



DAY	MEAL	SNACK	MENU
MON 	Lunch 	AM/PM Snack 	Tender chicken bites with golden turmeric rice, roasted carrots, mini red potatoes, and seasonal fruit—nourishing, balanced, and gently prepared. Served with a choice of cow's milk or unsweetened organic soy milk. Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.
TUES 	Lunch 	AM/PM Snack 	Gently baked cod, tender and flaky, served with turmeric basmati rice, crisp cucumber, naturally sweet peppers, cheese, and seasonal fruit—nourishing, balanced, and gently prepared. Served with a choice of cow's milk or unsweetened organic soy milk. Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.
WED 	Lunch 	AM/PM Snack 	Soft veggie chicken with Japanese yam, green peas, and cheese, served with semolina pasta and seasonal fruit—balanced, flavourful, and made with non-GMO ingredients. Choice of cow's milk or unsweetened organic soy milk. Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.
THURS 	Lunch 	AM/PM Snack 	Organic chicken meatballs, served with roasted pineapple, semolina pasta, and organic green peas—balanced, flavourful, and made with high-quality ingredients. Choice of cow's milk or unsweetened organic soy milk. Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.
FRI 	Lunch 	AM/PM Snack 	Pizza Day featuring Pizza Nova, paired with fresh cucumbers, naturally sweet peppers, and seasonal fruit—adding variety and shared enjoyment to the menu. Served with a choice of cow's milk or unsweetened organic soy milk. Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.



MADE WITH
NON-GMO
INGREDIENTS



BALANCED, FLAVOURFUL
& KID-APPROVED



CHOICE OF COW'S MILK
OR UNSWEETENED
ORGANIC SOY MILK





My TOTS Kitchen

WEEK 2

NOURISHING MEALS FOR HAPPY, HEALTHY KIDS



DAY	MEAL	SNACK	MENU
MON 	Lunch 	AM/PM Snack 	Popcorn chicken raised without antibiotics, served with roasted mini red potatoes, roasted broccoli, and fluffy rice, plus seasonal fruit, with a choice of milk or unsweetened soy milk. Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.
TUES 	Lunch 	AM/PM Snack 	A nourishing lunch featuring baked haddock, crisp fresh pepper sticks, and fragrant turmeric basmati rice, served with seasonal fruit and a choice of milk or unsweetened soy milk. Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.
WED 	Lunch 	AM/PM Snack 	Veggie chicken served with Japanese yam, green peas, cheese, semolina pasta, and seasonal fruit—balanced, flavourful, and made with non-GMO ingredients. Choice of cow's milk or unsweetened organic soy milk. Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.
THURS 	Lunch 	AM/PM Snack 	Organic chicken meatballs, served with roasted pineapple, semolina pasta, and organic green peas—balanced, flavourful, and made with high-quality ingredients. Choice of cow's milk or unsweetened organic soy milk. Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.
FRI 	Lunch 	AM/PM Snack 	Pizza Day featuring Pizza Nova, paired with fresh cucumbers, naturally sweet peppers, and seasonal fruit—adding variety and shared enjoyment to the menu. Served with a choice of cow's milk or unsweetened organic soy milk. Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.



MADE WITH
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INGREDIENTS



BALANCED, FLAVOURFUL
& KID-APPROVED



CHOICE OF COW'S MILK
OR UNSWEETENED
ORGANIC SOY MILK



My Tots Kitchen

Last Updated Aug 24, 2026

