






**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 2024

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> Multigrain Cheerios, Milk  <b>Entrée</b> Beef Burger, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit  <b>PM Snack</b> Spice Snaps, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Pancake, Strawberry Jam  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn, Fresh Fruit  <b>PM Snack</b> Whole Wheat Pita Pocket, Cheddar Cheese Slice</p>	<p><b>AM Snack</b> Banana Oatmeal Bar  <b>Entrée</b> Cheddar Cheese Omelette, Whole Wheat Bread, Green Peas, Fresh Fruit  <b>PM Snack</b> Whole Wheat Digestive Cookies, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Cocoa Zucchini Muffin  <b>Entrée</b> Teriyaki Chicken Drumstick, Whole Grain Pasta, Green Beans, Fresh Fruit  <b>PM Snack</b> Whole Wheat Crackers, Cheese Cubes</p>	<p><b>AM Snack</b> Rice Krispies, Milk  <b>Entrée</b> Fish Sticks, Brown Rice, Carrots &amp; Turnips, Fresh Fruit  <b>PM Snack</b> Whole Wheat Maple Oat Loaf, Cucumber Slices</p>
WEEK 2	<p><b>AM Snack</b> Shreddies with Milk  <b>Entrée</b> Beef Meatballs in Gravy, Brown Rice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Organic Gluten-Free Whole Grain Mixed Berry Granola Minis, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Banana Oat Bite  <b>Entrée</b> Butter Chicken, Whole Wheat Pita, Green Beans, Fresh Fruit  <b>PM Snack</b> Whole Wheat Melba Toast, Cheese Curds</p>	<p><b>AM Snack</b> Strawberry Yogurt, Whole Grain Granola  <b>Entrée</b> Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Corn, Fresh Fruit  <b>PM Snack</b> Mini Cocoa Snaps, Fruity Applesauce</p>	<p><b>AM Snack</b> Whole Wheat Fruit and Fibre Muffin  <b>Entrée</b> Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit  <b>PM Snack</b> Whole Wheat Breadsticks, Cheese Cubes</p>	<p><b>AM Snack</b> Corn Flakes with Milk  <b>Entrée</b> Breaded Fish, Hamburger Bun, Peas and Corn, Fresh Fruit  <b>PM Snack</b> Whole Grain Oatmeal Cookie, Fresh Fruit</p>
WEEK 3	<p><b>AM Snack</b> Multi Grain Cheerios with Milk  <b>Entrée</b> Swedish Turkey Meatballs, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit  <b>PM Snack</b> Organic Spelt Mini Ginger Snaps, Vanilla Yogurt</p>	<p><b>AM Snack</b> Whole Grain Oatmeal Cranberry Round  <b>Entrée</b> Breaded Fish Sticks, Whole Wheat Wrap, Broccoli, Fresh Fruit  <b>PM Snack</b> Whole Wheat Crackers, Cheddar Cheese Slice</p>	<p><b>AM Snack</b> Whole Wheat Mini Bagel, Cream Cheese  <b>Entrée</b> BBQ Chicken Drumstick, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit  <b>PM Snack</b> Whole Wheat Lemon Blueberry Loaf, Fresh Fruit</p>	<p><b>AM Snack</b> Rice Krispies with Milk  <b>Entrée</b> Teriyaki Diced Turkey, Whole Wheat Bread, Corn, Fresh Fruit  <b>PM Snack</b> Banana Oatmeal Bar, Applesauce</p>	<p><b>AM Snack</b>  <b>Entrée</b> Macaroni and Cheese, Black Bean &amp; Corn Salad, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Spice Snaps, Cucumber Slices</p>
WEEK 4	<p><b>AM Snack</b> Shreddies with Milk  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Beans, Fresh Fruit  <b>PM Snack</b> Organic Gluten Free Whole Grain Strawberry Granola Bar, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Apple Cinnamon Bagel, Apple Butter  <b>Entrée</b> Egg Patty, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Whole Wheat Round Crackers, Cheese Curds</p>	<p><b>AM Snack</b> Peach Yogurt with Whole Grain Granola  <b>Entrée</b> Herbed Chicken Drumstick, Brown Rice, Peas and Corn, Fresh Fruit  <b>PM Snack</b> Whole Wheat Maple Oat Loaf, Applesauce</p>	<p><b>AM Snack</b> Whole Wheat Fruit and Fibre Muffin  <b>Entrée</b> Beef Burger, Hamburger Bun, Carrots &amp; Turnips, Fresh Fruit  <b>PM Snack</b> Square Wheat Crackers, Cheddar Cheese Slice</p>	<p><b>AM Snack</b> Corn Flakes with Milk  <b>Entrée</b> Meatless (Pea Protein) Bolognese Whole Grain Pasta, Leafy Greens, Raspberry Dressing, Fresh Fruit  <b>PM Snack</b> Whole Wheat Digestive Biscuits, Strawberry Yogurt</p>



