




**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 Fall/Winter 2020 - 2021

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Pineapple Chicken Drumstick, Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Soda Crackers, Marble Cheddar Cheese Cubes</p>	<p>AM Snack Whole Grain Thin Bun Entrée Turkey Alphabet Soup, Artisan Roll, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Maple Cookie, Orange</p>	<p>AM Snack Banana Oatmeal Bars Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit PM Snack Whole Wheat Apple Beet Loaf, Apple</p>	<p>AM Snack Whole Grain Oatmeal Squares Cereal, Milk Entrée Lentil and Vegetable Stew (Lentils, Zucchini, Tomato, Peppers, Carrots, Squash, Onion, Celery), Whole Wheat Dinner Roll, Fresh Fruit PM Snack Cheddar Cheese Sandwich on Whole Wheat Bread</p>	<p>AM Snack Organic Whole Wheat Summer Berry Muffin Entrée Coconut Curried Turkey, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Organic Whole Grain Spelt Ginger Mini Snaps, Pear</p>
WEEK 2	<p>AM Snack Whole Grain Shreddies Cereal, Milk Entrée Sweet and Sour Tofu, Whole Wheat Wrap, Corn and Peas, Fresh Fruit PM Snack Whole Wheat Mini Pitas, Pizza Hummus</p>	<p>AM Snack Organic Whole Grain Berry Granola Minis Entrée Mild Beef Curry, Brown Rice, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Banana Oatmeal Bar, Pear</p>	<p>AM Snack Strawberry Yogurt, Whole Grain Pumpkin Harvest Seed Granola Entrée Moroccan Chicken Drumstick, Wild Rice Blend, Green Beans, Fresh Fruit PM Snack Whole Wheat Focaccia Bread, Bruschetta</p>	<p>AM Snack Organic Whole Wheat Lemon Coconut Muffin Entrée Tomato Bean Soup, Whole Wheat Baguette Slice, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Zucchini Carrot Loaf, Orange</p>	<p>AM Snack Rice Krispies Cereal, Milk Entrée BBQ Chicken Drumstick, Brown Rice, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Banana</p>
WEEK 3	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Beef Burger, Whole Grain Bun, Carrots and Turnips, Fresh Fruit PM Snack Whole Grain Spelt Lemon Mini Snaps, Grape Tomatoes</p>	<p>AM Snack Whole Grain Mini Bagel Entrée Classic Macaroni and Cheese, Corn and Bean Salad, Green Beans, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Curds</p>	<p>AM Snack Organic Whole Wheat Strawberry Beet Muffin Entrée Roasted Apple Chicken Drumstick, Whole Grain Pasta, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Whole Wheat Oat and Date Loaf, Baby Carrots</p>	<p>AM Snack Whole Grain Oatmeal Squares Cereal, Milk Entrée Chicken Rice Soup, Whole Wheat Roll, Cucumber Slices, Fresh Fruit PM Snack Multi Grain Breadsticks, Guacamole</p>	<p>AM Snack Banana Oatmeal Bar Entrée Diced Chicken Cacciatore, Whole Grain Pasta, Peas and Corn, Fresh Fruit PM Snack Oatmeal Biscuits, Honeydew Melon</p>
WEEK 4	<p>AM Snack Whole Grain Shreddies Cereal, Milk Entrée Adobo Chicken Drumstick, Brown Rice, Peas and Carrots, Fresh Fruit PM Snack Wheat Crackers, Hummus</p>	<p>AM Snack Peach Yogurt, Whole Grain Pumpkin Harvest Seed Granola Entrée Cheesy Beef and Mushroom Pasta Bake, Green Beans, Fresh Fruit PM Snack Whole Wheat Lemon Chia Cookie, Orange</p>	<p>AM Snack Whole Grain Thin Bagel, Apple Butter Entrée Turkey Burger, Whole Grain Bun, Cheddar Cheese, Broccoli, Fresh Fruit PM Snack Whole Wheat Raspberry Loaf, Cheddar Cheese Curds</p>	<p>AM Snack Organic Whole Wheat Banana Muffin Entrée Minestrone Soup, Whole Wheat Mini Pita, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Cucumber Slices</p>	<p>AM Snack Rice Krispies Cereal, Milk Entrée Beef Lasagna, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Mini Pitas, Cheddar Cheese Curds</p>




Menu In Effect: November 2, 2020

- 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 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.



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THE APPLETREE PRESCHOOL- AJAX

Healthy Balance - Infant/Toddler Fall/Winter 2020 - 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Diced Pineapple Chicken, Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Soda Crackers, Marble Cheddar Cheese Cubes</p>	<p>AM Snack Whole Grain Thin Bun Entrée Turkey Alphabet Soup, Artisan Roll, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Wheat Maple Cookie, Orange</p>	<p>AM Snack Banana Oatmeal Bars Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit PM Snack Whole Wheat Apple Beet Loaf, Apple</p>	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Lentil and Vegetable Stew (Lentils, Zucchini, Tomato, Peppers, Carrots, Squash, Onion, Celery), Whole Wheat Dinner Roll, Fresh Fruit PM Snack Cheddar Cheese Sandwich on Whole Wheat Bread</p>	<p>AM Snack Organic Whole Wheat Summer Berry Muffin Entrée Coconut Curried Turkey, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Social Tea Biscuits, Pear</p>
WEEK 2	<p>AM Snack Whole Grain Shreddies Cereal, Milk Entrée Sweet and Sour Tofu, Whole Wheat Wrap, Corn and Peas, Fresh Fruit PM Snack Whole Wheat Mini Pitas, Pizza Hummus</p>	<p>AM Snack Organic Whole Grain Berry Granola Minis Entrée Mild Beef Curry, Brown Rice, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Banana Oatmeal Bar, Pear</p>	<p>AM Snack Strawberry Yogurt, Social Tea Biscuit Entrée Diced Moroccan Chicken, Wild Rice Blend, Green Beans, Fresh Fruit PM Snack Whole Wheat Focaccia Bread, Bruschetta</p>	<p>AM Snack Organic Whole Wheat Lemon Coconut Muffin Entrée Tomato Bean Soup, Whole Wheat Baguette Slice, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Wheat Zucchini Carrot Loaf, Orange</p>	<p>AM Snack Rice Krispies Cereal, Milk Entrée Diced BBQ Chicken, Brown Rice, Peas, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Banana</p>
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WEEK 4	<p>AM Snack Whole Grain Shreddies Cereal, Milk Entrée Diced Adobo Chicken, Brown Rice, Peas and Carrots, Fresh Fruit PM Snack Wheat Crackers, Hummus</p>	<p>AM Snack Peach Yogurt, Social Tea Biscuits Entrée Cheesy Beef and Mushroom Pasta Bake, Green Beans, Fresh Fruit PM Snack Whole Wheat Lemon Chia Cookie, Orange</p>	<p>AM Snack Whole Grain Thin Bagel, Apple Butter Entrée Turkey Burger, Whole Grain Bun, Cheddar Cheese, Broccoli, Fresh Fruit PM Snack Whole Wheat Raspberry Loaf, Cheddar Cheese Curds</p>	<p>AM Snack Organic Whole Wheat Banana Muffin Entrée Minestrone Soup, Whole Wheat Mini Pita, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Peeled Cucumber Slices</p>	<p>AM Snack Rice Krispies Cereal, Milk Entrée Beef Lasagna, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Mini Pitas, Cheddar Cheese Curds</p>

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