






**WHOLESONE  
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 Spring/Summer 2023

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> Rice Krispies Cereal, Milk  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Diced Carrots, Plum Sauce, Fresh Fruit  <b>PM Snack</b> Coconut Chia Snaps, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Mini Bagel, Apple Butter  <b>Entrée</b> Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Peas, Fresh Fruit  <b>PM Snack</b> Whole Wheat Bread Sticks, Cheese Curds</p>	<p><b>AM Snack</b> Banana Oatmeal Bar  <b>Entrée</b> Beef Burger, Wheat Bun, Green Beans, Fresh Fruit  <b>PM Snack</b> Spice Snaps, Fresh Fruit</p>	<p><b>AM Snack</b> Organic Whole Wheat Summer Berry Muffin  <b>Entrée</b> Turkey Macaroni and Cheese, Leafy Greens, Balsamic Dressing, Fresh Fruit  <b>PM Snack</b> Whole Wheat Pita Pocket, Hummus</p>	<p><b>AM Snack</b> Multi Grain Cheerios Cereal, Milk  <b>Entrée</b> Breaded Fish Sticks, Whole Wheat Wrap, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit  <b>PM Snack</b> Whole Wheat Banana Loaf, Applesauce</p>
WEEK 2	<p><b>AM Snack</b> Corn Flakes Cereal, Milk  <b>Entrée</b> Turkey Burger, Wheat Bun, Cheddar Cheese, Green Beans, Fresh Fruit  <b>PM Snack</b> Oatmeal Banana Cookie, Baby Carrots</p>	<p><b>AM Snack</b> Cinnamon Raisin Bagel, Apple Butter  <b>Entrée</b> Vegetarian Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit  <b>PM Snack</b> Organic Whole Grain Mini Ginger Snaps, Fresh Fruit</p>	<p><b>AM Snack</b> Strawberry Yogurt, Whole Grain Granola  <b>Entrée</b> Sweet and Sour Chicken Meatballs, Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit  <b>PM Snack</b> Whole Wheat Apple Cinnamon Loaf, Cucumber Slices</p>	<p><b>AM Snack</b> Organic Whole Wheat Lemon Blueberry Muffin  <b>Entrée</b> Turkey and Pasta Soup, Whole Wheat Baguette, Baby Carrots, Fresh Fruit  <b>PM Snack</b> Banana Oatmeal Bar, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Shreddies Cereal, Milk  <b>Entrée</b> Italian Beef with Shell Pasta, Peas, Fresh Fruit  <b>PM Snack</b> Vanilla Yogurt, Fresh Fruit</p>
WEEK 3	<p><b>AM Snack</b> Rice Krispies Cereal, Milk  <b>Entrée</b> Breaded Fish Sticks, Whole Wheat Wrap, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit  <b>PM Snack</b> Whole Wheat Crackers, Cheese Curds</p>	<p><b>AM Snack</b> Banana Oat Bite  <b>Entrée</b> Cheddar Cheese Omelet, Whole Wheat Bread, Peas and Corn, Fresh Fruit  <b>PM Snack</b> Cinnamon Scone, Fresh Fruit</p>	<p><b>AM Snack</b> Oatmeal Cookie  <b>Entrée</b> Sweet and Sour Beef Strips, Brown Rice, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit  <b>PM Snack</b> Whole Wheat Mini Pita, Cheddar Cheese Slice</p>	<p><b>AM Snack</b> Multi Grain Cheerios Cereal, Milk  <b>Entrée</b> Butter Chicken, Naan, Green Beans, Fresh Fruit  <b>PM Snack</b> Organic Gluten Free Mixed Berry Granola Minis, Baby Carrots</p>	<p><b>AM Snack</b> Organic Whole Wheat Summer Berry Muffin  <b>Entrée</b> Turkey Lasagna, Leafy Greens, Balsamic Dressing, Fresh Fruit  <b>PM Snack</b> Whole Wheat Wrap, Hard Boiled Egg</p>
WEEK 4	<p><b>AM Snack</b> Corn Flakes Cereal, Milk  <b>Entrée</b> Moroccan Chickpeas, Naan, Carrots and Turnips, Fresh Fruit  <b>PM Snack</b> Oatmeal Cranberry Cookie, Grape Tomatoes</p>	<p><b>AM Snack</b> Peach Yogurt, Whole Grain Granola  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit  <b>PM Snack</b> Whole Wheat Melba Toast, Cheddar Cheese Slice</p>	<p><b>AM Snack</b> Whole Wheat Pancake, Apple Butter  <b>Entrée</b> Turkey Bolognese with Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit  <b>PM Snack</b> Whole Wheat Mini Pitas, Vanilla Yogurt</p>	<p><b>AM Snack</b> Organic Whole Wheat Lemon Blueberry Muffin  <b>Entrée</b> Lemon Chicken Drumstick, Whole Grain Pasta, Leafy Greens, French Dressing, Fresh Fruit  <b>PM Snack</b> Spice Snaps, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Shreddies Cereal, Milk  <b>Entrée</b> Beef Burger, Wheat Bun, Broccoli, Fresh Fruit  <b>PM Snack</b> Whole Grain Digestive Biscuits, Fresh Fruit</p>