**Menu Launch Date: April 15, 2024**

**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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**THE APPLETREE PRESCHOOL-WHITBY**

Healthy Balance - Infant/Toddler Spring/Summer 2024

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> Multigrain Cheerios, Milk  <b>Entrée</b> Beef Burger, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit  <b>PM Snack</b> Spice Snaps, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Pancake, Strawberry Jam  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn, Fresh Fruit  <b>PM Snack</b> Whole Wheat Pita Pocket, Cheddar Cheese Slice</p>	<p><b>AM Snack</b> Banana Oatmeal Bar  <b>Entrée</b> Cheddar Cheese Omelette, Whole Wheat Bread, Green Peas, Fresh Fruit  <b>PM Snack</b> Whole Wheat Digestive Cookies, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Cocoa Zucchini Muffin  <b>Entrée</b> Diced Teriyaki Chicken, Whole Grain Pasta, Green Beans, Fresh Fruit  <b>PM Snack</b> Whole Wheat Crackers, Cheese Cubes</p>	<p><b>AM Snack</b> Rice Krispies, Milk  <b>Entrée</b> Fish Sticks, Brown Rice, Carrots &amp; Turnips, Fresh Fruit  <b>PM Snack</b> Whole Wheat Maple Oat Loaf, Peeled Cucumber Slices</p>
WEEK 2	<p><b>AM Snack</b> Shreddies with Milk  <b>Entrée</b> Beef Meatballs in Gravy, Brown Rice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Organic Gluten-Free Whole Grain Mixed Berry Granola Bar, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Banana Oat Bite  <b>Entrée</b> Butter Chicken, Whole Wheat Pita, Green Beans, Fresh Fruit  <b>PM Snack</b> Soda Crackers, Cheese Curds</p>	<p><b>AM Snack</b> Strawberry Yogurt, Social Tea Biscuits  <b>Entrée</b> Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Corn, Fresh Fruit  <b>PM Snack</b> Mini Cocoa Snaps, Fruity Applesauce</p>	<p><b>AM Snack</b> Whole Wheat Fruit and Fibre Muffin  <b>Entrée</b> Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit  <b>PM Snack</b> Whole Wheat Crackers, Cheese Cubes</p>	<p><b>AM Snack</b> Corn Flakes with Milk  <b>Entrée</b> Breaded Fish, Hamburger Bun, Peas and Corn, Fresh Fruit  <b>PM Snack</b> Whole Grain Oatmeal Cookie, Fresh Fruit</p>
WEEK 3	<p><b>AM Snack</b> Multi Grain Cheerios with Milk  <b>Entrée</b> Swedish Turkey Meatballs, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit  <b>PM Snack</b> Organic Spelt Mini Ginger Snaps, Vanilla Yogurt</p>	<p><b>AM Snack</b> Whole Grain Oatmeal Cranberry Round  <b>Entrée</b> Breaded Fish Sticks, Whole Wheat Wrap, Broccoli, Fresh Fruit  <b>PM Snack</b> Whole Wheat Crackers, Cheddar Cheese Slice</p>	<p><b>AM Snack</b> Whole Wheat Mini Bagel, Cream Cheese  <b>Entrée</b> Diced BBQ Chicken, Brown Rice, Green Beans, Fresh Fruit  <b>PM Snack</b> Whole Wheat Lemon Blueberry Loaf, Fresh Fruit</p>	<p><b>AM Snack</b> Rice Krispies with Milk  <b>Entrée</b> Teriyaki Diced Turkey, Whole Wheat Bread, Corn, Fresh Fruit  <b>PM Snack</b> Banana Oatmeal Bar, Applesauce</p>	<p><b>AM Snack</b>  <b>Entrée</b> Macaroni and Cheese, Black Bean &amp; Corn Salad, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Spice Snaps, Peeled Cucumber Slices</p>
WEEK 4	<p><b>AM Snack</b> Shreddies with Milk  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Beans, Fresh Fruit  <b>PM Snack</b> Organic Gluten Free Whole Grain Strawberry Granola Bar, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Apple Cinnamon Bagel, Apple Butter  <b>Entrée</b> Egg Patty, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Whole Wheat Round Crackers, Cheese Curds</p>	<p><b>AM Snack</b> Peach Yogurt with Social Tea Biscuits  <b>Entrée</b> Diced Herbed Chicken, Brown Rice, Peas and Corn, Fresh Fruit  <b>PM Snack</b> Whole Wheat Maple Oat Loaf, Applesauce</p>	<p><b>AM Snack</b> Whole Wheat Fruit and Fibre Muffin  <b>Entrée</b> Beef Burger, Hamburger Bun, Carrots &amp; Turnips, Fresh Fruit  <b>PM Snack</b> Square Wheat Crackers, Cheddar Cheese Slice</p>	<p><b>AM Snack</b> Corn Flakes with Milk  <b>Entrée</b> Meatless (Pea Protein) Bolognese Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit  <b>PM Snack</b> Whole Wheat Digestive Biscuits, Strawberry Yogurt</p>



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