

# THE APPLETREE PRESCHOOL-WHITBY

## Healthy Choices Fall/Winter Menu 2017/2018 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Multigrain Cheerios Cereal with Milk	Banana Oatmeal Bar	Whole Grain Mini Bagel, Berry Applesauce	Whole Wheat Shreddies with Milk	Organic Pumpkin Muffin
<b>AM Bev</b>					
<b>Entrée</b>	Ginger Lemon Chicken Drumstick, Whole Grain Pasta, Green Peas, Fresh Fruit	Lean Beef Burger, Whole Wheat Bun, Diced Carrots, Fresh Fruit	Turkey and Rainbow Pasta Casserole, Garden Salad, Italian Dressing, Fresh Fruit	Beef and Root Vegetable Stew (Celery, Onion, Carrots, Potato), French Baguette, Fresh Fruit	Breaded Wild Alaskan Pollock, Brown Rice, Peas and Corn, Fresh Fruit
<b>Lunch Bev</b>					
<b>PM Snack</b>	Organic Spelt Ginger Snaps, Vanilla Dip	Cheese Cubes and Whole Wheat Crackers	Whole Wheat Chicken Sandwich (Nitrate Free)	Tortilla Chips, Tomato Salsa	Banana Roll Up (Banana, Whole Wheat Tortilla, Nut Free Butter)
<b>PM Bev</b>					

- Menu is approved by a Registered Dietitian. Water is available throughout the day Menu In Effect: October 30<sup>th</sup> 2017
- Please see the allergy guide for the substitution meals for diets that are Vegetarian, Vegan and Halal. Please note that Food for Tots operates a facility that is Nut Free, Pork Free and Shellfish Free at all times.
- Short Forms: *WW* = Whole Wheat *WG* = Whole Grain *MG* = Multi Grain *GF* = Gluten Free
- Fresh Fruits will vary and include: apple, banana, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, mango and vegetables may vary due to seasonal availability.
- All Lunches are Trans fat-free (except for naturally occurring Trans fats).



Whole Grain

Homemade

Trans-fat free

Local

Children's Favourite

Multicultural

Organic

# THE APPLETREE PRESCHOOL-WHITBY

## Healthy Choices Fall/Winter Menu 2017/2018 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Rice Krispies Cereal with Milk	Granola Clusters, Fresh Fruit	Organic Carrot Muffin	Organic Cinnamon Quinoa Crunchies with Milk	Hotcake, Berry Applesauce
<b>AM Bev</b>					
<b>Entrée</b>	Salisbury Steak with Gravy, Whole Wheat Bread, Mashed Potato, Mixed Vegetables (Corn, Carrots, Peas, Green Beans), Fresh Fruit	Roasted Turkey Sausage, Whole Wheat Bun, Carrots and Turnips, Fresh Fruit	Mild Jerk Chicken Drumstick, Brown Rice with Peas, California Mixed Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit	Turkey Burger, Cheddar Cheese, Whole Wheat English Muffin, Green Beans, Fresh Fruit	Cheesy Beef and Whole Grain Pasta Casserole, Garden Salad, Balsamic Dressing, Fresh Fruit
<b>Lunch Bev</b>					
<b>PM Snack</b>	Zucchini Carrot Loaf, Applesauce	Gluten Free Corn Crackers, Guacamole	Whole Wheat Turkey Sandwich (Nitrate Free)	Banana Oatmeal Cookie, Baby Carrots	Trail Mix (Granola, Whole Grain Cereal, Banana Chips), Fresh Fruit
<b>PM Bev</b>					

- Menu is approved by a Registered Dietitian. Water is available throughout the day Menu In Effect: October 30<sup>th</sup> 2017
- Please see the allergy guide for the substitution meals for diets that are Vegetarian, Vegan and Halal. Please note that Food for Tots operates a facility that is Nut Free, Pork Free and Shellfish Free at all times.
- Short Forms: *WW = Whole Wheat* *WG = Whole Grain* *MG = Multi Grain* *GF = Gluten Free*
- Fresh Fruits will vary and include: apple, banana, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, mango and vegetables may vary due to seasonal availability.
- All Lunches are Trans fat-free (except for naturally occurring Trans fats).



