



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 2019 - 2020

Eat Grow Thrive

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|---------------|---|--|---|--|---|--|
| WEEK 1 | <p>AM Snack Multigrain Cheerios Cereal, Milk</p> <p>Entrée Zesty Orange Chicken Drumstick, Whole Grain Pasta, Peas and Corn, Fresh Fruit</p> <p>PM Snack Whole Wheat Mini Pitas, Marble Cheddar Cheese Cubes, Grape Tomatoes</p> | <p>AM Snack Cinnamon Raisin Bagel</p> <p>Entrée Creamy Turkey Macaroni and Cheese, Sunshine Mixed Vegetables (Green Beans, Carrots), Fresh Fruit</p> <p>PM Snack Cinnamon Snaps, Clementine, Edamame Beans</p> | <p>AM Snack Banana Oat Bites, Cantaloupe</p> <p>Entrée Orange Ginger White Fish Filet, Brown Rice, Green Peas, Fresh Fruit</p> <p>PM Snack Whole Wheat Apple Cinnamon Loaf, Kiwi, Vanilla Yogurt</p> | <p>AM Snack Whole Grain Oatmeal Squares Cereal, Milk</p> <p>Entrée Swedish Turkey Meatballs, Whole Grain Pasta, Baby Carrots, Fresh fruit</p> <p>PM Snack Whole Wheat Wrap, Hardboiled Egg</p> | <p>AM Snack Organic Whole Wheat Pumpkin Muffin, Apple</p> <p>Entrée Breaded Fish, Brown Rice, Green Beans, Fresh Fruit</p> <p>PM Snack Organic Whole Grain Banana Cookie, Baby Carrots</p> | <p>WEEK 1</p> <p>OCT 28</p> <p>NOV 25</p> <p>DEC 23</p> <p>JAN 20</p> <p>FEB 17</p> <p>MAR 16</p> <p>APR 13</p> |
| WEEK 2 | <p>AM Snack Whole Grain Shreddies Cereal, Milk</p> <p>Entrée Breaded Chicken, Brown Rice, 4 Way Mix Vegetable (Corn, Pea, Carrot, Green Beans), Fresh Fruit</p> <p>PM Snack Multi Grain Breadsticks, Hummus, Baby Carrots</p> | <p>AM Snack Organic Whole Grain Berry Granola Minis, Applesauce</p> <p>Entrée Salisbury Steak with Gravy, Mashed Potato, Whole Wheat Bread, Peas and Carrots, Fresh Fruit</p> <p>PM Snack Banana Oatmeal Bar, Grape Tomatoes, Marble Cheddar Cheese Cubes</p> | <p>AM Snack Vanilla Yogurt, Spelt Ginger Mini Snaps</p> <p>Entrée BBQ Chicken Drumstick, Brown Rice, Green Beans, Fresh Fruit</p> <p>PM Snack Whole Wheat Blueberry Bran Loaf, Clementine</p> | <p>AM Snack Organic Whole Wheat Chunky Apple Muffin, Orange</p> <p>Entrée Beef Meatballs in Tomato Sauce, Whole Wheat Bun, Brussel Sprouts, Fresh Fruit</p> <p>PM Snack Whole Grain Cereal Mix, Banana</p> | <p>AM Snack Rice Krispies Cereal, Milk</p> <p>Entrée Fish Sticks, Brown Rice, Leafy Greens Salad, Italian Dressing, Fresh Fruit</p> <p>PM Snack Whole Wheat Maple Cookie, Cheddar Cheese Curds</p> | <p>WEEK 2</p> <p>NOV 04</p> <p>DEC 02</p> <p>DEC 30</p> <p>JAN 27</p> <p>FEB 24</p> <p>MAR 23</p> <p>APR 20</p> |
| WEEK 3 | <p>AM Snack Multigrain Cheerios Cereal, Milk</p> <p>Entrée Herbed Chicken Drumstick, Whole Grain Pasta, Sunshine Mixed Vegetables, Fresh Fruit</p> <p>PM Snack Autumn Harvest Crackers, Kiwi, Cheddar Cheese Curds</p> | <p>AM Snack Whole Grain Mini Bagel</p> <p>Entrée Turkey Burger, Whole Grain Bun, Cheddar Cheese, Vegetable Medley (Carrots, Cauliflower, Broccoli), Fresh Fruit</p> <p>PM Snack Hardboiled Egg, Whole Wheat Pita Pocket</p> | <p>AM Snack Organic Whole Wheat Carrot Muffin, Orange</p> <p>Entrée All White Meat Chicken Pieces, Brown Rice, Peas and Carrots, Fresh Fruit</p> <p>PM Snack Spelt Lemon Mini Snaps, Cucumber</p> | <p>AM Snack Whole Grain Oatmeal Squares Cereal, Milk</p> <p>Entrée Spaghetti Bolognese, Leafy Greens Salad, Balsamic Dressing, Fresh Fruit</p> <p>PM Snack Spice Snaps, Strawberry Yogurt</p> | <p>AM Snack Whole Wheat English Muffin, Apple Butter</p> <p>Entrée Beef Taco, Whole Wheat Wrap, Shredded Cheese, Shredded Lettuce, Green Peas, Fresh Fruit</p> <p>PM Snack Soda Crackers, Marble Cheddar Cheese Cubes, Snap Peas</p> | <p>WEEK 3</p> <p>NOV 11</p> <p>DEC 09</p> <p>JAN 06</p> <p>FEB 03</p> <p>MAR 02</p> <p>MAR 30</p> <p>APR 27</p> |
| WEEK 4 | <p>AM Snack Whole Grain Shreddies Cereal, Milk</p> <p>Entrée Penne Pasta in Bolognese (Tomato/Beef) Sauce, Green Beans, Fresh Fruit</p> <p>PM Snack Whole Wheat Blueberry Currant Biscuit, Baby Carrots, Hummus</p> | <p>AM Snack Peach Yogurt, Whole Grain Pumpkin Harvest Seed Granola, Orange</p> <p>Entrée Chicken Meatballs, Whole Wheat Flat Bread Bun, Broccoli, Fresh Fruit</p> <p>PM Snack Multi Grain Breadsticks, Guacamole</p> | <p>AM Snack Whole Grain Cereal Mix</p> <p>Entrée Mini Cheese Tortellini and White Bean Soup, Whole Wheat Roll, Baby Carrots, Fresh Fruit</p> <p>PM Snack Whole Wheat Cheddar Cheese Sandwich</p> | <p>AM Snack Organic Whole Wheat Orange Cranberry Muffin</p> <p>Entrée All White Meat Breaded Chicken, Brown Rice, Leafy Greens Salad, Raspberry Dressing, Fresh Fruit</p> <p>PM Snack Whole Wheat Lemon Chia Cookie, Vanilla Yogurt</p> | <p>AM Snack Rice Krispies Cereal, Milk</p> <p>Entrée Beef Burger, Whole Grain Bun, 4 Way Mixed Vegetable (Corn, Pea, Carrots, Green Beans), Fresh Fruit</p> <p>PM Snack Whole Wheat Banana Loaf, Hardboiled Egg</p> | <p>WEEK 4</p> <p>NOV 18</p> <p>DEC 16</p> <p>JAN 13</p> <p>FEB 10</p> <p>MAR 09</p> <p>APR 06</p> <p>MAY 04</p> |



Menu In Effect: October 28, 2019

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.

