



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 2019

Eat Grow Thrive

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|---------------|--|--|---|--|---|--|
| WEEK 1 | <p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Tomato Beef Macaroni and Cheese, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit PM Snack Pita Crackers, Cheese Curds, Grape Tomatoes</p> | <p>AM Snack Apple Cinnamon Flatbread, Applesauce Entrée Turkey and Whole Grain Noodle Soup, Artisan Roll, Baby Carrots, Fresh Fruit PM Snack Organic Banana Oatmeal Cookie, Orange, Crunchy Lentils</p> | <p>AM Snack Banana Oat Bites Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit PM Snack Whole Wheat Apple Beet Loaf, Apple, Hardboiled Egg</p> | <p>AM Snack Corn Flakes Cereal, Milk Entrée Breaded Chicken Pieces, Brown Rice, Green Beans, Fresh Fruit PM Snack Whole Wheat Wrap, Cheddar Cheese Slice, Cucumber</p> | <p>AM Snack Organic Whole Grain Summer Berry Muffin Entrée Panko Crusted Lemon Pepper Fish Filet, Artisan Bread, Leafy Greens Salad, Balsamic Dressing, Fresh Fruit PM Snack Whole Grains Cereal Mix, Pear, Vanilla Yogurt</p> | <p>WEEK 1 APR 15 MAY 13 JUN 10 JUL 08 AUG 05 SEP 02 SEP 30</p> |
| WEEK 2 | <p>AM Snack Whole Grain Shreddies Cereal, Milk Entrée Breaded Chicken, Whole Grain Pasta, Corn and Peas, Fresh Fruit PM Snack Whole Grain Harvest Seed Crackers, Baby Carrots, Hummus</p> | <p>AM Snack Organic Whole Grain Berry Granola Minis Entrée Scrambled Egg, Whole Wheat Herb and Garlic Wrap, Cheese, Lettuce, Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Banana Oatmeal Bar, Grape Tomatoes, Garbanzo Beans</p> | <p>AM Snack Peach Yogurt, Whole Grain Pumpkin Harvest Seed Granola Entrée Tikka Masala Chicken Drumstick, Brown Rice, Green Beans, Fresh Fruit PM Snack Whole Wheat Focaccia Bread, Bruschetta, Edamame Beans</p> | <p>AM Snack Organic Whole Wheat Banana Muffin Entrée Sweet and Sour Beef Meatballs, Whole Wheat Bread, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Zucchini Carrot Loaf, Orange, Cheese Curds</p> | <p>AM Snack Rice Krispies Cereal, Milk Entrée Moroccan (Chickpeas, Courgette) Chicken Drumstick, Brown Rice, Leafy Greens Salad, Italian Dressing, Fresh Fruit PM Snack Spice Snaps, Banana, Vanilla Yogurt</p> | <p>WEEK 2 APR 22 MAY 20 JUN 17 JUL 15 AUG 12 SEP 09 OCT 07</p> |
| WEEK 3 | <p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Beef Burger, Whole Grain Bun, Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Apple Granola Round, Orange, Plain Yogurt</p> | <p>AM Snack Whole Grain Mini Bagel, Berry Applesauce Entrée Turkey Creole Stew (Tomato, Carrot, Peppers), Brown Rice, Green Beans, Fresh Fruit PM Snack Hardboiled Egg, Whole Wheat Pita Pocket, Pear</p> | <p>AM Snack Organic Whole Wheat Blueberry Bran Muffin Entrée Lemon Chicken Drumstick, Whole Grain Pasta, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Whole Wheat Lemon Cranberry Loaf, Baby Carrots, Hummus</p> | <p>AM Snack Corn Flakes Cereal, Milk Entrée Wild Caught Alaskan Pollock Sticks, Whole Wheat Wrap, Peas, Fresh Fruit PM Snack Soda Crackers, Guacamole, Garbanzo Bean Salad</p> | <p>AM Snack Whole Grain Cereal Mix, Kiwi Entrée Classic Lasagna (Beef, Tomatoes, Cheese), Carrots and Corn, Fresh Fruit PM Snack Cinnamon Snaps, Cheese Curds, Watermelon</p> | <p>WEEK 3 APR 29 MAY 27 JUN 24 JUL 22 AUG 19 SEP 16 OCT 14</p> |
| WEEK 4 | <p>AM Snack Whole Grain Shreddies Cereal, Milk Entrée Teriyaki Chicken Drumstick, Brown Rice, Vegetables (Broccoli, Green Beans, Carrots, Red Pepper, Mushrooms), Fresh Fruit PM Snack Round Wheat Crackers, Hummus, Baby Carrots</p> | <p>AM Snack Vanilla Yogurt, Whole Grain Pumpkin Harvest Seed Granola Entrée Turkey Burger, Whole Grain Bun, Cheddar Cheese, Green Beans, Fresh Fruit PM Snack Hardboiled Egg, Whole Wheat Tomato Basil Wrap, Grape Tomatoes</p> | <p>AM Snack Whole Grain Thin Bagel, Apple Butter Entrée Turkey Meatballs, Whole Grain Pasta, Paradise Mixed Vegetables (Green Beans, Yellow and Orange Carrots), Fresh Fruit PM Snack Whole Wheat Banana Pineapple Loaf, Cheese Curds, Cantaloupe</p> | <p>AM Snack Organic Whole Wheat Lemon Blueberry Muffin Entrée Chicken Souvlaki, Whole Wheat Mini Pita, Tzatziki Sauce, Leafy Greens Salad, Italian Dressing, Fresh Fruit PM Snack Apple Oatmeal Cookie, Baby Carrots, Strawberry Yogurt</p> | <p>AM Snack Rice Krispies Cereal, Milk Entrée Wild Caught Alaskan Pollock Burger, Whole Grain Bun, Corn and Peas, Fresh Fruit PM Snack Whole Wheat Cheddar Cheese Sandwich, Cucumber</p> | <p>WEEK 4 MAY 06 JUN 03 JUL 01 JUL 29 AUG 26 SEP 23 OCT 21</p> |

Menu In Effect: April 15, 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.