Whole Grain



Homemade



Trans-fat free



Local



Children's Favourite



Multicultural



Organic

# THE APPLE TREE PRESCHOOL-WHITBY

## Healthy Choices Fall/Winter Menu 2017/2018 Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Multigrain Cheerios Cereal with Milk	Whole Wheat English Muffin with Nut Free Butter	Banana Oatmeal Bar	Whole Wheat Shreddies with Milk	Organic Chunky Apple Muffin
<b>AM Bev</b>					
<b>Entrée</b>	Classic Macaroni and Cheese, Black Bean and Quinoa Salad (Black Beans, Green Peppers, Corn, Quinoa), Fresh Fruit	Lentil Chili, French Baguette, Green Peas, Fresh Fruit	Cheesy Volcano Beef Meatballs, Brown Rice, Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit	Beef and Vegetable Soup, Artisan Roll, Garden Salad, Tarragon Dressing, Fresh Fruit	Turkey Tetrazzini, Mixed Vegetables (Corn, Carrots, Peas, Green Beans), Fresh Fruit
<b>Lunch Bev</b>					
<b>PM Snack</b>	Tortilla Chips, Tomato Salsa	Apple Beet Loaf, Apple Cinnamon Dip	Sweet Potato Crackers, Cheese Cubes	Pumpkin Granola Round, Rice Pudding	Whole Wheat Cheese Sandwich
<b>PM Bev</b>					

- Menu is approved by a Registered Dietitian. Water is available throughout the day. Menu In Effect: October 30th<sup>1</sup> 2017
- Please see the allergy guide for the substitution meals for diets that are Vegetarian, Vegan and Halal. Please note that Food for Tots operates a facility that is Nut Free, Pork Free and Shellfish Free at all times.
- Short Forms: *WW = Whole Wheat* *WG = Whole Grain* *MG = Multi Grain* *GF = Gluten Free*
- Fresh Fruits will vary and include: apple, banana, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, mango and vegetables may vary due to seasonal availability.
- All Lunches are Trans fat-free (except for naturally occurring Trans fats).



Whole Grain



Homemade



Trans-fat free



Local



Children's Favourite



Multicultural



Organic

# THE APPLETREE PRESCHOOL-WHITBY

## Healthy Choices Fall/Winter Menu 2017/2018 Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Rice Krispies Cereal with Milk	Strawberry Yogurt and Granola	Cinnamon Raisin Bagel	Organic Quinoa Crunchies with Milk	Organic Blueberry Bran Muffin
<b>AM Bev</b>					
<b>Entrée</b>	Chicken Creole Stew, Whole Grain Pasta, Diced Carrots, Fresh Fruit	Lemon Wild Alaskan Pollock Filet, Quinoa Salad, Mixed Vegetables (Corn, Carrots, Peas, Green Beans), Fresh Fruit	Chickpea Curry, Brown Rice, Garden Salad, Raspberry Vinaigrette Dressing, Fresh Fruit	Adobo Chicken Drumstick, Whole Grain Pasta, Diced Carrots, Fresh Fruit	Whole Grain Spaghetti Bolognese (Tomato/Beef Sauce), Green Beans, Fresh Fruit
<b>Lunch Bev</b>					
<b>PM Snack</b>	Pineapple Banana Oatmeal Bar, Fresh Fruit	Whole Wheat Crackers, Baby Carrots	Whole Wheat Chicken Wrap (Nitrate Free)	Banana Loaf, Fresh Fruit	Organic Lemon Snaps, Nut Free Yogurt Dip
<b>PM Bev</b>					

- Menu is approved by a Registered Dietitian. Water is available throughout the day. Menu In Effect: October 30<sup>th</sup> 2017
- Please see the allergy guide for the substitution meals for diets that are Vegetarian, Vegan and Halal. Please note that Food for Tots operates a facility that is Nut Free, Pork Free and Shellfish Free at all times.
- Short Forms: *WW = Whole Wheat* *WG = Whole Grain* *MG = Multi Grain* *GF = Gluten Free*
- Fresh Fruits will vary and include: apple, banana, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, mango and vegetables may vary due to seasonal availability.
- All Lunches are Trans fat-free (except for naturally occurring Trans fats).



