

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 Balance Spring/Summer 2025

Eat Grow Thrive

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---|--|--|--|---|
| WEEK 1 | AM Snack Entrée Classic Mac & Cheese, Black Bean & Quinoa Salad, Broccoli, Fresh Fruit PM Snack Whole Wheat Round Crackers, Cheese Cubes | AM Snack Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Peach Yogurt | AM Snack Entrée Southwest Diced Chicken, Corn Bread, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Lemon Blueberry Loaf, Fresh Fruit | AM Snack Entrée Whitefish Whole Grain Pasta in Sundried Tomato Cream Sauce, California Mix, Fresh Fruit PM Snack Whole Wheat Breadsticks, Hummus | AM Snack Entrée Balsamic Glazed Chicken Drumstick, Brown Rice, Leafy Greens with Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Bread, Cheddar Cheese Slice |
| WEEK 2 | AM Snack Entrée Turkey and Whole Grain Noodle Casserole, Green Peas, Fresh Fruit PM Snack Javaneh Slice, Cheese Cubes | AM Snack Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Vegetable Medley, Fresh Fruit PM Snack Digestive Biscuit, Fresh Fruit | AM Snack Entrée Beef Burger, Hamburger Bun, Sweet Potatoes, Fresh Fruit PM Snack Whole Wheat Banana Loaf, Applesauce | AM Snack Entrée Barbeque Peach Chicken Drumstick, Brown Rice, Green Beans, Fresh Fruit PM Snack Cocoa Snaps, Baby Carrots | AM Snack Entrée Fish Sticks, Whole Grain Pasta and Tomato Sauce, Baby Carrots, Fresh Fruit PM Snack Oatmeal Round, Cucumber Slices |
| WEEK 3 | AM Snack Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Peas, Fresh Fruit PM Snack Mixed Berry Granola Minis, Fresh Fruit | AM Snack Entrée Mini Beef Meatball Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit PM Snack Banana Oat Bar, Berry Applesauce | AM Snack Entrée Herbed Chicken Drumstick, Brown Rice, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack Digestive Biscuit, Fresh Fruit | AM Snack Entrée Ground Beef Sloppy Joe, Bun, Half Cheese Slice, Carrots and Turnips, Fresh Fruit PM Snack Lemon Blueberry Loaf, Cucumber Slices | AM Snack Entrée Whitefish Mac & Cheese, Peas and Corn, Fresh Fruit PM Snack Half English Muffin, Mozzarella Slice |
| WEEK 4 | AM Snack Entrée Beef Burger, Bun, California Mix, Fresh Fruit PM Snack Vanilla Owl Cookie, Fresh Fruit | AM Snack Entrée Butter Chicken, Brown Rice, Green Peas, Fresh Fruit PM Snack Whole Wheat Square Crackers, Cheddar Cheese Curds | AM Snack Entrée Turkey Bowtie Pasta in Rose Sauce, Green Beans, Fresh Fruit PM Snack Oatmeal Cranberry Round, Fresh Fruit | AM Snack Entrée Fish Sticks, Whole Wheat Wrap, Lemon Garlic Sauce, Carrots and Turnips, Fresh Fruit PM Snack Half Pretzel Bun, White Cheese Slice | AM Snack Entrée Chicken Alfredo Pasta, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Banana Loaf, Baby Carrots |



Menu Launch Date April 28, 2025

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.





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| WEEK 3 | AM Snack Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Peas, Fresh Fruit PM Snack Strawberry Granola Bar, Fresh Fruit | AM Snack Entrée Mini Beef Meatball Soup, Whole Wheat Bread, Blanched Baby Carrots, Fresh Fruit PM Snack Banana Oat Bar, Berry Applesauce | AM Snack Entrée Diced Herbed Chicken, Brown Rice, Green and Yellow Beans, Fresh Fruit PM Snack Digestive Biscuit, Fresh Fruit | AM Snack Entrée Ground Beef Sloppy Joe, Bun, Half Cheese Slice, Carrots and Turnips, Fresh Fruit PM Snack Lemon Blueberry Loaf, Peeled Cucumber Slices | AM Snack Entrée Whitefish Mac & Cheese, Peas and Corn, Fresh Fruit PM Snack Half English Muffin, Mozzarella Slice |
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