






**WHOLESONE
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 **Spring/Summer 2026**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Beef Meatballs in Tomato Sauce, Brown Rice, Sunrise Mix (Carrots and Green Beans), Fresh Fruit PM Snack Whole Wheat Mini Veggie Crackers, Cheese Slice</p>	<p>AM Snack Yogurt, Melba Toast, Fruit Entrée Breaded Fish Patty, Bun, Tzatziki Sauce, Carrots & Turnip, Fresh Fruit PM Snack Melba Toast, Fresh Fruit</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Chicken Alfredo Sauce, Pasta, Vegetable Medley (Green Beans, Green Peas, Carrot, Corn), Fresh Fruit PM Snack Pretzel Bun, Cheese Slice, Fresh Fruit</p>	<p>AM Snack Loaf, Applesauce, Fruit Entrée Cheddar Cheese Omelette, Whole Wheat Bread, Green Peas, Fresh Fruit PM Snack Whole Wheat Breadsticks, Sesame-Free Hummus, Grape Tomatoes</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Lemon Chicken Drumstick, Veggie Quinoa Blend, Assorted Bell Pepper Sticks, Fresh Fruit PM Snack Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit, Hard Boiled Egg</p>
	WEEK OF: APRIL 13, MAY 11, JUNE 08, JULY 06, AUGUST 03, AUGUST 31, SEPTEMBER 28, OCTOBER 26				
WEEK 2	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Dino Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit PM Snack Babybel Cheese, Fresh Fruit, Whole Grain Cranberry Oatmeal Cookie</p>	<p>AM Snack Yogurt, Rice Cake, Fruit Entrée Egg Patty, Cheddar Cheese Slice, Whole Wheat Bread, Green Peas, Fresh Fruit PM Snack Whole Wheat Vanilla Snaps, Unsweetened Applesauce, Cheese Curds</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Classic Mac and Cheese, with Grilled Chicken Strips, Leafy Greens (Italian Dressing) Fresh Fruit PM Snack Whole Wheat Pita Bruschetta</p>	<p>AM Snack Muffin, Applesauce, Fruit Entrée Beef Burger, Bun, Cheddar Cheese Slice, Corn, Fresh Fruit PM Snack Hard Boiled Egg, Fresh Fruit, Organic Whole Wheat Blueberry Loaf</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Portuguese Chicken Drumstick, Whole Grain Pasta, Assorted Bell Pepper Sticks, Fresh Fruit PM Snack Organic Strawberry Granola Bar, Baby Carrots</p>
	WEEK OF: APRIL 20, MAY 18, JUNE 15, JULY 13, AUGUST 10, SEPTEMBER 07, OCTOBER 05, NOVEMBER 02				
WEEK 3	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Chicken Alfredo Sauce, Pasta, Sunrise Mix (Carrots & Green Beans), Fresh Fruit PM Snack Whole Wheat Banana Muffin, Fresh Fruit</p>	<p>AM Snack Yogurt, Melba Toast, Fruit Entrée Teriyaki Halal Chicken Meatballs, Brown Rice, Broccoli, Fresh Fruit PM Snack Cucumber Slices, Red Pepper Cheese Dip, Whole Wheat Mini Bites</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Breaded Cod Pieces, Whole Wheat Tortilla, Lemon Garlic Yogurt Sauce, Peas & Corn, Fresh Fruit PM Snack Mini Naan Dippers, Sesame-Free Hummus, Baby Carrots</p>	<p>AM Snack Loaf, Applesauce, Fruit Entrée Breaded Chicken Patty, Bun, Corn, Fresh Fruit PM Snack Cornbread, Unsweetened Applesauce</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée BBQ Chicken Drumstick, Veggie Quinoa Blend, Diced Carrots, Fresh Fruit PM Snack Mini Maple Shaped Biscuits, Fresh Fruit, Cheese Cubes</p>
	WEEK OF: APRIL 27, MAY 25, JUNE 22, JULY 20, AUGUST 17, SEPTEMBER 14, OCTOBER 12				
WEEK 4	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Vegetable Medley (Green Beans, Green Peas, Carrots, Corn), Fresh Fruit PM Snack Banana Oat Bar, Unsweetened Applesauce</p>	<p>AM Snack Yogurt, Rice Cake, Fruit Entrée Turkey Burger, Bun, Cheddar Cheese Slice, Peas & Corn, Fresh Fruit PM Snack Cheese Cubes, Baby Carrots, Whole Wheat Oatmeal Cookie</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée BBQ Beef Meatballs, Whole Wheat Bread, Sunrise Mix (Carrots & Green Beans) Fresh Fruit PM Snack Whole Wheat Breadsticks, Grape Tomatoes</p>	<p>AM Snack Muffin, Applesauce, Fruit Entrée Fish Sticks, Brown Rice, Green Peas, Fresh Fruit PM Snack Babybel Cheese, Fresh Fruit, Melba Toast</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Herbed Chicken Drumstick, Whole Grain Pasta, Baby Carrots, Fresh Fruit PM Snack Cheese Slice, Fresh Fruit</p>
	WEEK OF: MAY 04, JUNE 01, JUNE 29, JULY 27, AUGUST 24, SEPTEMBER 21, OCTOBER 19				

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



Menu Launch Date April 13, 2026

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.



ALTERNATIVES: Yogurt / Applesauce or Apple Butter...Rice Cake / Melba Toast or Crackers...Loaf / Muffin / Multigrain Bar / Granola Bites or Cookie