

Eat Grow Thrive

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.

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EARLY ENRICHMENT DAYCARE

Healthy Choices Fall/Winter 2023 - 2024

MONDAY TUESDAY **WEDNESDAY** THURSDAY **FRIDAY** AM Snack Whole Wheat Pancake. AM Snack Multi Grain Cheerios Cereal. AM Snack Organic Whole Wheat AM Snack Banana Oatmeal Bar Apple Butter Milk EEK 1 Entrée Scrambled Eggs, Shredded AM Snack Rice Krispies Cereal, Milk Carrot Muffin Entrée Breaded Chicken Pieces, Brown Entrée Breaded Fish Sticks, Whole Entrée Chicken Macaroni and Cheddar Cheese, Whole Wheat Entrée Teriyaki Chicken Drumstick. Rice. Plum Sauce. Peas and Corn. Wheat Wrap, Sunrise Vegetables Cheese, Green Beans, Fresh Fruit Bread, Diced Carrots, Fresh Fruit Brown Rice, Peas, Fresh Fruit (Green Beans/Carrots), Fresh Fruit Fresh Fruit PM Snack Whole Wheat Breadsticks. PM Snack Spice Snaps, Fresh Fruit PM Snack Whole Wheat Melba PM Snack Whole Wheat Oatmeal PM Snack Whole Wheat Apple ≥ Toast, Cheddar Cheese Slice Hummus Cranberry Loaf, Baby Carrots Cookie, Applesauce AM Snack Whole Wheat Mini Bagel, AM Snack Peach Yogurt, Whole Grain AM Snack Corn Flakes Cereal, Milk Apple Butter AM Snack Organic Whole Wheat AM Snack Whole Wheat Shreddies Granola 2 Entrée Beef Meatballs in Tomato Entrée Breaded Chicken, Whole Entrée Turkey Burger, Hamburger Bun, Banana Muffin Cereal. Milk Ш Entrée Beef in Gravy, Whole Grain Sauce, Brown Rice, Green and Grain Pasta, Vegetable Medley Cheddar Cheese Slice, Sunrise Entrée Mild Cajun Chicken Drumstick, (Green Beans, Peas, Carrots, Corn), Leafy Greens, French Dressing, Fresh Yellow Beans, Fresh Fruit Vegetables (Green Beans/Carrots), Pasta, Diced Carrots, Fresh Fruit Π PM Snack Organic Whole Grain Mini Fresh Fruit Fresh Fruit PM Snack Banana Oatmeal Bar, Fruit ≥ PM Snack Whole Wheat Crackers, Ginger Snaps, Baby Carrots PM Snack Whole Wheat Oat and Date Fresh Fruit PM Snack Vanilla Yogurt. Fresh Fruit Cheese Curds Loaf. Cucumber Slices AM Snack Whole Wheat Oat Cranberry AM Snack Organic Whole Wheat Carrot AM Snack Whole Wheat Cinnamon AM Snack Multi Grain Cheerios AM Snack Rice Krispies Cereal. Milk EEK 3 Cookie Muffin Entrée Beef in Gravy, Mashed Cereal, Milk Scone Entrée Beef Burger, Hamburger Bun, Entrée Beef Bolognese with Whole Potatoes, Whole Wheat Bread, Entrée Classic Mac and Cheese, Entrée Chicken Noodle Soup, Whole Broccoli, Fresh Fruit Grain Pasta, Sunrise Vegetables (Green Vegetable Medley (Green Beans, Wheat Roll, Baby Carrots, Fresh Fruit Edamame and Pepper Salad, Peas PM Snack Organic Gluten Free Whole Beans/Carrots), Fresh Fruit Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Banana Oat and Corn, Fresh Fruit ≥ PM Snack Whole Wheat Breadsticks, Grain Strawberry Granola Bar. Baby PM Snack Whole Wheat Soda Bite. Fresh Fruit PM Snack Spice Snaps. Fresh Fruit Cheddar Cheese Slice Carrots Crackers, Cheese Curds AM Snack Strawberry Yogurt, Whole AM Snack Whole Wheat Shreddies EEK 4 AM Snack Wholes Wheat Cinnamon Grain Granola AM Snack Organic Whole Wheat AM Snack Corn Flakes Cereal. Milk Cereal. Milk Raisin Bagel. Apple Butter Entrée Portuguese Chicken Drumstick. Banana Muffin Entrée Breaded Chicken, Hamburger Entrée Turkey Lasagna, Diced Entrée Beef Strips in Gravy, Brown Whole Grain Pasta, Vegetable Medley Entrée Minestrone Soup, Whole Bun, Sunrise Vegetables (Green Carrots, Fresh Fruit (Green Beans, Peas, Carrots, Corn). Wheat Roll, Baby Carrots, Fresh Fruit Rice. Peas and Corn. Fresh Fruit PM Snack Mini Cocoa Snaps, Fresh Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Round PM Snack Whole Wheat Pita Pocket, Fresh Fruit Fruit PM Snack Whole Wheat Digestive PM Snack Whole Wheat Oat and Date Cheddar Cheese Slice Crackers, Grape Tomatoes Biscuits. Vanilla Yogurt Loaf. Fresh Fruit



- Menu Launch Date: October 30, 2023 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. Menu is approved by a Please note that Wholesome Kids Catering operates a facility that is Nut Free, Pork Free and Shellfish Free **Registered Dietitian.**
 - at all times. All Lunches are Trans Fat Free (except for those that are naturally occurring).
- Milk and/or Water are served with lunch and snacks
- Fresh Fruits will vary daily depending on seasonal availability. They may include apples, bananas, oranges, • grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, and peaches.





