






**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 2022 - 2023

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Entrée Breaded Chicken Pieces, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit PM Snack Organic Oatmeal Cranberry Cookie, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Entrée Beef Burger, Hamburger Bun, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Grape Tomatoes, Edamame</p>	<p>AM Snack Entrée Chicken Cacciatore Stew, Whole Grain Pasta, Green Peas Fresh Fruit PM Snack Whole Wheat Mini Pita, Hummus, Baby Carrots</p>	<p>AM Snack Entrée Pasta Bolognese (Tomato Beef Sauce), Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Crackers, Cheddar Cheese Cubes, Cucumber Slices</p>	<p>AM Snack Entrée Turkey Tetrizzini with Whole Grain Pasta, Green Beans, Fresh Fruit PM Snack Oatmeal Raisin Loaf, Fresh Fruit, Hardboiled Egg</p>
WEEK 2	<p>AM Snack Entrée Beef Lasagna, Green and Yellow Beans, Fresh Fruit PM Snack Organic Spelt Ginger Snaps, Baby Carrots, Hummus</p>	<p>AM Snack Entrée Turkey Burger, Hamburger Bun, Cheddar Cheese, Mixed Vegetables, Fresh Fruit PM Snack Banana Oatmeal Bar, Fresh Fruit, Edamame</p>	<p>AM Snack Entrée Filipino Beef Casserole, Brown Rice, Green Peas, Fresh Fruit PM Snack Whole Wheat Breadsticks, Guacamole, Cheddar Cheese Cubes</p>	<p>AM Snack Entrée Beef Meatballs in Gravy, Whole Wheat Bun, Diced Carrots, Fresh Fruit PM Snack Oatmeal Cookie, Applesauce, Hardboiled Egg</p>	<p>AM Snack Entrée Chicken Alfredo Pasta, Leafy Greens, French Dressing, Fresh Fruit PM Snack Whole Wheat Blueberry Bran Loaf, Baby Carrots, Vanilla Yogurt</p>
WEEK 3	<p>AM Snack Entrée Turkey Burrito, Whole Wheat Wrap, Shredded Cheddar Cheese, Peas and Corn, Fresh Fruit PM Snack Organic Spelt Mini Lemon Snaps, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit PM Snack Spice Snap Biscuits, Cucumber Slices, Hummus</p>	<p>AM Snack Entrée BBQ Turkey Meatballs, Brown Rice, Green Beans, Fresh Fruit PM Snack Whole Wheat Lemon Cranberry Loaf, Fresh Fruit, Hardboiled Egg</p>	<p>AM Snack Entrée Beef Burger, Hamburger Bun, Sunshine Vegetables, Fresh Fruit PM Snack Banana Oatmeal Cookie, Baby Carrots, Vanilla Yogurt</p>	<p>AM Snack Entrée Portuguese Chicken Drumstick, Brown Rice, Green Peas, Fresh Fruit PM Snack Artisan Javaneh Bread, Bruschetta, Edamame</p>
WEEK 4	<p>AM Snack Entrée Chicken Meatballs in Tomato Sauce, Whole Grain Pasta, Green Peas, Fresh Fruit PM Snack Wheat Crackers, Cheese Curds, Fresh Fruit</p>	<p>AM Snack Entrée Classic Chicken Noodle Soup, Artisan Bread, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Mini Pita, Grape Tomatoes, Cheddar Cheese Slice</p>	<p>AM Snack Entrée Moroccan Chicken Drumstick, Whole Grain Pasta, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack Cinnamon Scone, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Entrée Shepherd's Pie, Whole Wheat Bread, Green Beans, Fresh Fruit PM Snack Whole Wheat Mini Bagel, Cheddar Cheese Cubes, Cucumber Slices</p>	<p>AM Snack Entrée Turkey Teriyaki, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Oat and Date Loaf, Fresh Fruit, Edamame</p>



Menu is effective October 31, 2022

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, vantaloupe, honeydew), plums, nectarines, and peaches

