






**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 Fall/Winter 2024/2025

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Organic Spelt Mini Ginger Snaps, Vanilla Yogurt, Fresh Fruit</p>	<p>AM Snack Entrée Egg Patty, Whole Wheat Bread, Shredded Cheese, Green Beans, Fresh Fruit PM Snack Whole Wheat Breadsticks, Cheese Curds</p>	<p>AM Snack Entrée Beef Burger, Hamburger Bun, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Applesauce</p>	<p>AM Snack Entrée Mild Cajun Chicken Drumstick, Brown Rice, Leafy Greens with French Dressing, Fresh Fruit PM Snack Square Wheat Crackers, Cheese Slice, Baby Carrots</p>	<p>AM Snack Entrée Turkey Meatballs in Gravy, Brown Rice, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Banana Loaf, Cucumber Slices</p>
WEEK OF: JANUARY 20, FEBRUARY 17, MARCH 17 and APRIL 14					
WEEK 2	<p>AM Snack Entrée Breaded Chicken, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Digestive Cookies, Fresh Fruit, Peach Yogurt</p>	<p>AM Snack Entrée Turkey Lasagna, Green & Yellow Beans, Fresh Fruit PM Snack Whole Wheat Round Crackers, Cheese Curds</p>	<p>AM Snack Entrée Ground Beef Bolgonese with Whole Grain Pasta, Peas & Corn, Fresh Fruit PM Snack Whole Grain Oatmeal Cookie, Fruity Applesauce</p>	<p>AM Snack Entrée Roasted Apple Chicken Drumstick, Brown Rice, Leafy Greens with Balsamic Dressing , Fresh Fruit PM Snack Whole Wheat Flat Crackers, Hummus, Cucumbers</p>	<p>AM Snack Entrée Beef Burger, Hamburger Bun, Green Peas, Fresh Fruit PM Snack Mini Cocoa Snaps, Fresh Fruit, Cheese Slice</p>
WEEK OF: JANUARY 27, FEBRUARY 24, MARCH 24 and APRIL 21					
WEEK 3	<p>AM Snack Entrée BBQ Turkey Meatballs, Brown Rice, Green Beans, Fresh Fruit PM Snack Organic Gluten Free Whole Grain Mixed Berry Granola Minis, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Entrée Breaded Chicken Pieces, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Vanilla Yogurt, Fresh Fruit</p>	<p>AM Snack Entrée Beef Burger, Hamburger Bun, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Whole Wheat Banana Loaf, Baby Carrots, Hardboiled Egg</p>	<p>AM Snack Entrée Portuguese Chicken Drumstick, Whole Grain Pasta, Green Peas, Fresh Fruit PM Snack Whole Wheat Melba Toast, Cheese Cubes, Cucumber Slices</p>	<p>AM Snack Entrée Fish Sticks, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Whole Grain Oatmeal Cranberry Cookie, Fresh Fruit</p>
WEEK OF: JANUARY 06, FEBRUARY 03, MARCH 03, MARCH 31 and APRIL 28					
WEEK 4	<p>AM Snack Entrée Breaded Chicken, Hamburger Bun, Sweet Potato, Fresh Fruit PM Snack Whole Wheat Digestive Cookie, Strawberry Yogurt, Fresh Fruit</p>	<p>AM Snack 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 Entrée Fish Sticks, Brown Rice, Vegetable Medley, Fresh Fruit PM Snack Whole Wheat Pumpkin Loaf, Fresh Fruit</p>	<p>AM Snack Entrée Turkey Burger, Half Cheese Slice, Bun, Diced Carrots, Fresh Fruit PM Snack Banana Oat Bar, Cucumber Slices</p>	<p>AM Snack 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>
WEEK OF: JANUARY 13, FEBRUARY 10, MARCH 10, APRIL 07 and 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 served are - Multigrain or Regular Cheerios, Rice Krispies, Shreddies or Cornflakes (occasionally Cinnamon Crunch)