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EARLY ENRICHMENT DAYCARE

Healthy Choices - Infant/Toddler Fall/Winter 2023 - 2024

WEDNESDAY MONDAY TUESDAY THURSDAY **FRIDAY** AM Snack Whole Wheat Pancake. AM Snack Multi Grain Cheerios Cereal. AM Snack Organic Whole Wheat AM Snack Banana Oatmeal Bar Apple Butter Milk EEK 1 Entrée Scrambled Eggs, Shredded AM Snack Rice Krispies Cereal, Milk Carrot Muffin Entrée Breaded Chicken Pieces, Brown Entrée Breaded Fish Sticks, Whole Entrée Chicken Macaroni and Cheddar Cheese, Whole Wheat Entrée Teriyaki Diced Chicken, Brown Rice, Plum Sauce, Peas and Corn. Wheat Wrap, Sunrise Vegetables Rice, Peas, Fresh Fruit Cheese, Green Beans, Fresh Fruit Bread, Diced Carrots, Fresh Fruit (Green Beans/Carrots), Fresh Fruit Fresh Fruit PM Snack Whole Wheat Breadsticks. PM Snack Spice Snaps, Fresh Fruit PM Snack Whole Wheat Melba PM Snack Whole Wheat Oatmeal PM Snack Whole Wheat Apple ≥ Toast, Cheddar Cheese Slice Hummus Cranberry Loaf, Blanched Baby Carrots Cookie, Applesauce AM Snack Whole Wheat Mini Bagel, AM Snack Peach Yogurt, Social Tea AM Snack Corn Flakes Cereal, Milk Apple Butter Biscuits AM Snack Organic Whole Wheat Entrée Beef Meatballs in Tomato AM Snack Whole Wheat Shreddies 2 Entrée Breaded Chicken, Whole Entrée Turkey Burger, Hamburger Bun, Banana Muffin Sauce, Brown Rice, Green and Cereal, Milk Entrée Beef in Gravy, Whole Grain Grain Pasta, Vegetable Medley Cheddar Cheese Slice, Sunrise Entrée Mild Cajun Diced Chicken, Peas Yellow Beans, Fresh Fruit ÌÌ (Green Beans, Peas, Carrots, Corn), Vegetables (Green Beans/Carrots), Pasta, Diced Carrots, Fresh Fruit and Corn, Fresh Fruit PM Snack Organic Whole Grain Mini **Fresh Fruit** Fresh Fruit PM Snack Banana Oatmeal Bar, Ginger Snaps, Blanched Baby PM Snack Vanilla Yogurt, Fresh Fruit PM Snack Whole Wheat Crackers, PM Snack Whole Wheat Oat and Date Fresh Fruit Carrots Cheese Curds Loaf. Peeled Cucumber Slices AM Snack Whole Wheat Cinnamon AM Snack Whole Wheat Oat Cranberry AM Snack Organic Whole Wheat Carrot AM Snack Multi Grain Cheerios AM Snack Rice Krispies Cereal. Milk EEK 3 Scone Cookie Muffin Entrée Beef in Gravy, Mashed Cereal, Milk Entrée Chicken Noodle Soup, Whole Entrée Beef Burger, Hamburger Bun, Entrée Beef Bolognese with Whole Potatoes, Whole Wheat Bread, Entrée Classic Mac and Cheese, Wheat Roll, Blanched Baby Carrots, Broccoli, Fresh Fruit Grain Pasta, Sunrise Vegetables (Green Vegetable Medley (Green Beans, Edamame and Pepper Salad, Peas PM Snack Organic Gluten Free Whole Fresh Fruit Beans/Carrots), Fresh Fruit Peas, Carrots, Corn), Fresh Fruit and Corn, Fresh Fruit ≥ PM Snack Whole Wheat Banana Oat PM Snack Whole Wheat Breadsticks, Grain Strawberry Granola Bar, Blanched PM Snack Whole Wheat Soda PM Snack Spice Snaps. Fresh Fruit Bite, Fresh Fruit Cheddar Cheese Slice Baby Carrots Crackers, Cheese Curds AM Snack Strawberry Yogurt, Social AM Snack Organic Whole Wheat AM Snack Whole Wheat Shreddies EEK 4 AM Snack Wholes Wheat Cinnamon Tea Biscuits AM Snack Corn Flakes Cereal. Milk Banana Muffin Cereal, Milk Raisin Bagel. Apple Butter Entrée Portuguese Diced Chicken. Entrée Minestrone Soup, Whole Entrée Breaded Chicken, Hamburger Entrée Turkey Lasagna, Diced Entrée Beef Strips in Gravy, Brown Whole Grain Pasta, Vegetable Medley Bun, Sunrise Vegetables (Green Carrots, Fresh Fruit Wheat Roll, Blanched Baby Carrots, (Green Beans, Peas, Carrots, Corn). Rice. Peas and Corn. Fresh Fruit PM Snack Mini Cocoa Snaps, Fresh Fresh Fruit Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Pita Pocket, Fresh Fruit Fruit PM Snack Whole Wheat Round PM Snack Whole Wheat Digestive PM Snack Whole Wheat Oat and Date Cheddar Cheese Slice Crackers, Grape Tomatoes Biscuits. Vanilla Yogurt Loaf. Fresh Fruit



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