**Menu Launch Date: April 17, 2023**

**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.





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Healthy Balance - Infant/Toddler Spring/Summer 2023

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> Rice Krispies Cereal, Milk  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Diced Carrots, Plum Sauce, Fresh Fruit  <b>PM Snack</b> Digestive Biscuits, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Mini Bagel, Apple Butter  <b>Entrée</b> Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Peas, Fresh Fruit  <b>PM Snack</b> Wheat Crackers, Cheese Curds</p>	<p><b>AM Snack</b> Banana Oatmeal Bar  <b>Entrée</b> Beef Burger, Wheat Bun, Green Beans, Fresh Fruit  <b>PM Snack</b> Spice Snaps, Fresh Fruit</p>	<p><b>AM Snack</b> Organic Whole Wheat Summer Berry Muffin  <b>Entrée</b> Turkey Macaroni and Cheese, Peas and Corn, Fresh Fruit  <b>PM Snack</b> Whole Wheat Pita Pocket, Hummus</p>	<p><b>AM Snack</b> Multi Grain Cheerios Cereal, Milk  <b>Entrée</b> Breaded Fish Sticks, Whole Wheat Wrap, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit  <b>PM Snack</b> Whole Wheat Banana Loaf, Applesauce</p>
WEEK 2	<p><b>AM Snack</b> Corn Flakes Cereal, Milk  <b>Entrée</b> Turkey Burger, Wheat Bun, Cheddar Cheese, Green Beans, Fresh Fruit  <b>PM Snack</b> Oatmeal Banana Cookie, Blanched Baby Carrots</p>	<p><b>AM Snack</b> Cinnamon Raisin Bagel, Apple Butter  <b>Entrée</b> Vegetarian Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit  <b>PM Snack</b> Organic Whole Grain Mini Ginger Snaps, Fresh Fruit</p>	<p><b>AM Snack</b> Strawberry Yogurt, Social Tea Biscuits  <b>Entrée</b> Sweet and Sour Chicken Meatballs, Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit  <b>PM Snack</b> Whole Wheat Apple Cinnamon Loaf, Peeled Cucumber Slices</p>	<p><b>AM Snack</b> Organic Whole Wheat Lemon Blueberry Muffin  <b>Entrée</b> Turkey and Pasta Soup, Whole Wheat Baguette, Baby Carrots, Fresh Fruit  <b>PM Snack</b> Banana Oatmeal Bar, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Shreddies Cereal, Milk  <b>Entrée</b> Italian Beef with Shell Pasta, Peas, Fresh Fruit  <b>PM Snack</b> Vanilla Yogurt, Fresh Fruit</p>
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WEEK 4	<p><b>AM Snack</b> Corn Flakes Cereal, Milk  <b>Entrée</b> Moroccan Chickpeas, Naan, Carrots and Turnips, Fresh Fruit  <b>PM Snack</b> Oatmeal Cranberry Cookie, Grape Tomatoes</p>	<p><b>AM Snack</b> Peach Yogurt, Arrowroot Biscuits  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit  <b>PM Snack</b> Wheat Crackers, Cheddar Cheese Slice</p>	<p><b>AM Snack</b> Whole Wheat Pancake, Apple Butter  <b>Entrée</b> Turkey Bolognese with Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit  <b>PM Snack</b> Whole Wheat Mini Pitas, Vanilla Yogurt</p>	<p><b>AM Snack</b> Organic Whole Wheat Lemon Blueberry Muffin  <b>Entrée</b> Lemon Chicken Drumstick, Whole Grain Pasta, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Spice Snaps, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Shreddies Cereal, Milk  <b>Entrée</b> Beef Burger, Wheat Bun, Broccoli, Fresh Fruit  <b>PM Snack</b> Whole Grain Digestive Biscuits, Fresh Fruit</p>



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