




**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 Spring/Summer 2021

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Apricot Chicken Drumstick, Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Pita Pocket, Cheddar Cheese Cubes</p>	<p>AM Snack Apple Cinnamon Pita Entrée Turkey Whole Grain Noodle Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Clementine</p>	<p>AM Snack Banana Oatmeal Bar Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit PM Snack Whole Wheat Carrot Zucchini Loaf, Orange</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk Entrée Vegetable and Bean Mac and Cheese, Carrots and Peas, Fresh Fruit PM Snack Cheddar Cheese Sandwich on Whole Wheat Bread</p>	<p>AM Snack Organic Whole Wheat Lemon Blueberry Muffin Entrée Fish Sticks, Whole Wheat Wrap, Green Beans, Fresh Fruit PM Snack Social Tea Biscuits, Pear</p>
WEEK 2	<p>AM Snack Whole Grain Life Cereal, Milk Entrée Ginger Tofu and Vegetables, Brown Rice, Fresh Fruit PM Snack Wheat Crackers, Hummus</p>	<p>AM Snack Cinnamon Raisin Bagel Entrée Turkey Burger, Whole Wheat Bun, Cheddar Cheese, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Whole Wheat Maple Cookie, Apple</p>	<p>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</p>	<p>AM Snack Organic Whole Wheat Oatmeal Raisin Muffin Entrée Vegetable Garden Bean Soup, Whole Wheat Baguette Slice, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Orange</p>	<p>AM Snack Rice Krispies Cereal, Milk Entrée Tikka Chicken Drumstick, Brown Rice, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack Rice Cake, 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, Orange</p>	<p>AM Snack Banana Oatmeal Bar Entrée Turkey Meatballs in Tomato Sauce, Bun, Green Beans, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Hardboiled Egg</p>	<p>AM Snack Organic Whole Wheat Carrot Muffin Entrée Bean and Rice Burrito, Whole Wheat Wrap, Shredded Cheese, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Whole Wheat Apple Cinnamon Loaf, Baby Carrots</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk Entrée Spinach Quiche, Whole Wheat Bread, Peas, Fresh Fruit PM Snack Multi Grain Breadsticks, Guacamole</p>	<p>AM Snack Whole Wheat Mini Bagel Entrée Cheesy Broccoli and Chicken Casserole, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Social Tea Biscuits, Watermelon</p>
WEEK 4	<p>AM Snack Whole Grain Life Cereal, Milk Entrée Teriyaki Chicken Drumstick, Brown Rice, Peas and Carrots, Fresh Fruit PM Snack Rice Cake, Hummus</p>	<p>AM Snack Peach Yogurt, Whole Grain Pumpkin Harvest Seed Granola Entrée Beef Lasagna, Green Beans, Fresh Fruit PM Snack Whole Wheat Oatmeal Banana Cookie, Orange</p>	<p>AM Snack Whole Wheat Maple Cookie Entrée Sweet and Sour Chicken Meatballs, Brown Rice, Broccoli, Fresh Fruit PM Snack Organic Mixed Berry Granola Minis, Cantaloupe</p>	<p>AM Snack Whole Wheat Mini Bagel Entrée Scrambled Egg, Whole Wheat Wrap, Shredded Cheddar Cheese, Shredded Lettuce, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Cucumber Slices</p>	<p>AM Snack Rice Krispies Cereal, Milk Entrée Turkey Pot Pie, Whole Wheat Bread, Peas and Corn, Fresh Fruit PM Snack Pita Pocket, Hardboiled Egg</p>






Menu In Effect: April 19, 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 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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Healthy Balance - Infant/Toddler Spring/Summer 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Diced Apricot Chicken, Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Pita Pocket, Cheddar Cheese Cubes</p>	<p>AM Snack Apple Cinnamon Pita Entrée Turkey Whole Grain Noodle Soup, Whole Wheat Bread, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Clementine</p>	<p>AM Snack Banana Oatmeal Bar Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit PM Snack Whole Wheat Carrot Zucchini Loaf, Orange</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk Entrée Vegetable and Bean Mac and Cheese, Carrots and Peas, Fresh Fruit PM Snack Cheddar Cheese Sandwich on Whole Wheat Bread</p>	<p>AM Snack Organic Whole Wheat Lemon Blueberry Muffin Entrée Fish Sticks, Whole Wheat Wrap, Green Beans, Fresh Fruit PM Snack Social Tea Biscuits, Pear</p>
WEEK 2	<p>AM Snack Whole Grain Life Cereal, Milk Entrée Ginger Tofu and Vegetables, Brown Rice, Fresh Fruit PM Snack Wheat Crackers, Hummus</p>	<p>AM Snack Cinnamon Raisin Bagel Entrée Turkey Burger, Whole Wheat Bun, Cheddar Cheese, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Whole Wheat Maple Cookie, Apple</p>	<p>AM Snack Strawberry Yogurt, Social Tea Biscuit Entrée White Fish Lasagna, Green Beans, Fresh Fruit PM Snack Whole Wheat Focaccia Bread, Bruschetta</p>	<p>AM Snack Organic Whole Wheat Oatmeal Raisin Muffin Entrée Vegetable Garden Bean Soup, Whole Wheat Baguette Slice, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Orange</p>	<p>AM Snack Rice Krispies Cereal, Milk Entrée Diced Tikka Chicken, Brown Rice, Peas, Fresh Fruit PM Snack Rice Cake, Banana</p>
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