






**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.




BRANT STREET DAYCARE




Healthy Choices Plus Fall/Winter 2023 - 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit Entrée Beef Burger, Hamburger Bun, Green Beans, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit, Peach Yogurt</p>	<p>AM Snack Banana Oatmeal Bar, Fresh Fruit Entrée Turkey and Whole Grain Noodle Soup, Artisan Roll, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Melba Toast, Cheddar Cheese Slice, Fresh Fruit</p>	<p>AM Snack Whole Wheat Pancake, Apple Butter, Fresh Fruit Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Oatmeal Cookie, Applesauce, Edamame</p>	<p>AM Snack Organic Whole Wheat Carrot Muffin, Fresh Fruit Entrée Turkey Cacciatore Stew, Whole Wheat Roll, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Breadsticks, Hummus, Cucumber Slices</p>	<p>AM Snack Multi Grain Cheerios Cereal, Milk, Fresh Fruit Entrée Sweet and Sour Beef, Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Apple Cranberry Loaf, Baby Carrots, Cheddar Cheese Cubes</p>
WEEK 2	<p>AM Snack Corn Flakes Cereal, Milk, Fresh Fruit Entrée Brazilian Chicken Stew, Whole Wheat Naan, Green and Yellow Beans, Fresh Fruit PM Snack Organic Whole Grain Mini Ginger Snaps, Baby Carrots, Vanilla Yogurt</p>	<p>AM Snack Whole Wheat Mini Bagel, Apple Butter, Fresh Fruit Entrée Vegetarian (Legume) Cheeseburger Mac, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Crackers, Cheese Curds, Guacamole</p>	<p>AM Snack Peach Yogurt, Whole Grain Granola, Fresh Fruit Entrée Beef Chili, Cornbread, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Oat and Date Loaf, Cucumber Slices, Hard Boiled Egg</p>	<p>AM Snack Organic Whole Wheat Banana Muffin, Applesauce Entrée Beef in Gravy, Whole Grain Pasta, Diced Carrots, Fresh Fruit PM Snack Banana Oatmeal Bar, Fresh Fruit, Edamame</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit Entrée Mild Cajun Chicken Drumstick, Leafy Greens, French Dressing, Fresh Fruit PM Snack Vanilla Yogurt, Fresh Fruit, Whole Wheat Digestive Cookies</p>
WEEK 3	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit Entrée Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Soda Crackers, Cheese Curds, Grape Tomatoes</p>	<p>AM Snack Whole Wheat Cinnamon Scone, Fresh Fruit Entrée Chicken Noodle Soup, Whole Wheat Roll, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Banana Oat Bite, Fresh Fruit, Edamame</p>	<p>AM Snack Whole Wheat Oat Cranberry Cookie, Applesauce Entrée Beef Bolognese with Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Breadsticks, Cheddar Cheese Slice, Cucumber Slices</p>	<p>AM Snack Multi Grain Cheerios Cereal, Milk, Fresh Fruit Entrée Classic Mac and Cheese, Edamame and Pepper Salad, Peas and Corn, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit, Hardboiled Egg</p>	<p>AM Snack Organic Whole Wheat Carrot Muffin, Fresh Fruit Entrée Butter Chicken, Brown Rice, Broccoli, Fresh Fruit PM Snack Organic Gluten Free Whole Grain Strawberry Granola Bar, Baby Carrots, Vanilla Yogurt</p>
WEEK 4	<p>AM Snack Corn Flakes Cereal, Milk, Fresh Fruit Entrée Turkey Lasagna, Diced Carrots, Fresh Fruit PM Snack Mini Cocoa Snaps, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Whole Wheat Cinnamon Raisin Bagel, Apple Butter, Fresh Fruit Entrée Beef Strips in Gravy, Brown Rice, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Slice, Fresh Fruit</p>	<p>AM Snack Strawberry Yogurt, Whole Grain Granola, Fresh Fruit Entrée Portuguese Chicken Drumstick, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Oat and Date Loaf, Fresh Fruit, Edamame</p>	<p>AM Snack Organic Whole Wheat Banana Muffin, Fresh Fruit Entrée Minestrone Soup, Whole Wheat Roll, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Round Crackers, Grape Tomatoes, Cheese Cubes</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit Entrée Breaded Chicken, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Digestive Biscuits, Vanilla Yogurt, Cucumber Slices</p>



-  **Menu Launch Date: October 30, 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.

