



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 2025

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	AM Snack Special K Cereal with Milk Entrée Classic Mac & Cheese, Black Bean & Quinoa Salad, Broccoli, Fresh Fruit PM Snack Whole Wheat Round Crackers, Cheese Cubes	AM Snack Morning Breakfast Round with Applebutter Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Peach Yogurt	AM Snack Whole Grain Cheerios with Milk Entrée Egg Patty, Whole Wheat English Muffin and Cheese Slice, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Lemon Blueberry Loaf, Fresh Fruit	AM Snack Whole Wheat Cocoa Zucchini Muffin Entrée Whitefish Whole Grain Pasta in Sundried Tomato Cream Sauce, California Mix, Fresh Fruit PM Snack Whole Wheat Breadsticks, Hummus	AM Snack Vanilla Yogurt, Whole Grain Granola 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 Rice Krispies Cereal with Milk Entrée Turkey and Whole Grain Noodle Casserole, Green Peas, Fresh Fruit PM Snack Javaneh Slice, Cheese Cubes	AM Snack Banana Oat Bar Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Vegetable Medley, Fresh Fruit PM Snack Digestive Biscuit, Fresh Fruit	AM Snack Corn Flakes Cereal with Milk Entrée Beef Burger, Hamburger Bun, Sweet Potatoes, Fresh Fruit PM Snack Whole Wheat Banana Loaf, Applesauce	AM Snack Morning Round Entrée Mini Cheese Tortellini & White Bean Soup, Whole Wheat Baguette, Cucumber Slices, Fresh Fruit PM Snack Cocoa Snaps, Baby Carrots	AM Snack Whole Wheat Summer Berry Muffin Entrée Fish Sticks, Whole Grain Pasta and Tomato Sauce, Baby Carrots, Fresh Fruit PM Snack Oatmeal Round, Cucumber Slices
WEEK 3	AM Snack Special K Cereal with Milk Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Peas, Fresh Fruit PM Snack Mixed Berry Granola Minis, Fresh Fruit	AM Snack Whole Wheat Bagel, Cream Cheese Entrée Mini Beef Meatball Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit PM Snack Banana Oat Bar, Berry Applesauce	AM Snack Strawberry Yogurt, Whole Grain Granola Entrée Herbed Chicken Drumstick, Brown Rice, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack Digestive Biscuit, Fresh Fruit	AM Snack Whole Grain Cheerios Cereal with Milk Entrée Egg Patty, Whole Wheat Cinnamon French Toast Bites, 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 Rice Krispies Cereal with Milk Entrée Beef Burger, Bun, California Mix, Fresh Fruit PM Snack Vanilla Owl Cookie, Fresh Fruit	AM Snack Banana Oat Bar Entrée Butter Chicken, Brown Rice, Green Peas, Fresh Fruit PM Snack Whole Wheat Square Crackers, Cheddar Cheese Curds	AM Snack Whole Wheat Pancake, Berry Jam Entrée Turkey Bowtie Pasta in Rose Sauce, Green Beans, Fresh Fruit PM Snack Oatmeal Cranberry Round, Fresh Fruit	AM Snack Whole Wheat Summer Berry Muffin Entrée Fish Sticks, Whole Wheat Wrap, Lemon Garlic Sauce, Carrots and Turnips, Fresh Fruit PM Snack Half Pretzel Bun, White Cheese Slice	AM Snack Corn Chex Cereal with Milk 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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THE APPLETREE PRESCHOOL-WHITBY

Healthy Balance - Infant/Toddler Spring/Summer 2025

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	AM Snack Special K Cereal with Milk Entrée Classic Mac & Cheese, Black Bean & Quinoa Salad, Broccoli, Fresh Fruit PM Snack Whole Wheat Round Crackers, Cheese Cubes	AM Snack Morning Breakfast Round with Applebutter Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Peach Yogurt	AM Snack Whole Grain Cheerios with Milk Entrée Egg Patty, Whole Wheat English Muffin and Cheese Slice, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Lemon Blueberry Loaf, Fresh Fruit	AM Snack Whole Wheat Cocoa Zucchini Muffin Entrée Whitefish Whole Grain Pasta in Sundried Tomato Cream Sauce, California Mix, Fresh Fruit PM Snack Whole Wheat Crackers, Hummus	AM Snack Vanilla Yogurt, Social Tea Biscuit Entrée Balsamic Diced Chicken, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Bread, Cheddar Cheese Slice
WEEK 2	AM Snack Rice Krispies Cereal with Milk Entrée Turkey and Whole Grain Noodle Casserole, Green Peas, Fresh Fruit PM Snack Javaneh Slice, Cheese Cubes	AM Snack Banana Oat Bar Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Vegetable Medley, Fresh Fruit PM Snack Digestive Biscuit, Fresh Fruit	AM Snack Corn Flakes Cereal with Milk Entrée Beef Burger, Hamburger Bun, Sweet Potatoes, Fresh Fruit PM Snack Whole Wheat Banana Loaf, Applesauce	AM Snack Morning Round Entrée Mini Cheese Tortellini & White Bean Soup, Whole Wheat Baguette, Peeled Cucumber Slices, Fresh Fruit PM Snack Cocoa Snaps, Blanched Baby Carrots	AM Snack Whole Wheat Summer Berry Muffin Entrée Fish Sticks, Whole Grain Pasta and Tomato Sauce, Blanched Baby Carrots, Fresh Fruit PM Snack Oatmeal Round, Peeled Cucumber Slices
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