



# 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 2022

Eat Grow Thrive

APR 18  
MAY 16  
JUN 13  
JUL 11  
AUG 08  
SEP 05  
OCT 03  
OCT 31  
NOV 28

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	<p><b>AM Snack</b> Multigrain Cheerios Cereal, Milk</p> <p><b>Entrée</b> Breaded Chicken, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit</p> <p><b>PM Snack</b> Organic Whole Grain Mini Ginger Snaps, Fresh Fruit, Vanilla Yogurt</p>	<p><b>AM Snack</b> Organic Mixed Berry Granola Minis, Applesauce</p> <p><b>Entrée</b> Beef Burger, Whole Grain Bun, Leafy Greens, Italian Dressing, Fresh Fruit</p> <p><b>PM Snack</b> Banana Oatmeal Bar, Fresh Fruit</p>	<p><b>AM Snack</b> Organic Oatmeal Apple Cookie</p> <p><b>Entrée</b> Scrambled Egg, Cheddar Cheese, Whole Wheat English Muffin, Green Peas, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Pita Pocket, Cheddar Cheese Slice, Cucumber Slices</p>	<p><b>AM Snack</b> Organic Whole Wheat Lemon Blueberry Muffin</p> <p><b>Entrée</b> BBQ Chicken Drumstick, Brown Rice, California Vegetables, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Breadsticks, Cheddar Cheese Cubes</p>	<p><b>AM Snack</b> Whole Grain Shreddies Cereal, Milk</p> <p><b>Entrée</b> Breaded Fish Sticks, Whole Wheat Wrap, Green Beans, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Apple Cinnamon Loaf, Fresh Fruit</p>
<b>WEEK 2</b>	<p><b>AM Snack</b> Corn Flakes Cereal, Milk</p> <p><b>Entrée</b> Turkey Burger, Whole Grain Bun, Cheddar Cheese, Vegetable Medley, Fresh Fruit</p> <p><b>PM Snack</b> Oatmeal Banana Cookie, Baby Carrots</p>	<p><b>AM Snack</b> Whole Wheat Mini Pitas, Apple Butter</p> <p><b>Entrée</b> Breaded Chicken Round, Whole Grain Pasta, Green Beans, Fresh Fruit</p> <p><b>PM Snack</b> Organic Whole Grain Mini Lemon Snaps, Fresh Fruit</p>	<p><b>AM Snack</b> Strawberry Yogurt, Whole Grain Pumpkin Seed Granola</p> <p><b>Entrée</b> Beef Meatballs in Gravy, Whole Wheat Bun, California Vegetables, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Pancake, Applesauce</p>	<p><b>AM Snack</b> Organic Whole Wheat Summer Berry Muffin, Fresh Fruit</p> <p><b>Entrée</b> Breaded Chicken, Brown Rice, Leafy Greens, French Dressing, Plum Sauce, Fresh Fruit</p> <p><b>PM Snack</b> Apple Crumble Bar, Fresh Fruit</p>	<p><b>AM Snack</b> Rice Krispies Cereal, Milk</p> <p><b>Entrée</b> Italian Seasoned Beef with Shells in Tomato Sauce, Green Peas, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Mini Bagel, Fresh Fruit, Vanilla Yogurt</p>
<b>WEEK 3</b>	<p><b>AM Snack</b> Multigrain Cheerios Cereal, Milk</p> <p><b>Entrée</b> Shredded Chicken Taco, Shredded Cheese, Whole Wheat Wrap, Vegetable Medley, Fresh Fruit</p> <p><b>PM Snack</b> Spice Snap Biscuits, Baby Carrots</p>	<p><b>AM Snack</b> Whole Grain Blueberry Clusters</p> <p><b>Entrée</b> Turkey Meatballs in Tomato Sauce, Bun, Green Peas, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Banana Oat Bite, Fresh Fruit</p>	<p><b>AM Snack</b> Banana Oatmeal Bar</p> <p><b>Entrée</b> Creamy Bowtie Pasta with Beef and Mixed Peppers, Sunshine Vegetables, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Raspberry Loaf, Crunchy Lentils</p>	<p><b>AM Snack</b> Whole Wheat Shreddies Cereal, Milk, Fresh Fruit</p> <p><b>Entrée</b> Beef Burger, Whole Wheat Bun, Broccoli, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Pita Pocket, Hardboiled Egg</p>	<p><b>AM Snack</b> Organic Whole Wheat Carrot Muffin</p> <p><b>Entrée</b> Roasted Apple Chicken Drumstick, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit</p> <p><b>PM Snack</b> Pasta Salad with Vegetables, Cheddar Cheese Curds</p>
<b>WEEK 4</b>	<p><b>AM Snack</b> Corn Flakes Cereal, Milk</p> <p><b>Entrée</b> Chicken Meatballs in Gravy, Brown Rice, Turnips and Carrots, Fresh Fruit</p> <p><b>PM Snack</b> Gluten Free Cheese Bites, Grape Tomatoes</p>	<p><b>AM Snack</b> Peach Yogurt, Whole Grain Pumpkin Seed Granola</p> <p><b>Entrée</b> Herb and Panko Crusted Fish Filet, Whole Grain Pasta, Green Beans, Fresh Fruit</p> <p><b>PM Snack</b> Organic Strawberry Granola Bar, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Mini Bagel, Apple Butter</p> <p><b>Entrée</b> Classic Mac and Cheese, Bean and Corn Salad, Sunshine Vegetables, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Mini Pita, Hardboiled Egg, Cucumber Slices</p>	<p><b>AM Snack</b> Organic Whole Wheat Fruit and Fibre Muffin</p> <p><b>Entrée</b> Turkey Lasagna, Leafy Greens, French Dressing, Fresh Fruit</p> <p><b>PM Snack</b> Spice Snap Biscuits, Fresh Fruit</p>	<p><b>AM Snack</b> Rice Krispies Cereal, Milk</p> <p><b>Entrée</b> Carvery Chicken in Gravy, Whole Wheat Bread, Peas and Corn, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Carrot Zucchini Loaf, Fresh Fruit</p>

APR 25  
MAY 23  
JUN 20  
JUL 18  
AUG 15  
SEP 12  
OCT 10  
NOV 07  
DEC 05

MAY 02  
MAY 30  
JUN 27  
JUL 25  
AUG 22  
SEP 19  
OCT 17  
NOV 14  
DEC 12

MAY 09  
JUN 06  
JUL 04  
AUG 01  
AUG 29  
SEP 26  
OCT 24  
NOV 21  
DEC 19



Menu is effective April 18, 2022  
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

