




**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.

DUBLIN HEIGHTS COMMUNITY CHILD CARE CENTRE

Healthy Choices Spring/Summer 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Breaded Chicken, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit PM Snack Organic Whole Grain Mini Ginger Snaps, Fresh Fruit</p>	<p>AM Snack Organic Mixed Berry Granola Minis Entrée Beef Burger, Whole Grain Bun, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack Banana Oatmeal Bar, Fresh Fruit</p>	<p>AM Snack Organic Oatmeal Apple Cookie Entrée Chicken Vegetable Mild Curry, Brown Rice, Green Peas Fresh Fruit PM Snack Whole Wheat Breadsticks, Cheddar Cheese Cubes</p>	<p>AM Snack Organic Whole Wheat Lemon Blueberry Muffin Entrée BBQ Chicken Drumstick, Brown Rice, California Vegetables, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Slice</p>	<p>AM Snack Whole Grain Shreddies Cereal, Milk Entrée Whole Grain Pasta Bolognese (Beef and Tomato Sauce), Green Beans, Fresh Fruit PM Snack Whole Wheat Apple Cinnamon Loaf, Fresh Fruit</p>
WEEK 2	<p>AM Snack Corn Flakes Cereal, Milk Entrée Turkey Burger, Whole Grain Bun, Cheddar Cheese, Vegetable Medley, Fresh Fruit PM Snack Oatmeal Banana Cookie, Baby Carrots</p>	<p>AM Snack Whole Wheat Pancake, Apple Butter Entrée Beef Taco, Shredded Cheese and Salsa, Whole Wheat Wrap, Green Beans, Fresh Fruit PM Snack Organic Whole Grain Mini Lemon Snaps, Fresh Fruit</p>	<p>AM Snack Strawberry Yogurt, Whole Grain Granola Entrée Butter Chicken, Naan, California Vegetables, Fresh Fruit PM Snack Whole Wheat Mini Pitas, Applesauce</p>	<p>AM Snack Organic Whole Wheat Summer Berry Muffin Entrée Breaded Chicken, Brown Rice, Leafy Greens, French Dressing, Plum Sauce, Fresh Fruit PM Snack Apple Cinnamon Granola Minis, Fresh Fruit</p>	<p>AM Snack Rice Krispies Cereal, Milk Entrée Italian Seasoned Beef with Pasta Shells in Tomato Sauce, Green Peas, Fresh Fruit PM Snack Whole Wheat Mini Bagel, Fresh Fruit</p>
WEEK 3	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Chicken Taco, Shredded Cheese, Whole Wheat Wrap, Vegetable Medley, Fresh Fruit PM Snack Spice Snap Biscuits, Baby Carrots</p>	<p>AM Snack Whole Grain Cranberry Clusters Entrée Classic Chicken Noodle Soup, Artisan Roll, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Banana Oat Bite, Fresh Fruit</p>	<p>AM Snack Banana Oatmeal Bar Entrée Creamy Bowtie Pasta with Beef, Sunshine Vegetables, Fresh Fruit PM Snack Whole Wheat Raspberry Loaf, Cucumber Slices</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk Entrée Mexican Rice and Beans, Shredded Cheese, Artisan Bread, Broccoli, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Curds</p>	<p>AM Snack Organic Whole Wheat Carrot Muffin Entrée Roasted Apple Chicken Drumstick, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Mini Bagel, Cheese Curds</p>
WEEK 4	<p>AM Snack Corn Flakes Cereal, Milk Entrée Chicken Meatballs in Gravy, Brown Rice, Turnips and Carrots, Fresh Fruit PM Snack Wheat Crackers, Hummus</p>	<p>AM Snack Peach Yogurt, Whole Grain Granola Entrée Homemade Beef Barley Soup, Artisan Bread, Baby Carrots, Fresh Fruit PM Snack Organic Strawberry Granola Bar, Fresh Fruit</p>	<p>AM Snack Whole Wheat Mini Bagel, Apple Butter Entrée Classic Mac and Cheese, Bean and Corn Salad, Sunshine Vegetables, Fresh Fruit PM Snack Whole Wheat Mini Pita, Guacamole</p>	<p>AM Snack Organic Whole Wheat Fruit and Fibre Muffin Entrée Turkey Lasagna, Leafy Greens, House Dressing, Fresh Fruit PM Snack Spice Snap Biscuits, Fresh Fruit</p>	<p>AM Snack Rice Krispies Cereal, Milk Entrée Carvery Chicken in Gravy, Whole Wheat Bread, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Carrot Zucchini Loaf, Fresh Fruit</p>






Menu is effective April 18, 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



