



## 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-AJAX

Healthy Choices Fall/Winter 2024/2025

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit <b>PM Snack</b> Ginger Snaps, Vanilla Yogurt</p>	<p><b>AM Snack</b> <b>Entrée</b> Chicken Noodle Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit <b>PM Snack</b> Whole Wheat Breadsticks, Cheese Curds</p>	<p><b>AM Snack</b> <b>Entrée</b> Beef Burger, Hamburger Bun, Diced Carrots, Fresh Fruit <b>PM Snack</b> Spice Snaps, Applesauce</p>	<p><b>AM Snack</b> <b>Entrée</b> Mild Cajun Chicken Drumstick, Brown Rice, Leafy Greens with French Dressing, Fresh Fruit <b>PM Snack</b> Soda Crackers, Cheese Slice</p>	<p><b>AM Snack</b> <b>Entrée</b> Turkey Meatballs in Gravy, Brown Rice, Carrots &amp; Turnips, Fresh Fruit <b>PM Snack</b> Whole Wheat Banana Oat Loaf, Cucumber Slices</p>
WEEK 2	<p><b>AM Snack</b> <b>Entrée</b> Breaded Chicken, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b> Digestive Cookies, Fresh Fruit</p>	<p><b>AM Snack</b> <b>Entrée</b> Turkey Lasagna, Green &amp; Yellow Beans, Fresh Fruit <b>PM Snack</b> Round Crackers, Cheese Curds</p>	<p><b>AM Snack</b> <b>Entrée</b> Ground Beef Bolgonese, Whole Grain Pasta, Peas &amp; Corn, Fresh Fruit <b>PM Snack</b> Oatmeal Cookie, Fruity Applesauce</p>	<p><b>AM Snack</b> <b>Entrée</b> Roasted Apple Chicken Drumstick, Brown Rice, Leafy Greens and Balsamic Dressing , Fresh Fruit <b>PM Snack</b> Whole Wheat Flat Crackers, Hummus</p>	<p><b>AM Snack</b> <b>Entrée</b> Beef Burger, Hamburger Bun, Green Peas, Fresh Fruit <b>PM Snack</b> Cocoa Snaps, Fresh Fruit</p>
WEEK 3	<p><b>AM Snack</b> <b>Entrée</b> Beef &amp; Tomato Cheesy Pasta, Green Beans, Fresh Fruit <b>PM Snack</b> Organic Mixed Berry Granola Minis, Fresh Fruit</p>	<p><b>AM Snack</b> <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b> Spice Snaps, Vanilla Yogurt</p>	<p><b>AM Snack</b> <b>Entrée</b> Beef Burger, Hamburger Bun, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit <b>PM Snack</b> Whole Wheat Banana Loaf, Blanched Carrots</p>	<p><b>AM Snack</b> <b>Entrée</b> Portuguese Chicken Drumstick, Whole Grain Pasta, Green Peas, Fresh Fruit <b>PM Snack</b> Melba toast, Cheese Cubes</p>	<p><b>AM Snack</b> <b>Entrée</b> Fiesta Mexican Ground Beef, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b> Oatmeal Cranberry Crisp, Cheese Cubes</p>
WEEK 4	<p><b>AM Snack</b> <b>Entrée</b> Ground Beef Bolognese, Whole Grain Pasta, Broccoli, Fresh Fruit <b>PM Snack</b> Digestive cookies, Fruit</p>	<p><b>AM Snack</b> <b>Entrée</b> Classic Mac &amp; Cheese, Black Bean, Corn &amp; Quinoa Salad, Green Peas, Fresh Fruit <b>PM Snack</b> Whole Wheat Flat Crackers, Cheese Curds</p>	<p><b>AM Snack</b> <b>Entrée</b> Ground Beef &amp; Potato Stew, Brown Rice, Vegetable Medley, Fresh Fruit <b>PM Snack</b> Whole Wheat Pumpkin Loaf, Fresh Fruit</p>	<p><b>AM Snack</b> <b>Entrée</b> Mini Beef Meatball Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit <b>PM Snack</b> Banana Oat Bar, Cucumbers</p>	<p><b>AM Snack</b> <b>Entrée</b> Hidden Bean Lasagna, Peas &amp; Corn, Fresh Fruit <b>PM Snack</b> Half Pretzel Bun, White Cheese Slice</p>



Menu Launch Date October 28, 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 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, cantaloupe, honeydew), plums, nectarines, and peaches.





