






**WHOLESONE  
KIDS  
CATERING**

**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.




**EARLY ENRICHMENT DAYCARE**

Healthy Choices Fall/Winter 2023 - 2024

**Eat Grow Thrive**

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



-  **Menu Launch Date: October 30, 2023**
-  **Menu is approved by a Registered Dietitian.**
-  **Milk and/or Water are served with lunch and snacks**




- 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.
- Please note that Wholesome Kids Catering operates a facility that is Nut Free, Pork Free and Shellfish Free at all times. All Lunches are Trans Fat Free (except for those that are naturally occurring).
- 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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Healthy Choices - Infant/Toddler Fall/Winter 2023 - 2024

**Eat Grow Thrive**

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



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