandatory meal program.

Our preschool meal program is designed in consultation with a Registered Dietician specifically for this age group to ensure your child receives the nutrition they need to support their growth and development.

Using a 4-week rotating menu this program features a variety of meals and snacks to introduce young children to different foods, textures and flavours.

Our Commitment

We are committed to providing nutritious, delicious, "home cooked" meals with simple ingredients that your child will enjoy.

We take great care in preparing meal for children with allergies and food intolerances and have menu plans available for vegetarian, halal, gluten-free, dairy-free and egg-free diets so that everyone can participate.

Half Day Students:	Full Day Students:
receive an am or pm snack provided	receive an am snack, lunch and pm snack

How to Participate

Your child must be registered in the program through our website. If you already have an account from last year, there is no need to create a new one.

Registration

1. Visit our website to create an account: **www.kidskitchen.ca**
2. Add your child's information and select: "Attending **Preschool**"
3. Complete all necessary fields and **Submit**

Things to note:

- meals will be auto-populated for the entire school year
- remember to say "*yes*" to our emails during the registration process so you don't miss an important announcements
- If at any point your child's allergies, food intolerances or credit card information changes please call us directly

Cancellations

Cancellations must be received at least 3 business days in advance. Please email cancellation@kidskitchen.ca

HAVE QUESTIONS ABOUT THE PROGRAM, OUR MENUS OR OUR COMPANY?

905-944-0210

information@kidskitchen.ca

www.kidskitchen.ca

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2025-2026 FALL/WINTER PREK

TOWN CENTRE P.S. - PRESCHOOL

For Dates: Sept 1-5, Sept 29-Oct 3, Oct 27-31, Nov 24-28, (Dec 22-26)

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	WG Cheerios & Applesauce	Yogurt with Granola	WG Waffle Crisp & Fruit	Raisin Bread with Cinnamon Dip	Hard-Boiled Egg & Cucumber Coins
Lunch (includes fruit & 2% milk)	Macaroni & Cheese with Squash	Butter Chicken with Basmati Rice & Peas	Beef Meatball with Mashed Potato, Gravy & Corn Niblets	Chicken Vegetable Noodle Stir-fry (egg-free)	Turkey & Cheese Sandwich on wholewheat bread (with mayo) Garden Salad with Italian Dressing
Afternoon Snack	Arrowroot Cookies & Fruit	WW English Muffin with Creamcheese	WW Mini Breadsticks & WOW Butter	Mini Snacking Pita & Fruit	Oatmeal Cookie & Fruit
Veg Lunch Option (includes eggs & dairy)	-	Butter Chickpeas with Basmati Rice & Peas	Veggie Balls with Mashed Potato, Gravy & Corn	Tofu Vegetable Noodle Stir-fry (egg-free)	Grilled Veggie & Cheese Sandwich on wholewheat bread

WG = Whole grain, WW = Whole Wheat, MG = Multigrain

Fruit = Fruit will vary day to day, based on availability/seasonality. Fruit provided can be fresh, canned or frozen (always plain or unsweetened). Fruit choices may include apples, pears, oranges, pineapple, cantaloupe, watermelon or 100% fruit juice etc. Assorted veggies = Veggies/veggie sticks vary day to day, based on availability/seasonality. Veggies provided can be fresh, canned or frozen. Veggie choices may include carrots, celery, bell peppers, cucumbers, cauliflower, broccoli, zucchini etc.

Please note this menu is subject to change at any time. Substitutions will be made for allergies and dietary restrictions.

On the Tuesday after a Monday statutory holiday, the Monday snacks will be delivered the week before for the Tuesday – and the Monday snacks & lunch may be delivered on the Tuesday.

NUTRITION POLICY APPROVED

NUT FREE ALLERGY AWARE

SAFETY FIRST

LOCALLY OWNED

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TOWN CENTRE P.S. - PRESCHOOL

For Dates: Sept 8-12, Oct 6-10, Nov 3-7, Dec 1-5, (Dec 29-Jan 2)

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	MG Shreddies with Applesauce	Yogurt Tube & Rice Cake	½ Cheddar Cheese Sandwich on WW Bread	Mini Scone & Fruit	Fruit Yogurt Parfait (Peach)
Lunch (includes fruit & 2% milk)	Cheese Tortellini in tomato sauce with Veggies	Chicken Shawarma with Rice Pilaf (peas & carrots)	Italian Chicken with Buttery Tri-Colour Noodles & Peas	Baked Fish with Rice & Veggies (corn & edamame)	Chicken Parmesan Pasta with Carrots
Afternoon Snack	Muffin & Fruit	Digestive Cookies & Fruit	Garden Veggie Dip with Raw Veggie Sticks	WW Pretzels & Strawberry Creamcheese	Mixed Berry Animal Crackers & Fruit
Veg Lunch Option (includes eggs & dairy)	-	Baked Falafel with Rice Pilaf (peas & carrots)	Buttery Tri-Colour Noodles with Italian White Beans & Peas	Baked Tofu Bite with Rice & Veggies (corn & edamame)	Vegetarian Parmesan Pasta with Carrots (minced soy)

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TOWN CENTRE P.S. - PRESCHOOL

For Dates: Sept 15-19, Oct 13-17, Nov 10-14, Dec 8-12, Jan 5-9

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	WG Cheerios with Applesauce	Yogurt Cup & Granola	WG Waffle Crisp & Fruit	Hard-Boiled Egg & Cucumber Coins	Raisin Bread with Cinnamon Dip
Lunch (includes fruit & 2% milk)	Macaroni & Cheese with Squash	Bean Spinach Curry with Basmati Rice	Marinara Beef Meatballs with Mashed Potatoes & Corn Niblets	Greek Chicken with Veggie Rice (diced sweet peppers)	Tuna Salad Sandwich on a whole wheat bun (with mayo) Baby Carrots (blanched, cold)
Afternoon Snack	Arrowroot Cookies & Fruit	Snacking Pita & Fruit	WW English Muffin with Creamcheese	Oatmeal Cookie & Fruit	WW Mini Breadsticks & WOW Butter
Veg Lunch Option (includes eggs & dairy)	-	-	Marinara Veggie Balls with Mashed Potatoes & Corn Niblets	Greek Tofu with Veggie Rice (diced sweet peppers)	Grilled Veggie & Cheese Sandwich on wholewheat bread

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TOWN CENTRE P.S. - PRESCHOOL

For Dates: Sept 22-26, Oct 20-24, Nov 17-21, Dec 15-19, Jan 12-16

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Multigrain Shreddies & Applesauce	Yogurt Tube & Rice Cake	½ Cheddar Cheese Sandwich on WW Bread	Mini Scone & Fruit	Fruit Yogurt Parfait (Mixed Berry)
Lunch (includes fruit & 2% milk)	Chicken Pot Pie Pasta (shredded chicken, peas, carrots & corn)	Chicken Nuggets with Baked Hash Browns & Carrots	Beef Goulash Pasta (sweet peppers, cheese, lean ground beef)	Chicken Vegetable Fried Rice	Cheese & Potato Perogies Bean Salad
Afternoon Snack	Muffin & Fruit	Mixed Berry Animal Crackers & Fruit	WW Pretzels & Strawberry Creamcheese	Garden Veggie Dip with Raw Veggie Sticks	Digestive Cookies & Fruit
Veg Lunch Option (includes eggs & dairy)	Vegetarian Pot Pie Pasta (chickpeas, peas, carrots & corn)	BBQ Veggie Balls with Baked Hash Browns & Carrots	Vegetarian Goulash Pasta (sweet peppers, cheese, minced soy)	Tofu Vegetable Fried Rice	-

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