# THE APPLETREE PRESCHOOL-WHITBY

## Healthy Choices- Infant/Toddler Fall/Winter Menu 2017/2018 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Multigrain Cheerios Cereal with Milk	Banana Oatmeal Bar	Whole Grain Mini Bagel, Berry Applesauce	Whole Wheat Shreddies with Milk	Organic Pumpkin Muffin
<b>AM Bev</b>					
<b>Entrée</b>	Diced Ginger Chicken, Whole Grain Pasta, Green Peas, Fresh Fruit	Lean Beef Burger, Whole Wheat Bun, Diced Carrots, Fresh Fruit	Turkey and Rainbow Pasta Casserole, California Mixed Vegetables (Cauliflower, Broccoli, Carrots), Fresh Fruit	Beef and Root Vegetable Stew (Celery, Onion, Carrots, Potato), French Baguette, Fresh Fruit	Breaded Wild Alaskan Pollock, Brown Rice, Peas and Corn, Fresh Fruit
<b>Lunch Bev</b>					
<b>PM Snack</b>	Social Tea Biscuits, Vanilla Dip	Cheese Cubes and Whole Wheat Crackers	Whole Wheat Chicken Sandwich (Nitrate Free)	Whole Wheat Soft Pita, Tomato Salsa	Banana Roll Up (Banana, Whole Wheat Tortilla, Nut Free Butter)
<b>PM Bev</b>					

- Menu is approved by a Registered Dietitian. Water is available throughout the day
- Please see the allergy guide for the substitution meals for diets that are Vegetarian, Vegan and Halal. Please note that Food for Tots operates a facility that is Nut Free, Pork Free and Shellfish Free at all times.
- Short Forms: *WW = Whole Wheat* *WG = Whole Grain* *MG = Multi Grain* *GF = Gluten Free*
- Fresh Fruits will vary and include: apple, banana, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, mango and vegetables may vary due to seasonal availability.
- All Lunches are Trans fat-free (except for naturally occurring Trans fats).

Menu In Effect: October 30<sup>th</sup> 2017



Whole Grain

Homemade

Trans-fat free

Local

Children's Favourite

Multicultural

Organic

# THE APPLETREE PRESCHOOL-WHITBY



## Healthy Choices- Infant/Toddler Fall/Winter Menu 2017/2018 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Rice Krispies Cereal with Milk	Granola Clusters, Fresh Fruit	Organic Carrot Muffin	Organic Cinnamon Quinoa Crunchies with Milk	Hotcake, Berry Applesauce
<b>AM Bev</b>					
<b>Entrée</b>	Salisbury Steak with Gravy, Whole Wheat Bread, Mashed Potato, Mixed Vegetables (Corn, Carrots, Peas, Green Beans), Fresh Fruit	Roasted Turkey Sausage, Whole Wheat Bun, Carrots and Turnips, Fresh Fruit	Diced Mild Jerk Chicken, Brown Rice with Peas, California Mixed Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit	Turkey Burger, Cheddar Cheese, Whole Wheat English Muffin, Green Beans, Fresh Fruit	Cheesy Beef and Whole Grain Pasta Casserole, Peas and Corn, Fresh Fruit
<b>Lunch Bev</b>					
<b>PM Snack</b>	Zucchini Carrot Loaf, Applesauce	Whole Wheat Mini Pita, Guacamole	Whole Wheat Turkey Sandwich (Nitrate Free)	Banana Oatmeal Cookie, Blanched Baby Carrots	Infant Trail Mix (Whole Grain Cereal, Banana Chips), Fresh Fruit
<b>PM Bev</b>					

- Menu is approved by a Registered Dietitian. Water is available throughout the day. Menu In Effect: October 30<sup>th</sup> 2017
- Please see the allergy guide for the substitution meals for diets that are Vegetarian, Vegan and Halal. Please note that Food for Tots operates a facility that is Nut Free, Pork Free and Shellfish Free at all times.
- Short Forms: *WW = Whole Wheat* *WG = Whole Grain* *MG = Multi Grain* *GF = Gluten Free*
- Fresh Fruits will vary and include: apple, banana, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, mango and vegetables may vary due to seasonal availability.
- All Lunches are Trans fat-free (except for naturally occurring Trans fats).



