



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.

THE APPLETREE PRESCHOOL-WHITBY

Healthy Balance Fall/Winter 2020 - 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	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	AM Snack Whole Grain Thin Bun Entrée Turkey Alphabet Soup, Artisan Roll, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Maple Cookie, Orange	AM Snack Banana Oatmeal Bars Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit PM Snack Whole Wheat Apple Beet Loaf, Apple	AM Snack Whole Grain Oatmeal Squares Cereal, Milk Entrée Breaded All White Meat Chicken Pieces, Brown Rice, Green Beans, Fresh Fruit PM Snack Cheddar Cheese Sandwich on Whole Wheat Bread	AM Snack Organic Whole Wheat Summer Berry Muffin Entrée Fish Sticks, Whole Wheat Wrap, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Organic Whole Grain Spelt Ginger Mini Snaps, Pear
WEEK 2	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	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	AM Snack Strawberry Yogurt, Whole Grain Pumpkin Harvest Seed Granola Entrée White Fish Lasagna, Green Beans, Fresh Fruit PM Snack Whole Wheat Focaccia Bread, Bruschetta	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	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
WEEK 3	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	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, Hardboiled Egg	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	AM Snack Whole Grain Oatmeal Squares Cereal, Milk Entrée Scrambled Egg, Whole Wheat Wrap, Shredded Cheese and Lettuce, Peas, Fresh Fruit PM Snack Multi Grain Breadsticks, Guacamole	AM Snack Banana Oatmeal Bar Entrée Breaded Fish, Whole Grain Bun, Peas and Corn, Fresh Fruit PM Snack Oatmeal Biscuits, Honeydew Melon
WEEK 4	AM Snack Whole Grain Shreddies Cereal, Milk Entrée Adobo Chicken Drumstick, Brown Rice, Peas and Carrots, Fresh Fruit PM Snack Wheat Crackers, Hummus	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	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	AM Snack Organic Whole Wheat Banana Muffin Entrée Cheddar Cheese Omelet, Whole Wheat Bread, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Cucumber Slices	AM Snack Rice Krispies Cereal, Milk Entrée Sweet Chili Thai Fish Filet, Brown Rice, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Mini Pitas, Hardboiled Egg

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-WHITBY

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	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	AM Snack Whole Grain Thin Bun Entrée Turkey Alphabet Soup, Artisan Roll, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Wheat Maple Cookie, Orange	AM Snack Banana Oatmeal Bars Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit PM Snack Whole Wheat Apple Beet Loaf, Apple	AM Snack Multigrain Cheerios Cereal, Milk Entrée Breaded All White Meat Chicken Pieces, Brown Rice, Green Beans, Fresh Fruit PM Snack Cheddar Cheese Sandwich on Whole Wheat Bread	AM Snack Organic Whole Wheat Summer Berry Muffin Entrée Fish Sticks, Whole Wheat Wrap, Diced Carrots, Fresh Fruit PM Snack Social Tea Biscuits, Pear
WEEK 2	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	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	AM Snack Strawberry Yogurt, Social Tea Biscuit Entrée White Fish Lasagna, Green Beans, Fresh Fruit PM Snack Whole Wheat Focaccia Bread, Bruschetta	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	AM Snack Rice Krispies Cereal, Milk Entrée Diced BBQ Chicken, Brown Rice, Peas, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Banana
WEEK 3	AM Snack Multigrain Cheerios Cereal, Milk Entrée Beef Burger, Whole Grain Bun, Carrots and Turnips, Fresh Fruit PM Snack Social Tea Biscuits, Grape Tomatoes	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, Hardboiled Egg	AM Snack Organic Whole Wheat Strawberry Beet Muffin Entrée Diced Roasted Apple Chicken, Whole Grain Pasta, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Whole Wheat Oat and Date Loaf, Blanched Baby Carrots	AM Snack Whole Grain Oatmeal Squares Cereal, Milk Entrée Scrambled Egg, Whole Wheat Wrap, Shredded Cheese and Lettuce, Peas, Fresh Fruit PM Snack Multi Grain Breadsticks, Guacamole	AM Snack Banana Oatmeal Bar Entrée Breaded Fish, Whole Grain Bun, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Honeydew Melon
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