






**WHOLESOME
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.

DUBLINHEIGHTS COMMUNITY CHILD CARE CENTRE

Healthy Choices Fall/Winter 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit Entrée Beef Lasagna, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Ginger Snaps, Vanilla Yogurt</p>	<p>AM Snack Whole Wheat Bagel, Cream Cheese Entrée Chicken Noodle Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Breadsticks, Cheese Curds</p>	<p>AM Snack Whole Wheat Pancake, Strawberry Jam Entrée Beef Burger, Hamburger Bun, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Applesauce</p>	<p>AM Snack Whole Wheat Apple Zucchini Muffin Entrée Mild Cajun Chicken Drumstick, Brown Rice, Leafy Greens with French Dressing, Fresh Fruit PM Snack Soda Crackers, Cheese Slice</p>	<p>AM Snack Multigrain Cheerio Cereal, Milk, Fresh Fruit Entrée Turkey Meatballs in Gravy, Brown Rice, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Banana Oat Loaf, Cucumber Slices</p>
WEEK 2	<p>AM Snack Corn Flakes Cereal, Milk, Fresh Fruit Entrée Breaded Chicken, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Digestive Cookies, Fresh Fruit, Peach Yogurt</p>	<p>AM Snack Banana Oat Bar Entrée Turkey Lasagna, Green & Yellow Beans, Fresh Fruit PM Snack Round Crackers, Cheese Curds</p>	<p>AM Snack Strawberry Yogurt, Whole Grain Granola Entrée Ground Beef Bolgonese, Whole Grain Pasta, Peas & Corn, Fresh Fruit PM Snack Oatmeal Cookie, Fruity Applesauce</p>	<p>AM Snack Whole Wheat Carrot Muffin Entrée Roasted Apple Chicken Drumstick, Brown Rice, Leafy Greens and Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Flat Crackers, Hummus and Cucumbers</p>	<p>AM Snack Shreddies Cereal, Milk, Fresh Fruit Entrée Creamy Chicken Whole Grain Noodle Casserole, Green Peas, Fresh Fruit PM Snack Cocoa Snaps, Fresh Fruit</p>
WEEK 3	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit Entrée BBQ Turkey Meatballs, Brown Rice, Green Beans, Fresh Fruit PM Snack Organic Mixed Berry Granola Minis, Fresh Fruit</p>	<p>AM Snack Half English Muffin, Apple Butter Entrée Breaded Chicken Pieces, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Vanilla Yogurt</p>	<p>AM Snack Banana Oat Bar Entrée Classic Mac & Cheese, Black Bean, Corn & Quinoa Salad, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Whole Wheat Banana Loaf, Blanched Carrots</p>	<p>AM Snack Multigrain cheerios with Milk, Fresh Fruit Entrée Portuguese Chicken Drumstick, Whole Grain Pasta, Green Peas, Fresh Fruit PM Snack Melba toast, Cheese Cubes, Cucumber Slices</p>	<p>AM Snack Whole Wheat Apple Zucchini Muffin Entrée Fiesta Mexican Ground Beef, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Oatmeal Cranberry Crisp, Cheese Cubes</p>
WEEK 4	<p>AM Snack Corn Flakes Cereal with milk, Fresh Fruit Entrée Ground Beef Bolognese, Whole Grain Pasta, Broccoli, Fresh Fruit PM Snack Digestive cookies, Fruit</p>	<p>AM Snack Banana Oat Bite Entrée Classic Mac & Cheese, Black Bean, Corn & Quinoa Salad, Green Peas, Fresh Fruit PM Snack Whole Wheat Flat Crackers, Cheese Curds, Fresh Fruit</p>	<p>AM Snack Peach Yogurt with Whole Grain Granola, Fresh Fruit Entrée Ground Beef & Potato Stew, Brown Rice, Vegetable Medley, Fresh Fruit PM Snack Whole Wheat Pumpkin Loaf, Fresh Fruit</p>	<p>AM Snack Whole Wheat Carrot Muffin Entrée Turkey Burger, Half Cheese Slice, Bun, Diced Carrots, Fresh Fruit PM Snack Banana Oat Bar, Cucumbers</p>	<p>AM Snack Shreddies Cereal with Milk, Fresh Fruit Entrée Moroccan Chicken Drumstick, Whole Grain Pasta, Leafy Greens with Italian Dressing, Fresh Fruit PM Snack Half Pretzel Bun, White Cheese Slice</p>



