WHOLESOME KIDS CATERING

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.

HARMONY CHILDCARE CENTRE

Healthy Choices Plus Fall/Winter 2022 - 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	**AM Snack** Multigrain Cheerios Cereal, Milk **Entrée** Breaded Chicken Pieces, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit **PM Snack** Organic Oatmeal Cranberry Cookie, Fresh Fruit, Vanilla Yogurt	**AM Snack** Banana Oatmeal Bar, Fresh Fruit **Entrée** Beef Burger, Hamburger Bun, Diced Carrots, Fresh Fruit **PM Snack** Spice Snaps, Grape Tomatoes	**AM Snack** Whole Wheat English Muffin, Apple Butter **Entrée** Chicken Cacciatore Stew, Whole Grain Pasta, Green Peas Fresh Fruit **PM Snack** Whole Wheat Mini Pita, Hummus, Baby Carrots	**AM Snack** Organic Whole Wheat Banana Muffin, Applesauce **Entrée** Breaded Fish Sticks, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit **PM Snack** Whole Wheat Crackers, Cheddar Cheese Cubes, Cucumber Slices	**AM Snack** Whole Wheat Shreddies Cereal, Milk, Fresh Fruit **Entrée** Maple Mustard Chicken Drumstick, Brown Rice, Green Beans, Fresh Fruit **PM Snack** Oatmeal Raisin Loaf, Fresh Fruit
	2022 Dates for Week One: October 31, November 28, December 26		**2023 Dates for Week One:** January 23, February 20, March 20, April 17, May 15		
WEEK 2	**AM Snack** Corn Flakes Cereal, Milk **Entrée** Breaded Chicken, Brown Rice, Green and Yellow Bean, Fresh Fruit **PM Snack** Organic Spelt Ginger Snaps, Baby Carrots	**AM Snack** Whole Wheat Mini Bagel, Apple Butter, Fresh Fruit **Entrée** Turkey Burger, Hamburger Bun, Cheddar Cheese, Mixed Vegetables, Fresh Fruit **PM Snack** Banana Oatmeal Bar, Fresh Fruit	**AM Snack** Strawberry Yogurt, Whole Grain Granola **Entrée** Salsa Chicken Drumstick, Brown Rice, Green Peas, Fresh Fruit **PM Snack** Whole Wheat Breadsticks, Guacamole, Cheddar Cheese Cubes	**AM Snack** Whole Wheat Chunky Apple Muffin **Entrée** Beef Meatballs in Gravy, Whole Wheat Bun, Diced Carrots, Fresh Fruit **PM Snack** Oatmeal Cookie, Applesauce, Hardboiled Egg	**AM Snack** Rice Krispies Cereal, Milk **Entrée** Breaded Fish Sticks, Brown Rice, Leafy Greens, French Dressing, Fresh Fruit **PM Snack** Whole Wheat Blueberry Bran Loaf, Baby Carrots, Vanilla Yogurt
	2022 Dates for Week Two: November 07, December 05		**2023 Dates for Week Two:** January 02, January 30, February 27, March 27, April 24, May 22		
WEEK 3	**AM Snack** Multigrain Cheerios Cereal, Milk **Entrée** Turkey Burrito, Whole Wheat Wrap, Shredded Cheddar Cheese, Peas and Corn, Fresh Fruit **PM Snack** Organic Spelt Mini Lemon Snaps, Fresh Fruit, Cheese Curds	**AM Snack** Mini Strawberry Crackers, Applesauce **Entrée** Breaded Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit **PM Snack** Spice Snap Biscuits, Cucumber Slices	**AM Snack** Whole Wheat Shreddies Cereal, Milk, Fresh Fruit **Entrée** BBQ Turkey Meatballs, Brown Rice, Green Beans, Fresh Fruit **PM Snack** Whole Wheat Lemon Cranberry Loaf, Fresh Fruit	**AM Snack** Whole Grain Pancake, Apple Butter **Entrée** Beef Burger, Hamburger Bun, Sunshine Vegetables, Fresh Fruit **PM Snack** Banana Oatmeal Cookie, Baby Carrots, Vanilla Yogurt	**AM Snack** Organic Whole Wheat Lemon Coconut Muffin, Fresh Fruit **Entrée** Portuguese Chicken Drumstick, Brown Rice, Green Peas, Fresh Fruit **PM Snack** Artisan Javaneh Bread, Bruschetta
	2022 Dates for Week Three: November 14, December 12		**2023 Dates for Week Three:** January 09, February 06, March 06, April 03, May 01, May 29		
WEEK 4	**AM Snack** Corn Flakes Cereal, Milk **Entrée** Chicken Meatballs in Tomato Sauce, Whole Grain Pasta, Green Peas, Fresh Fruit **PM Snack** Wheat Crackers, Cheese Curds, Fresh Fruit	**AM Snack** Peach Yogurt, Whole Grain Granola, Fresh Fruit **Entrée** Breaded Fish Sticks, Brown Rice, Sunshine Vegetables, Fresh Fruit **PM Snack** Whole Wheat Mini Pita, Grape Tomatoes, Cheddar Cheese Slice	**AM Snack** Whole Wheat Banana Oat Bite **Entrée** Moroccan Chicken Drumstick, Whole Grain Pasta, Leafy Greens, Italian Dressing, Fresh Fruit **PM Snack** Cinnamon Scone, Fresh Fruit, Vanilla Yogurt	**AM Snack** Organic Whole Wheat Carrot Zucchini Muffin, Fresh Fruit **Entrée** Cheese Omelet, Whole Wheat Bread, Green Beans, Fresh Fruit **PM Snack** Whole Wheat Mini Bagel, Cheddar Cheese Cubes, Cucumber Slices	**AM Snack** Rice Krispies Cereal, Milk **Entrée** Turkey Teriyaki, Brown Rice, Diced Carrots, Fresh Fruit **PM Snack** Whole Wheat Oat and Date Loaf, Fresh Fruit
	2022 Dates for Week Four: November 21, December 19		**2023 Dates for Week Four:** January 16, February 13, March 13, April 10, May 08		

Menu is effective October 31, 2022

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 wil 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 availbility. They may include apples, bananas, oranges, grapes, pears, strawberries, melons (watermelon, vantaloupe, honeydew), plums, nectarines, and peaches