



**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 Fall/Winter 2020 - 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOV 02 NOV 30 DEC 28 JAN 25 FEB 22 MAR 22 APR 19 MAY 17 JUN 14	AM Snack Multigrain Cheerios Cereal, Milk Entrée Pineapple Chicken Drumstick, Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Soda Crackers, Marble Cheddar Cheese Cubes, Baby Carrots	AM Snack Whole Grain Thin Bun, Apple Butter Entrée Turkey Alphabet Soup, Artisan Roll, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Maple Cookie, Grape Tomatoes	AM Snack Banana Oatmeal Bars, Cantaloupe Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit PM Snack Whole Wheat Apple Beet Loaf, Hardboiled Egg, Apple	AM Snack Whole Grain Oatmeal Squares Cereal, Milk, Kiwi Entrée Breaded All White Meat Chicken Pieces, Brown Rice, Green Beans, Fresh Fruit PM Snack Cheddar Cheese Sandwich on Whole Wheat Bread, Cucumber	AM Snack Organic Whole Wheat Summer Berry Muffin Entrée Fish Sticks, Whole Wheat Wrap, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Organic Whole Grain Spelt Ginger Mini Snaps, Vanilla Yogurt, Pear
NOV 16 DEC 14 JAN 11 FEB 08 MAR 08 APR 05 MAY 03 MAY 31 JUN 28	AM Snack Whole Grain Shreddies Cereal, Milk Entrée Breaded Chicken, Whole Grain Pasta, Corn and Peas, Fresh Fruit PM Snack Whole Wheat Mini Pitas, Baby Carrots	AM Snack Organic Whole Grain Berry Granola Minis, Berry Applesauce Entrée Teriyaki Fish Filet, Brown Rice, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Banana Oatmeal Bar, Grape Tomatoes	AM Snack Strawberry Yogurt, Whole Grain Whole Grain Pumpkin Harvest Seed Granola, Orange Entrée Moroccan Chicken Drumstick, White Rice Blend, Green Beans, Fresh Fruit PM Snack Whole Wheat Focaccia Bread, Bruschetta, Edamame Beans	AM Snack Organic Whole Wheat Lemon Coconut Muffin, Pear Entrée Beef Meatballs in Tomato Sauce, Whole Wheat Bun, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Zucchini Carrot Loaf, Orange, Cheddar Cheese Curds	AM Snack Rice Krispies Cereal, Milk Entrée Turkey Macaroni and Cheese, Peas, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Banana, Vanilla Yogurt
NOV 23 DEC 21 JAN 18 FEB 15 MAR 15 APR 12 MAY 10 JUN 07 JUL 05	AM Snack Multigrain Cheerios Cereal, Milk Entrée Beef Burger, Whole Grain Bun, Carrots and Turnips, Fresh Fruit PM Snack Whole Grain Spelt Lemon Mini Snaps, Grape Tomatoes	AM Snack Whole Grain Mini Bagel, Berry Applesauce Entrée Turkey Meatballs in Gravy, Brown Rice, Green Beans, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Hardboiled Egg	AM Snack Organic Whole Wheat Strawberry Beet Muffin, Orange Entrée Roasted Apple Chicken Drumstick, Whole Grain Pasta, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Whole Wheat Oat and Date Loaf, Baby Carrots	AM Snack Whole Grain Oatmeal Squares Cereal, Milk, Cantaloupe Entrée Chicken Rice Soup, Whole Wheat Roll, Cucumber Slices, Fresh Fruit PM Snack Multi Grain Breadsticks, Guacamole, Marble Cheddar Cheese Cubes	AM Snack Banana Oatmeal Bar Entrée Breaded Fish, Whole Grain Bun, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Cinnamon Snaps, Watermelon
	AM Snack Whole Grain Shreddies Cereal, Milk Entrée Adobo Chicken Drumstick, Brown Rice, Peas and Carrots, Fresh Fruit PM Snack Wheat Crackers, Hummus, Baby Carrots	AM Snack Peach Yogurt, Whole Grain Pumpkin Harvest Seed Granola, Kiwi Entrée Fish Sticks, Whole Wheat Wrap, Green Beans, Fresh Fruit PM Snack Whole Wheat Lemon Chia Cookie, Orange, Edamame Beans	AM Snack Whole Grain Thin Bagel, Apple Butter Entrée Turkey Burger, Whole Grain Bun, Cheddar Cheese, Broccoli, Fresh Fruit PM Snack Whole Wheat Raspberry Loaf, Cheddar Cheese Curds	AM Snack Organic Whole Wheat Banana Muffin, Honeydew Entrée Minestrone Soup, Whole Wheat Mini Pita, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Cucumber Slices, Strawberry Yogurt	AM Snack Rice Krispies Cereal, Milk Entrée Beef Lasagna, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Mini Pitas, Hard Boiled Egg



Menu In Effect: November 2, 2020

- 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 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.

