



**WHOLESOME
KIDS
CATERING**

**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 2022 - 2023

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Breaded Chicken Pieces, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit PM Snack Organic Oatmeal Cranberry Cookie, Fresh Fruit</p>	<p>AM Snack Banana Oatmeal Bar Entrée Beef Burger, Hamburger Bun, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Grape Tomatoes</p>	<p>AM Snack Whole Wheat English Muffin, Apple Butter Entrée Scrambled Eggs, Shredded Cheddar Cheese, Whole Wheat Wrap, Green Peas, Fresh Fruit PM Snack Whole Wheat Mini Pita, Hummus</p>	<p>AM Snack Organic Whole Wheat Banana Muffin Entrée Breaded Fish Sticks, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Crackers, Cheddar Cheese Cubes</p>	<p>AM Snack Whole Grain Shreddies Cereal, Milk Entrée Turkey Tetrazzini with Whole Grain Pasta, Green Beans, Fresh Fruit PM Snack Oatmeal Raisin Loaf, Fresh Fruit</p>
WEEK 2	<p>AM Snack Corn Flakes Cereal, Milk Entrée Breaded Chicken, Brown Rice, Green and Yellow Bean, Fresh Fruit PM Snack Organic Spelt Ginger Snaps, Baby Carrots</p>	<p>AM Snack Whole Wheat Mini Bagel, Apple Butter Entrée Three Cheese and Bean Pasta Bake, Mixed Vegetables, Fresh Fruit PM Snack Banana Oatmeal Bar, Fresh Fruit</p>	<p>AM Snack Strawberry Yogurt, Whole Grain Granola Entrée Filipino Beef Casserole, Brown Rice, Green Peas, Fresh Fruit PM Snack Whole Wheat Breadsticks, Guacamole</p>	<p>AM Snack Whole Wheat Chunky Apple Muffin Entrée Minestrone Soup, Whole Wheat Bread, Cucumber Slices, Fresh Fruit PM Snack Oatmeal Cookie, Applesauce</p>	<p>AM Snack Rice Krispies Cereal, Milk Entrée Chicken Alfredo Pasta, Leafy Greens, French Dressing, Fresh Fruit PM Snack Whole Wheat Blueberry Bran Loaf, Baby Carrots</p>
WEEK 3	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Turkey Burrito, Whole Wheat Wrap, Shredded Cheddar Cheese, Peas and Corn, Fresh Fruit PM Snack Organic Spelt Mini Lemon Snaps, Fresh Fruit</p>	<p>AM Snack Mini Strawberry Crackers Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit PM Snack Spice Snap Biscuits, Cucumber Slices</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk Entrée Beef Chili, Whole Wheat Bread, Green Beans, Fresh Fruit PM Snack Whole Wheat Lemon Cranberry Loaf, Fresh Fruit</p>	<p>AM Snack Whole Grain Pancake, Apple Butter Entrée Classic Mac and Cheese, 7 Bean Salad, Sunshine Vegetables, Fresh Fruit PM Snack Banana Oatmeal Cookie, Baby Carrots</p>	<p>AM Snack Organic Whole Wheat Lemon Coconut Muffin Entrée Portuguese Chicken Drumstick, Brown Rice, Green Peas, Fresh Fruit PM Snack Artisan Javaneh Bread, Bruschetta</p>
WEEK 4	<p>AM Snack Corn Flakes Cereal, Milk Entrée Chicken Meatballs in Tomato Sauce, Whole Grain Pasta, Green Peas, Fresh Fruit PM Snack Wheat Crackers, Cheese Curds</p>	<p>AM Snack Peach Yogurt, Whole Grain Granola Entrée Breaded Fish Sticks, Brown Rice, Sunshine Vegetables, Fresh Fruit PM Snack Whole Wheat Mini Pita, Grape Tomatoes</p>	<p>AM Snack Whole Wheat Banana Oat Bite Entrée Moroccan Chicken Drumstick, Whole Grain Pasta, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack Cinnamon Scone, Fresh Fruit</p>	<p>AM Snack Organic Whole Wheat Carrot Zucchini Muffin Entrée Cheese Omelet, Whole Wheat Bread, Green Beans, Fresh Fruit PM Snack Whole Wheat Mini Bagel, Cheddar Cheese Cubes</p>	<p>AM Snack Rice Krispies Cereal, Milk Entrée Turkey Teriyaki, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Oat and Date Loaf, Fresh Fruit</p>



Menu is effective October 31, 2022

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 Fruit will vary depending on seasonal availability. They may include apples, bananas, oranges, grapes, pears, strawberries, melons (watermelon, vantaloupe, honeydew), plums, nectarines, and peaches





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Healthy Balance - Infant/Toddler Fall/Winter 2022 - 2023

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WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Breaded Chicken Pieces, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit PM Snack Organic Oatmeal Cranberry Cookie, Fresh Fruit</p>	<p>AM Snack Banana Oatmeal Bar Entrée Beef Burger, Hamburger Bun, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Grape Tomatoes</p>	<p>AM Snack Whole Wheat English Muffin, Apple Butter Entrée Scrambled Eggs, Shredded Cheddar Cheese, Whole Wheat Wrap, Green Peas, Fresh Fruit PM Snack Whole Wheat Mini Pita, Hummus</p>	<p>AM Snack Organic Whole Wheat Banana Muffin Entrée Breaded Fish Sticks, Brown Rice, Broccoli, Fresh Fruit PM Snack Whole Wheat Crackers, Cheddar Cheese Cubes</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk Entrée Turkey Tetrazzini with Whole Grain Pasta, Green Beans, Fresh Fruit PM Snack Oatmeal Raisin Loaf, Fresh Fruit</p>
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