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DUBLIN HEIGHTS COMMUNITY CHILD CARE CENTRE

Healthy Choices - Infant/Toddler Spring/Summer 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Breaded Chicken, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit PM Snack Social Tea Biscuits, Fresh Fruit</p>	<p>AM Snack Organic Mixed Berry Granola Minis Entrée Beef Burger, Whole Grain Bun, Blanched Baby Carrots, Fresh Fruit PM Snack Banana Oatmeal Bar, Fresh Fruit</p>	<p>AM Snack Organic Oatmeal Apple Cookie Entrée Chicken Vegetable Mild Curry, Brown Rice, Green Peas Fresh Fruit PM Snack Soda Crackers, Cheddar Cheese Cubes</p>	<p>AM Snack Organic Whole Wheat Lemon Blueberry Muffin Entrée Diced BBQ Chicken, Brown Rice, California Vegetables, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Slice</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk Entrée Whole Grain Pasta Bolognese (Beef and Tomato Sauce), Green Beans, Fresh Fruit PM Snack Whole Wheat Apple Cinnamon Loaf, Fresh Fruit</p>
WEEK 2	<p>AM Snack Corn Flakes Cereal, Milk Entrée Turkey Burger, Whole Grain Bun, Cheddar Cheese, Vegetable Medley, Fresh Fruit PM Snack Oatmeal Banana Cookie, Blanched Baby Carrots</p>	<p>AM Snack Whole Wheat Pancake, Apple Butter Entrée Beef Taco, Shredded Cheese and Salsa, Whole Wheat Wrap, Green Beans, Fresh Fruit PM Snack Arrowroot Cookies, Fresh Fruit</p>	<p>AM Snack Strawberry Yogurt, Social Tea Biscuits Entrée Butter Chicken, Naan, California Vegetables, Fresh Fruit PM Snack Whole Wheat Mini Pitas, Applesauce</p>	<p>AM Snack Organic Whole Wheat Summer Berry Muffin Entrée Breaded Chicken, Brown Rice, Diced Carrots, Plum Sauce, Fresh Fruit PM Snack Apple Cinnamon Granola Minis, Fresh Fruit</p>	<p>AM Snack Rice Krispies Cereal, Milk Entrée Italian Seasoned Beef with Pasta Shells in Tomato Sauce, Green Peas, Fresh Fruit PM Snack Whole Wheat Mini Bagel, Fresh Fruit</p>
WEEK 3	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Chicken Taco, Shredded Cheese, Whole Wheat Wrap, Vegetable Medley, Fresh Fruit PM Snack Spice Snap Biscuits, Blanched Baby Carrots</p>	<p>AM Snack Social Tea Biscuits Entrée Classic Chicken Noodle Soup, Artisan Roll, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Wheat Banana Oat Bite, Fresh Fruit</p>	<p>AM Snack Banana Oatmeal Bar Entrée Creamy Bowtie Pasta with Beef, Sunshine Vegetables, Fresh Fruit PM Snack Whole Wheat Raspberry Loaf, Peeled Cucumber Slices</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk Entrée Mexican Rice and Beans, Shredded Cheese, Artisan Bread, Broccoli, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Curds</p>	<p>AM Snack Organic Whole Wheat Carrot Muffin Entrée Diced Roasted Apple Chicken, Brown Rice, Carrots and Corn, Fresh Fruit PM Snack Whole Wheat Mini Bagel, Cheese Curds</p>
WEEK 4	<p>AM Snack Corn Flakes Cereal, Milk Entrée Chicken Meatballs in Gravy, Brown Rice, Turnips and Carrots, Fresh Fruit PM Snack Wheat Crackers, Hummus</p>	<p>AM Snack Peach Yogurt, Social Tea Biscuits Entrée Homemade Beef Barley Soup, Artisan Bread, Blanched Baby Carrots, Fresh Fruit PM Snack Organic Strawberry Granola Bar, Fresh Fruit</p>	<p>AM Snack Whole Wheat Mini Bagel, Apple Butter Entrée Classic Mac and Cheese, Bean and Corn Salad, Sunshine Vegetables, Fresh Fruit PM Snack Whole Wheat Mini Pita, Guacamole</p>	<p>AM Snack Organic Whole Wheat Fruit and Fibre Muffin Entrée Turkey Lasagna, Diced Carrots, Fresh Fruit PM Snack Spice Snap Biscuits, Fresh Fruit</p>	<p>AM Snack Rice Krispies Cereal, Milk Entrée Carvery Chicken in Gravy, Whole Wheat Bread, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Carrot Zucchini Loaf, Fresh Fruit</p>



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