Whole Grain



Homemade



Trans-fat free



Local



Children's Favourite



Multicultural



Organic

# THE APPLETREE PRESCHOOL-WHITBY



Healthy Choices- Infant/Toddler Fall/Winter Menu 2017/2018 Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Multigrain Cheerios Cereal with Milk	Whole Wheat English Muffin with Nut Free Butter	Banana Oatmeal Bar	Whole Wheat Shreddies with Milk	Organic Chunky Apple Muffin
<b>AM Bev</b>					
<b>Entrée</b>	Classic Macaroni and Cheese, Black Bean and Quinoa Salad (Black Beans, Green Peppers, Corn, Quinoa), Fresh Fruit	Lentil Chili, French Baguette, Green Peas, Fresh Fruit	Cheesy Volcano Beef Meatballs, Brown Rice, Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit	Beef and Vegetable Soup, Artisan Roll, Diced Carrots, Fresh Fruit	Turkey Tetrazzini, Mixed Vegetables (Corn, Carrots, Peas, Green Beans), Fresh Fruit
<b>Lunch Bev</b>					
<b>PM Snack</b>	Whole Wheat Soft Pita, Tomato Salsa	Apple Beet Loaf, Apple Cinnamon Dip	Sweet Potato Crackers, Cheese Cubes	Pumpkin Granola Round, Rice Pudding	Whole Wheat Cheese Sandwich
<b>PM Bev</b>					

- Menu is approved by a Registered Dietitian. Water is available throughout the day. Menu In Effect: October 30th<sup>1</sup> 2017
- Please see the allergy guide for the substitution meals for diets that are Vegetarian, Vegan and Halal. Please note that Food for Tots operates a facility that is Nut Free, Pork Free and Shellfish Free at all times.
- Short Forms: *WW = Whole Wheat* *WG = Whole Grain* *MG = Multi Grain* *GF = Gluten Free*
- Fresh Fruits will vary and include: apple, banana, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, mango and vegetables may vary due to seasonal availability.
- All Lunches are Trans fat-free (except for naturally occurring Trans fats).



# THE APPLETREE PRESCHOOL-WHITBY

Healthy Choices- Infant/Toddler Fall/Winter Menu 2017/2018 Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Rice Krispies Cereal with Milk	Strawberry Yogurt and Arrowroots	Cinnamon Raisin Bagel	Organic Quinoa Crunchies with Milk	Organic Blueberry Bran Muffin
<b>AM Bev</b>					
<b>Entrée</b>	Chicken Creole Stew, Whole Grain Pasta, Diced Carrots, Fresh Fruit	Lemon Wild Alaskan Pollock Filet, Macaroni, Mixed Vegetables (Corn, Carrots, Peas, Green Beans), Fresh Fruit	Chickpea Curry, Brown Rice, Green Beans, Fresh Fruit	Diced Adobo Chicken, Whole Grain Pasta, Diced Carrots, Fresh Fruit	Whole Grain Spaghetti Bolognese (Tomato/Beef Sauce), Green Beans, Fresh Fruit
<b>Lunch Bev</b>					
<b>PM Snack</b>	Pineapple Banana Oatmeal Bar, Fresh Fruit	Whole Wheat Crackers, Blanched Baby Carrots	Whole Wheat Chicken Wrap (Nitrate Free)	Banana Loaf, Fresh Fruit	Social Tea Biscuits, Nut Free Yogurt Dip
<b>PM Bev</b>					

- Menu is approved by a Registered Dietitian. Water is available throughout the day. Menu In Effect: October 30<sup>th</sup> 2017
- Please see the allergy guide for the substitution meals for diets that are Vegetarian, Vegan and Halal. Please note that Food for Tots operates a facility that is Nut Free, Pork Free and Shellfish Free at all times.
- Short Forms: *WW = Whole Wheat* *WG = Whole Grain* *MG = Multi Grain* *GF = Gluten Free*
- Fresh Fruits will vary and include: apple, banana, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, mango and vegetables may vary due to seasonal availability.
- All Lunches are Trans fat-free (except for naturally occurring Trans fats).

