






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 2021 - 2022

WEEK OF:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> NOV 01 NOV 29 DEC 27 JAN 24 FEB 21 MAR 21 APR 18	<b>AM Snack</b> Multigrain Cheerios Cereal, Milk <b>Entrée</b> Tangy Orange Chicken Drumstick, Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit <b>PM Snack</b> Organic Whole Grain Mini Ginger Snaps, Fresh Fruit, Vanilla Yogurt	<b>AM Snack</b> Cinnamon Raisin Bagel <b>Entrée</b> Ethiopian Sweet Potato Stew, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b> Whole Wheat Apple Oatmeal Cookie, Fresh Fruit	<b>AM Snack</b> Banana Oatmeal Bar, Fresh Fruit <b>Entrée</b> Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit <b>PM Snack</b> Cheddar Cheese Sandwich on Whole Wheat Bread, Cucumber Slices	<b>AM Snack</b> Organic Whole Wheat Blueberry Muffin, Fresh Fruit <b>Entrée</b> Breaded All White Meat Chicken Pieces, Brown Rice, Baby Carrots, Fresh Fruit <b>PM Snack</b> Whole Wheat Lemon Cranberry Loaf, Fresh Fruit	<b>AM Snack</b> Whole Wheat Shreddies Cereal, Milk <b>Entrée</b> Fish Sticks, Brown Rice, Green Beans, Fresh Fruit <b>PM Snack</b> Wheat Crackers, Cheddar Cheese Cubes
<b>WEEK 2</b> NOV 08 DEC 06 JAN 03 JAN 31 FEB 28 MAR 28 APR 25	<b>AM Snack</b> Whole Grain Life Cereal, Milk <b>Entrée</b> Breaded Chicken, Brown Rice, Corn and Peas, Fresh Fruit <b>PM Snack</b> Whole Wheat Focaccia Bread, Hummus	<b>AM Snack</b> Organic Apple Granola Minis <b>Entrée</b> Whole Grain Pasta Bolognese (Tomato and Beef Sauce), Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit <b>PM Snack</b> Organic Whole Grain Mini Lemon Snaps, Fresh Fruit, Cheese Curds	<b>AM Snack</b> Strawberry Yogurt, Whole Grain Pumpkin Harvest Seed Granola <b>Entrée</b> Cuban Chicken Drumstick, Brown Rice, Green Beans, Fresh Fruit <b>PM Snack</b> Rice Cake, Fresh Fruit	<b>AM Snack</b> Organic Whole Wheat Chunky Apple Muffin <b>Entrée</b> Beef Meatballs in Gravy, Whole Wheat Bun, Diced Carrots, Fresh Fruit <b>PM Snack</b> Banana Oat Chunky Biscuit, Fresh Fruit	<b>AM Snack</b> Rice Krispies Cereal, Milk <b>Entrée</b> Breaded All White Meat Chicken Pieces, Brown Rice, Leafy Greens, Italian Dressing, Fresh Fruit <b>PM Snack</b> Spice Snaps, Fresh Fruit, Vanilla Yogurt
<b>WEEK 3</b> NOV 15 DEC 13 JAN 10 FEB 07 MAR 07 APR 04 MAY 02	<b>AM Snack</b> Multigrain Cheerios Cereal, Milk <b>Entrée</b> Salisbury Steak, Mashed Potato, Whole Wheat Bread, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit <b>PM Snack</b> Oatmeal Raisin Biscuit, Vanilla Yogurt, Baby Carrots	<b>AM Snack</b> Banana Oatmeal Bar, Applesauce <b>Entrée</b> Turkey Meatballs in Tomato Sauce, Bun, Green Beans, Fresh Fruit <b>PM Snack</b> Whole Wheat Pita Pocket, Hardboiled Egg	<b>AM Snack</b> Blueberry Clusters <b>Entrée</b> Mild Jerk Chicken Drumstick, Brown Rice, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit <b>PM Snack</b> Whole Wheat Pumpkin Loaf, Cucumbers	<b>AM Snack</b> Whole Wheat Shreddies Cereal, Milk, Fresh Fruit <b>Entrée</b> Chicken and Rice Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit <b>PM Snack</b> Organic Strawberry Granola Bar, Fresh Fruit	<b>AM Snack</b> Organic Whole Wheat Banana Muffin <b>Entrée</b> Classic Mac and Cheese, Garbanzo Bean Salad, Carrots and Corn, Fresh Fruit <b>PM Snack</b> Wheat Crackers, Bruschetta, Cheese Curds
<b>WEEK 4</b> NOV 22 DEC 20 JAN 17 FEB 14 MAR 14 APR 11 MAY 09	<b>AM Snack</b> Whole Grain Life Cereal, Milk <b>Entrée</b> Lemon Chicken Drumstick, Brown Rice, Turnip and Carrots, Fresh Fruit <b>PM Snack</b> Rice Cake, Baby Carrots	<b>AM Snack</b> Peach Yogurt, Whole Grain Pumpkin Harvest Seed Granola <b>Entrée</b> Beef Chili, Naan Bread, Green Beans, Fresh Fruit <b>PM Snack</b> Whole Wheat Oatmeal Banana Cookie, Fresh Fruit	<b>AM Snack</b> Whole Grain Mini Bagel <b>Entrée</b> BBQ Chicken Meatballs, Brown Rice, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit <b>PM Snack</b> Social Tea Biscuits, Fresh Fruit, Cheese Curds	<b>AM Snack</b> Organic Whole Wheat Lemon Cranberry Muffin <b>Entrée</b> Classic Chicken Noodle Soup, Whole Wheat Roll, Leafy Greens, French Dressing, Fresh Fruit <b>PM Snack</b> Whole Grain Cereal Mix, Fresh Fruit	<b>AM Snack</b> Rice Krispies Cereal, Milk <b>Entrée</b> Fish Sticks, Whole Wheat Wrap, Peas and Corn, Fresh Fruit <b>PM Snack</b> Whole Wheat Mini Pita, Hardboiled Egg



Menu is effective November 1, 2021

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

