






**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.

HARMONY CHILDCARE CENTRE

Healthy Choices Plus Fall/Winter 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Ginger Snaps, Vanilla Yogurt, Fresh Fruit</p>	<p>AM Snack Yogurt or Apple Butter, Rice Cake, Fresh Fruit Entrée Scrambled Eggs, Whole Wheat Bread, Shredded Cheese, Green Beans, Fresh Fruit PM Snack Whole Wheat Breadsticks, Cheese Curds</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Beef Burger, Hamburger Bun, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Applesauce</p>	<p>AM Snack Muffin / Loaf, Applesauce / Fresh Fruit Entrée Mild Cajun Chicken Drumstick, Brown Rice, Leafy Greens with French Dressing, Fresh Fruit PM Snack Soda Crackers, Cheese Slice, Baby Carrots</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Turkey Meatballs in Gravy, Brown Rice, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Banana Oat Loaf, Cucumber Slices</p>
OCTOBER 28, NOVEMBER 25, DECEMBER 23, JANUARY 20, FEBRUARY 17, MARCH 17, APRIL 14					
WEEK 2	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Breaded Chicken Burger, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Digestive Cookies, Fresh Fruit, Peach Yogurt</p>	<p>AM Snack Yogurt or Apple Butter, Rice Cake, Fresh Fruit Entrée Turkey Lasagna, Green & Yellow Beans, Fresh Fruit PM Snack Round Crackers, Cheese Curds</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Ground Beef Bolgonese, Grain Pasta, Peas & Corn, Fresh Fruit PM Snack Oatmeal Cookie, Fruity Applesauce</p>	<p>AM Snack Muffin / Loaf, Applesauce / Fresh Fruit Entrée Roasted Apple Chicken Drumstick, Brown Rice, Leafy Greens and Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Flat Crackers, Hummus and Cucumbers</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Beef Burger, Hamburger Bun, Green Peas, Fresh Fruit PM Snack Cocoa Snaps, Fresh Fruit, Cheese Slice</p>
NOVEMBER 04, DECEMBER 02, DECEMBER 30, JANUARY 27, FEBRUARY 24, MARCH 24, APRIL 21					
WEEK 3	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée BBQ Turkey Meatballs, Brown Rice, Green Beans, Fresh Fruit PM Snack Organic Mixed Berry Granola Minis, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Yogurt or Apple Butter, Rice Cake, Fresh Fruit Entrée Breaded Chicken Pieces, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Vanilla Yogurt, Fresh Fruit</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Beef Burger, Hamburger Bun, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Whole Wheat Banana Loaf, Blanched Carrots and Hardboiled Egg</p>	<p>AM Snack Muffin / Loaf, Applesauce / Fresh Fruit Entrée Portuguese Chicken Drumstick, Whole Grain Pasta, Green Peas, Fresh Fruit PM Snack Melba toast, Cheese Cubes, Cucumber Slices</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Fish Sticks, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Oatmeal Cranberry Crisp, Cheese Cubes</p>
NOVEMBER 11, DECEMBER 09, JANUARY 06, FEBRUARY 03, MARCH 03, MARCH 31, APRIL 28					
WEEK 4	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Breaded Chicken, Hamburger Bun, Sweet Potato, Fresh Fruit PM Snack Digestive cookies, Fruit, Strawberry Yogurt, Fresh Fruit</p>	<p>AM Snack Yogurt or Apple Butter, Rice Cake, Fresh Fruit Entrée Turkey Meatballs in Tomato Sauce, Submarine Bun, Shredded Mozzarella, Green Peas, Fresh Fruit PM Snack Whole Wheat Flat Crackers, Cheese Curds</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Fish Sticks, Brown Rice, 4 Way Mixed Vegetables, Fresh Fruit PM Snack Whole Wheat Pumpkin Loaf, Fresh Fruit</p>	<p>AM Snack Muffin / Loaf, Applesauce / Fresh Fruit Entrée Turkey Burger, 1/2 Cheese Slice, Bun, Diced Carrots, Fresh Fruit PM Snack Banana Oat Bar, Cucumbers</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Moroccan Chicken Drumstick, Whole Grain Pasta, Leafy Greens with Italian Dressing, Fresh Fruit PM Snack Half Pretzel Bun, White Cheese Slice, Baby Carrots</p>
NOVEMBER 18, DECEMBER 16, JANUARY 13, FEBRUARY 10, MARCH 10, APRIL 07, MAY 05					



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.



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