




**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 Spring/Summer 2023

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit</p> <p>Entrée Breaded Chicken Pieces, Brown Rice, Diced Carrots, Plum Sauce, Fresh Fruit</p> <p>PM Snack Coconut Chia Snaps, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Whole Wheat Mini Bagel, Apple Butter, Applesauce</p> <p>Entrée Turkey Alphabet Pasta Soup, Whole Wheat Baguette, Baby Carrots, Fresh Fruit</p> <p>PM Snack Whole Wheat Bread Sticks, Cheese Curds, Guacamole</p>	<p>AM Snack Banana Oatmeal Bar, Fresh Fruit</p> <p>Entrée Beef Burger, Wheat Bun, Green Beans, Fresh Fruit</p> <p>PM Snack Spice Snaps, Fresh Fruit, Edamame</p>	<p>AM Snack Organic Whole Wheat Summer Berry Muffin, Fresh Fruit</p> <p>Entrée Turkey Macaroni and Cheese, Leafy Greens, Balsamic Dressing, Fresh Fruit</p> <p>PM Snack Whole Wheat Pita Pocket, Hummus, Cucumber Slices</p>	<p>AM Snack Multi Grain Cheerios Cereal, Milk, Fresh Fruit</p> <p>Entrée Beef Taco, Whole Wheat Wrap, Shredded Cheddar Cheese, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit</p> <p>PM Snack Whole Wheat Banana Loaf, Applesauce, Cheddar Cheese Cubes</p>
WEEK 2	<p>AM Snack Corn Flakes Cereal, Milk, Fresh Fruit</p> <p>Entrée Ground Beef and Gravy, Mashed Potatoes, Whole Wheat Bread, Green Beans, Fresh Fruit</p> <p>PM Snack Oatmeal Banana Cookie, Baby Carrots, Vanilla Yogurt</p>	<p>AM Snack Raisin Bread, Apple Butter, Fresh Fruit</p> <p>Entrée Tikka Masala Chicken Drumstick, Brown Rice, Carrots and Turnips, Fresh Fruit</p> <p>PM Snack Organic Whole Grain Mini Ginger Snaps, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Strawberry Yogurt, Whole Grain Granola, Fresh Fruit</p> <p>Entrée Sweet and Sour Chicken Meatballs, Whole Grain Pasta, Leafy Greens, Italian Dressing, Fresh Fruit</p> <p>PM Snack Whole Wheat Apple Cinnamon Loaf, Cucumber Slices, Hard Boiled Egg</p>	<p>AM Snack Organic Whole Wheat Lemon Blueberry Muffin, Fresh Fruit</p> <p>Entrée Breaded Chicken, Wheat Bun, Diced Carrots, Fresh Fruit</p> <p>PM Snack Banana Oatmeal Bar, Fresh Fruit, Edamame</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit</p> <p>Entrée Italian Beef with Shell Pasta, Peas, Fresh Fruit</p> <p>PM Snack Vanilla Yogurt, Fresh Fruit, Whole Wheat Mini Bagel</p>
WEEK 3	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit</p> <p>Entrée Chicken Alfredo Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit</p> <p>PM Snack Whole Wheat Crackers, Cheese Curds, Grape Tomatoes</p>	<p>AM Snack Banana Oat Bite, Fresh Fruit</p> <p>Entrée Chicken and Rice Soup, Dinner Roll, Baby Carrots, Fresh Fruit</p> <p>PM Snack Cinnamon Scone, Fresh Fruit, Edamame</p>	<p>AM Snack Oatmeal Cookie, Applesauce</p> <p>Entrée Teriyaki Turkey Meatballs, Brown Rice, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit</p> <p>PM Snack Whole Wheat Mini Pita, Cheddar Cheese Slice, Cucumber Slices</p>	<p>AM Snack Multi Grain Cheerios Cereal, Milk, Fresh Fruit</p> <p>Entrée Butter Chicken, Naan, Green Beans, Fresh Fruit</p> <p>PM Snack Organic Gluten Free Mixed Berry Granola Minis, Baby Carrots, Vanilla Yogurt</p>	<p>AM Snack Organic Whole Wheat Summer Berry Muffin, Fresh Fruit</p> <p>Entrée BBQ Chicken Drumstick, Brown Rice, Diced Carrots, Fresh Fruit</p> <p>PM Snack Whole Wheat Wrap, Hard Boiled Egg, Fresh Fruit</p>
WEEK 4	<p>AM Snack Corn Flakes Cereal, Milk, Fresh Fruit</p> <p>Entrée Chicken Meatballs in Gravy, Wheat Bun, Carrots and Turnips, Fresh Fruit</p> <p>PM Snack Oatmeal Cranberry Cookie, Grape Tomatoes, Cheese Curds</p>	<p>AM Snack Peach Yogurt, Whole Grain Granola, Fresh Fruit</p> <p>Entrée Breaded Chicken Pieces, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit</p> <p>PM Snack Whole Wheat Melba Toast, Cheddar Cheese Slice, Fresh Fruit</p>	<p>AM Snack Whole Wheat Pancake, Apple Butter, Fresh Fruit</p> <p>Entrée Turkey Bolognese with Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit</p> <p>PM Snack Whole Wheat Mini Pitas, Hummus, Cucumber Slices</p>	<p>AM Snack Organic Whole Wheat Lemon Blueberry Muffin, Fresh Fruit</p> <p>Entrée Classic Mac and Cheese, Garbanzo Bean Salad, Diced Carrots, Fresh Fruit</p> <p>PM Snack Spice Snaps, Vanilla Yogurt, Fresh Fruit</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit</p> <p>Entrée Beef Burger, Wheat Bun, Broccoli, Fresh Fruit</p> <p>PM Snack Whole Grain Digestive Biscuits, Fresh Fruit, Edamame</p>



Menu Launch Date: April 17, 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.

