






**WHOLESOME
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.

HARMONY CHILDCARE CENTRE

Healthy Choices Plus Spring/Summer 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Beef Burger, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Spice Snaps, Fresh Fruit, Peach Yogurt</p>	<p>AM Snack Yogurt or Apple Butter, Rice cake, Fresh Fruit Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Slice, Fruity Applesauce</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Cheddar Cheese Omelette, Whole Wheat Mini Bagel, Green Peas, Fresh Fruit PM Snack Whole Wheat Digestive Cookies, Fresh Fruit</p>	<p>AM Snack Muffin / Loaf, Applesauce / Fresh Fruit Entrée Apricot Halal Chicken Drumstick, Whole Grain Pasta, Green Beans, Fresh Fruit PM Snack Whole Wheat Crackers, Cheese Cubes, Blanched Baby Carrots</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Fish Sticks, Brown Rice, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Maple Oat Loaf, Cucumber Slices</p>
	WEEKS OF: APRIL 15 - MAY 13 - JUNE 10 - JULY 08 - AUGUST 05 - SEPTEMBER 02 - SEPTEMBER 30				
WEEK 2	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Beef Meatballs in Gravy, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Organic Gluten-Free Whole Grain Mixed Berry Granola Minis, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Yogurt or Apple Butter, Rice cake, Fresh Fruit Entrée Scrambled Eggs, Roasted Potatoes, Shredded Cheddar Cheese, Whole Wheat Bread, Fresh Fruit PM Snack Whole Wheat Melba Toast, Cheese Curds, Baby Carrots</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Corn, Fresh Fruit PM Snack Mini Cocoa Snaps, Fruity Applesauce, Hardboiled Egg</p>	<p>AM Snack Muffin / Loaf, Applesauce / Fresh Fruit Entrée Lemon Halal Chicken Drumstick, Whole Wheat Pita Pocket, Carrots and Turnips, Fresh Fruit PM Snack Whole Wheat Breadsticks, Cheese Cubes</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Breaded Fish, Hamburger Bun, Peas and Corn, Fresh Fruit PM Snack Whole Grain Oatmeal Cookie, Fresh Fruit</p>
	WEEKS OF: APRIL 22 - MAY 20 - JUNE 17 - JULY 15 - AUGUST 12 - SEPTEMBER 09 - OCTOBER 07				
WEEK 3	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Swedish Turkey Meatballs, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Organic Spelt Mini Ginger Snaps, Vanilla Yogurt, Fresh Fruit</p>	<p>AM Snack Yogurt or Apple Butter, Rice cake, Fresh Fruit Entrée Breaded Fish Sticks, Whole Wheat Wrap, Broccoli, Fresh Fruit PM Snack Whole Wheat Crackers, Cheddar Cheese Slice, Baby Carrots</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée BBQ Halal Chicken Drumstick, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Lemon Blueberry Loaf, Fresh Fruit, Hardboiled Egg</p>	<p>AM Snack Muffin / Loaf, Applesauce / Fresh Fruit Entrée Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Corn, Fresh Fruit PM Snack Banana Oatmeal Bar, Applesauce</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Breaded Chicken, Hamburger Bun, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Cucumber Slices, Strawberry Yogurt</p>
	WEEKS OF: APRIL 29 - MAY 27 - JUNE 24 - JULY 22 - AUGUST 19 - SEPTEMBER 16 - OCTOBER 14				
WEEK 4	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Beans, Fresh Fruit PM Snack Whole Grain Raspberry Coconut Date Bites, Fresh Fruit</p>	<p>AM Snack Yogurt or Apple Butter, Rice cake, Fresh Fruit Entrée Egg Square, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Round Crackers, Cheese Curds, Grape Tomatoes</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée BBQ Diced Turkey, Brown Rice, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Maple Oat Loaf, Applesauce</p>	<p>AM Snack Muffin / Loaf, Applesauce / Fresh Fruit Entrée Beef Burger, Hamburger Bun, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Crackers, Cheddar Cheese Slice, Fresh Fruit</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Balsamic Halal Chicken Drumstick, Whole Grain Pasta, Leafy Greens, Raspberry Dressing, Fresh Fruit PM Snack Whole Wheat Digestive Biscuits, Strawberry Yogurt, Fresh Fruit</p>
	WEEKS OF: MAY 06 - JUNE 03 - JULY 01 - JULY 29 - AUGUST 26 - SEPTEMBER 23 - OCTOBER 21				

Menu Launch Date: April 15, 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 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.

PLEASE NOTE: The cereals we serve are - Multigrain or Regular Cheerios, Rice Krispies, Shreddies or Cornflakes