Menu Launch Date October 28, 2024

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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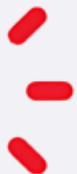
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Healthy Choices - Infant/Toddler Fall/Winter 2024

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit Entrée Beef Lasagna, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Ginger Snaps, Vanilla Yogurt</p>	<p>AM Snack Whole Wheat Bagel, Cream Cheese Entrée Chicken Noodle Soup, Whole Wheat Bread, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Wheat Flat Crackers, Cheese Curds</p>	<p>AM Snack Whole Wheat Pancake, Strawberry Jam Entrée Beef Burger, Hamburger Bun, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Applesauce</p>	<p>AM Snack Whole Wheat Apple Zucchini Muffin Entrée Mild Cajun Diced Chicken, Brown Rice, Peas & Corn, Fresh Fruit PM Snack Soda Crackers, Cheese Slice</p>	<p>AM Snack Multigrain Cheerio Cereal, Milk, Fresh Fruit Entrée Turkey Meatballs in Gravy, Brown Rice, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Banana Oat Loaf, Peeled Cucumbers</p>
WEEK 2	<p>AM Snack Corn Flakes Cereal, Milk, Fresh Fruit Entrée Breaded Chicken, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Digestive Cookies, Fresh Fruit, Peach Yogurt</p>	<p>AM Snack Banana Oat Bar Entrée Turkey Lasagna, Green & Yellow Beans, Fresh Fruit PM Snack Round Crackers, Cheese Curds</p>	<p>AM Snack Strawberry Yogurt, Social Tea Biscuits Entrée Ground Beef Bolgonese, Whole Grain Pasta, Peas & Corn, Fresh Fruit PM Snack Oatmeal Cookie, Fruity Applesauce</p>	<p>AM Snack Whole Wheat Carrot Muffin Entrée Roasted Apple Diced Chicken, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Flat Crackers, Hummus and Peeled Cucumbers</p>	<p>AM Snack Shreddies Cereal, Milk, Fresh Fruit Entrée Creamy Chicken Whole Grain Noodle Casserole, Green Peas, Fresh Fruit PM Snack Cocoa Snaps, Fresh Fruit</p>
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WEEK 4	<p>AM Snack Corn Flakes Cereal with milk, Fresh Fruit Entrée Ground Beef Bolognese, Whole Grain Pasta, Broccoli, Fresh Fruit PM Snack Strawberry Granola Bar, Fruit</p>	<p>AM Snack Banana Oat Bite Entrée Classic Mac & Cheese, Black Bean, Corn & Quinoa Salad, Green Peas, Fresh Fruit PM Snack Whole Wheat Flat Crackers, Cheese Curds, Fresh Fruit</p>	<p>AM Snack Peach Yogurt with Social Tea Biscuits, Fresh Fruit Entrée Ground Beef & Potato Stew, Brown Rice, Vegetable Medley, Fresh Fruit PM Snack Whole Wheat Pumpkin Loaf, Fresh Fruit</p>	<p>AM Snack Whole Wheat Carrot Muffin Entrée Turkey Burger, Half Cheese Slice, Bun, Diced Carrots, Fresh Fruit PM Snack Banana Oat Bar, Peeled Cucumbers</p>	<p>AM Snack Shreddies Cereal with Milk, Fresh Fruit Entrée Moroccan Diced Chicken, Whole Grain Pasta, Peas & Corn, Fresh Fruit PM Snack Half Pretzel Bun, White Cheese Slice</p>



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