**WHOLESONE  
KIDS  
CATERING**

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Menu Includes:**

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**THE APPLETREE PRESCHOOL-AJAX**

Healthy Choices - Infant/Toddler Fall/Winter 2024/2025

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit <b>PM Snack</b> Ginger Snaps, Vanilla Yogurt</p>	<p><b>AM Snack</b> <b>Entrée</b> Chicken Noodle Soup, Whole Wheat Bread, Blanched Baby Carrots, Fresh Fruit <b>PM Snack</b> Whole Wheat Flat Crackers, Cheese Curds</p>	<p><b>AM Snack</b> <b>Entrée</b> Beef Burger, Hamburger Bun, Diced Carrots, Fresh Fruit <b>PM Snack</b> Spice Snaps, Applesauce</p>	<p><b>AM Snack</b> <b>Entrée</b> Mild Cajun Diced Chicken, Brown Rice, Peas &amp; Corn, Fresh Fruit <b>PM Snack</b> Soda Crackers, Cheese Slice</p>	<p><b>AM Snack</b> <b>Entrée</b> Turkey Meatballs in Gravy, Brown Rice, Carrots &amp; Turnips, Fresh Fruit <b>PM Snack</b> Whole Wheat Banana Oat Loaf, Peeled Cucumbers</p>
WEEK 2	<p><b>AM Snack</b> <b>Entrée</b> Breaded Chicken, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b> Digestive Cookies, Fresh Fruit</p>	<p><b>AM Snack</b> <b>Entrée</b> Turkey Lasagna, Green &amp; Yellow Beans, Fresh Fruit <b>PM Snack</b> Round Crackers, Cheese Curds</p>	<p><b>AM Snack</b> <b>Entrée</b> Ground Beef Bolgonese, Whole Grain Pasta, Peas &amp; Corn, Fresh Fruit <b>PM Snack</b> Oatmeal Cookie, Fruity Applesauce</p>	<p><b>AM Snack</b> <b>Entrée</b> Roasted Apple Diced Chicken, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b> Whole Wheat Flat Crackers, Hummus</p>	<p><b>AM Snack</b> <b>Entrée</b> Beef Burger, Hamburger Bun, Green Peas, Fresh Fruit <b>PM Snack</b> Cocoa Snaps, Fresh Fruit</p>
WEEK 3	<p><b>AM Snack</b> <b>Entrée</b> Beef &amp; Tomato Cheesy Pasta, Green Beans, Fresh Fruit <b>PM Snack</b> Strawberry Granola Bar, Fresh Fruit</p>	<p><b>AM Snack</b> <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b> Spice Snaps, Vanilla Yogurt</p>	<p><b>AM Snack</b> <b>Entrée</b> Beef Burger, Hamburger Bun, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit <b>PM Snack</b> Whole Wheat Banana Loaf, Baby Carrots</p>	<p><b>AM Snack</b> <b>Entrée</b> Portuguese Diced Chicken, Whole Grain Pasta, Green Peas, Fresh Fruit <b>PM Snack</b> Melba toast, Cheese Cubes</p>	<p><b>AM Snack</b> <b>Entrée</b> Fiesta Mexican Ground Beef, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b> Oatmeal Cranberry Crisp, Cheese Cubes</p>
WEEK 4	<p><b>AM Snack</b> <b>Entrée</b> Ground Beef Bolognese, Whole Grain Pasta, Broccoli, Fresh Fruit <b>PM Snack</b> Strawberry Granola Bar, Fruit</p>	<p><b>AM Snack</b> <b>Entrée</b> Classic Mac &amp; Cheese, Black Bean, Corn &amp; Quinoa Salad, Green Peas, Fresh Fruit <b>PM Snack</b> Whole Wheat Flat Crackers, Cheese Curds</p>	<p><b>AM Snack</b> <b>Entrée</b> Ground Beef &amp; Potato Stew, Brown Rice, Vegetable Medley, Fresh Fruit <b>PM Snack</b> Whole Wheat Pumpkin Loaf, Fresh Fruit</p>	<p><b>AM Snack</b> <b>Entrée</b> Mini Beef Meatball Soup, Whole Wheat Bread, Blanched Baby Carrots, Fresh Fruit <b>PM Snack</b> Banana Oat Bar, Peeled Cucumbers</p>	<p><b>AM Snack</b> <b>Entrée</b> Hidden Bean Lasagna, Peas &amp; Corn, Fresh Fruit <b>PM Snack</b> Half Pretzel Bun, White Cheese Slice</p>



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