



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 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	AM Snack Rice Krispies Cereal, Milk Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Ginger Snaps, Vanilla Yogurt	AM Snack Whole Wheat Bagel, Cream Cheese Entrée Scrambled Eggs, Whole Wheat Bread, Shredded Cheese, Green Beans, Fresh Fruit PM Snack Whole Wheat Breadsticks, Cheese Curds	AM Snack Whole Wheat Pancake, Strawberry Jam Entrée Beef Burger, Hamburger Bun, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Applesauce	AM Snack Whole Wheat Apple Zucchini Muffin Entrée Whitefish Bowtie Pasta in Rose Sauce, Peas & Corn, Fresh Fruit PM Snack Soda Crackers, Cheese Slice	AM Snack Multigrain Cheerios Cereal, Milk Entrée Turkey Meatballs in Gravy, Brown Rice, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Banana Oat Loaf, Cucumber Slices
WEEK 2	AM Snack Corn Flakes Cereal, Milk Entrée Breaded Chicken, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Digestive Cookies, Fresh Fruit	AM Snack Banana Oat Bar Entrée Egg Patty, Cheese Slice, English Muffin, Green & Yellow Beans, Fresh Fruit PM Snack Round Crackers, Cheese Curds	AM Snack Strawberry Yogurt, Whole Grain Granola Entrée Ground Beef Bolognaise, Whole Grain Pasta, Peas & Corn, Fresh Fruit PM Snack Oatmeal Cookie, Fruity Applesauce	AM Snack Whole Wheat Carrot Muffin Entrée Roasted Apple Chicken Drumstick, Brown Rice, Leafy Greens and Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Flat Crackers, Hummus	AM Snack Shreddies Cereal, Milk Entrée Beef Burger, Hamburger Bun, Green Peas, Fresh Fruit PM Snack Cocoa Snaps, Fresh Fruit
WEEK 3	AM Snack Rice Krispies Cereal, Milk Entrée Beef & Tomato Cheesy Pasta, Green Beans, Fresh Fruit PM Snack Organic Mixed Berry Granola Minis, Fresh Fruit	AM Snack Half English Muffin, Apple Butter Entrée Breaded Chicken Pieces, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Vanilla Yogurt	AM Snack Banana Oat Bar Entrée Classic Mac & Cheese, Black Bean, Corn & Quinoa Salad, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Whole Wheat Banana Loaf, Blanched Carrots	AM Snack Multigrain cheerios with Milk Entrée Turkey Sloppy Joe, Hamburger Bun, 1/2 White Cheese Slice, Green Peas and Fresh Fruit PM Snack Melba toast, Cheese Cubes	AM Snack Whole Wheat Apple Zucchini Muffin Entrée Fish Sticks, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Oatmeal Cranberry Crisp, Cheese Cubes
WEEK 4	AM Snack Corn Flakes Cereal with milk Entrée Ground Beef Bolognaise, Whole Grain Pasta, Broccoli, Fresh Fruit PM Snack Digestive cookies, Fruit	AM Snack Banana Oat Bite Entrée Classic Mac & Cheese, Black Bean, Corn & Quinoa Salad, Green Peas, Fresh Fruit PM Snack Whole Wheat Flat Crackers, Cheese Curds	AM Snack Peach Yogurt with Whole Grain Granola Entrée Fish Sticks, Brown Rice, Vegetable Medley, Fresh Fruit PM Snack Whole Wheat Pumpkin Loaf, Fresh Fruit	AM Snack Whole Wheat Carrot Muffin Entrée Mini Beef Meatball Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit PM Snack Banana Oat Bar, Cucumbers	AM Snack Shreddies Cereal with Milk Entrée Hidden Bean Lasagna, Peas & Corn, Fresh Fruit PM Snack Half Pretzel Bun, White Cheese Slice



Menu Launch Date October 28, 2024

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 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 Fruit will vary depending on seasonal availability. They may include apples, bananas, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, honeydew), plums, nectarines, and peaches.





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EARLY ENRICHMENT DAYCARE

Healthy Choices - Infant/Toddler Fall/Winter 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	AM Snack Rice Krispies Cereal, Milk Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Ginger Snaps, Vanilla Yogurt	AM Snack Whole Wheat Bagel, Cream Cheese Entrée Scrambled Eggs, Whole Wheat Bread, Shredded Cheese, Green Beans, Fresh Fruit PM Snack Whole Wheat Flat Crackers, Cheese Curds	AM Snack Whole Wheat Pancake, Strawberry Jam Entrée Beef Burger, Hamburger Bun, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Applesauce	AM Snack Whole Wheat Apple Zucchini Muffin Entrée Whitefish Bowtie Pasta in Rose Sauce, Peas & Corn, Fresh Fruit PM Snack Soda Crackers, Cheese Slice	AM Snack Multigrain Cheerios Cereal, Milk Entrée Turkey Meatballs in Gravy, Brown Rice, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Banana Oat Loaf, Peeled Cucumbers
WEEK 2	AM Snack Corn Flakes Cereal, Milk Entrée Breaded Chicken, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Digestive Cookies, Fresh Fruit	AM Snack Banana Oat Bar Entrée Egg Patty, Cheese Slice, English Muffin, Green & Yellow Beans, Fresh Fruit PM Snack Round Crackers, Cheese Curds	AM Snack Strawberry Yogurt, Social Tea Biscuits Entrée Ground Beef Bolognaise, Whole Grain Pasta, Peas & Corn, Fresh Fruit PM Snack Oatmeal Cookie, Fruity Applesauce	AM Snack Whole Wheat Carrot Muffin Entrée Roasted Apple Diced Chicken, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Flat Crackers, Hummus	AM Snack Shreddies Cereal, Milk Entrée Beef Burger, Hamburger Bun, Green Peas, Fresh Fruit PM Snack Cocoa Snaps, Fresh Fruit
WEEK 3	AM Snack Rice Krispies Cereal, Milk Entrée Beef & Tomato Cheesy Pasta, Green Beans, Fresh Fruit PM Snack Strawberry Granola Bar, Fresh Fruit	AM Snack Half English Muffin, Apple Butter Entrée Breaded Chicken Pieces, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Vanilla Yogurt	AM Snack Banana Oat Bar Entrée Classic Mac & Cheese, Black Bean, Corn & Quinoa Salad, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Whole Wheat Banana Loaf, Baby Carrots	AM Snack Multigrain cheerios with Milk Entrée Turkey Sloppy Joe, Hamburger Bun, 1/2 White Cheese Slice, Green Peas and Fresh Fruit PM Snack Melba toast, Cheese Cubes	AM Snack Whole Wheat Apple Zucchini Muffin Entrée Fish Sticks, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Oatmeal Cranberry Crisp, Cheese Cubes
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