




**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.

THE APPLETREE PRESCHOOL- AJAX

Healthy Balance Spring/Summer 2019

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk</p> <p>Entrée Diced Peach BBQ Chicken, Brown Rice, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit</p> <p>PM Snack Pita Crackers, Cheese Curds</p>	<p>AM Snack Apple Cinnamon Flatbread, Applesauce</p> <p>Entrée Turkey and Whole Grain Noodle Soup, Artisan Roll, Baby Carrots, Fresh Fruit</p> <p>PM Snack Pumpkin Granola Round, Orange</p>	<p>AM Snack Banana Oat Bites</p> <p>Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit</p> <p>PM Snack Whole Wheat Apple Beet Loaf, Apple</p>	<p>AM Snack Corn Flakes Cereal, Milk</p> <p>Entrée Coconut, Kale and Chickpea Stew, Brown Rice, Green Beans, Fresh Fruit</p> <p>PM Snack Whole Wheat Wrap, Cheddar Cheese Slice</p>	<p>AM Snack Organic Whole Grain Summer Berry Muffin</p> <p>Entrée Chicken and Whole Grain Noodle Casserole, Leafy Greens Salad, Balsamic Dressing, Fresh Fruit</p> <p>PM Snack Whole Grains Cereal Mix, Pear</p>
WEEK 2	<p>AM Snack Whole Grain Shreddies Cereal, Milk</p> <p>Entrée Korean Bulgogi (Tofu, Eggplant, Zucchini, Snap Peas, Peppers), Whole Grain Pasta, Corn and Peas, Fresh Fruit</p> <p>PM Snack Whole Grain Harvest Seed Crackers, Baby Carrots</p>	<p>AM Snack Whole Grain Coconut Bites</p> <p>Entrée Cuban Picadillo (Beef, Peppers, Tomato, Potato), Whole Wheat Mini Pita, Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit</p> <p>PM Snack Banana Oatmeal Bar, Garbanzo Beans</p>	<p>AM Snack Peach Yogurt, Whole Grain Pumpkin Harvest Seed Granola</p> <p>Entrée Diced Tikka Masala Chicken, Brown Rice, Green Beans, Fresh Fruit</p> <p>PM Snack Whole Wheat Focaccia Bread, Bruschetta</p>	<p>AM Snack Organic Whole Wheat Banana Muffin</p> <p>Entrée Lentil and Vegetable Soup, Whole Wheat Baguette, Baby Carrots, Fresh Fruit</p> <p>PM Snack Whole Wheat Zucchini Carrot Loaf, Orange</p>	<p>AM Snack Rice Krispies Cereal, Milk</p> <p>Entrée Diced Moroccan (Chickpeas, Courgette) Chicken, Brown Rice, Peas, Fresh Fruit</p> <p>PM Snack Spice Snaps, Banana</p>
WEEK 3	<p>AM Snack Multigrain Cheerios Cereal, Milk</p> <p>Entrée Beef Burger, Whole Grain Bun, Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit</p> <p>PM Snack Apple Granola Round, Orange</p>	<p>AM Snack Whole Grain Mini Bagel, Berry Applesauce</p> <p>Entrée Red Lentil Curry, Brown Rice, Green Beans, Fresh Fruit</p> <p>PM Snack Hardboiled Egg, Whole Wheat Pita Pocket</p>	<p>AM Snack Organic Whole Wheat Blueberry Bran Muffin</p> <p>Entrée Diced Lemon Chicken, Whole Grain Pasta, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit</p> <p>PM Snack Whole Wheat Lemon Cranberry Loaf, Baby Carrots</p>	<p>AM Snack Corn Flakes Cereal, Milk</p> <p>Entrée Chicken and Brown Rice Soup, Whole Wheat Dinner Roll, Leafy Greens Salad, Raspberry Dressing, Fresh Fruit</p> <p>PM Snack Soda Crackers, Guacamole</p>	<p>AM Snack Whole Grain Cereal Mix, Kiwi</p> <p>Entrée Turkey Salad (Cold), Whole Wheat Pita Pocket, Cheddar Cheese, Leafy Greens Salad, French Dressing, Fresh Fruit</p> <p>PM Snack Cinnamon Snaps, Cheese Curds</p>
WEEK 4	<p>AM Snack Whole Grain Shreddies Cereal, Milk</p> <p>Entrée Diced Teriyaki Chicken, Brown Rice, Vegetables (Broccoli, Green Beans, Carrots, Red Pepper, Mushrooms), Fresh Fruit</p> <p>PM Snack Round Wheat Crackers, Hummus</p>	<p>AM Snack Vanilla Yogurt, Whole Grain Pumpkin Harvest Seed Granola</p> <p>Entrée Beef and Mushroom Pasta, Green Beans, Fresh Fruit</p> <p>PM Snack Hardboiled Egg, Whole Wheat Tomato Basil Wrap</p>	<p>AM Snack Whole Grain Thin Bagel, Apple Butter</p> <p>Entrée Chicken and Tofu Casserole, Coconut Rice, Paradise Mixed Vegetables (Green Beans, Yellow and Orange Carrots), Fresh Fruit</p> <p>PM Snack Whole Wheat Banana Pineapple Loaf, Cheese Curds</p>	<p>AM Snack Organic Whole Wheat Lemon Blueberry Muffin</p> <p>Entrée Garden Vegetable and Bean Soup, Whole Wheat Mini Pita, Leafy Greens Salad, Italian Dressing, Fresh Fruit</p> <p>PM Snack Apple Oatmeal Cookie, Baby Carrots</p>	<p>AM Snack Rice Krispies Cereal, Milk</p> <p>Entrée Beef and Rice Casserole, Corn and Peas, Fresh Fruit</p> <p>PM Snack Whole Wheat Cheddar Cheese Sandwich</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.

