






**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.




**FAYWOOD BLVD. CHILD CARE CENTRE**




Healthy Choices Plus Fall/Winter 2023 - 2024

**Eat Grow Thrive**

|        | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--------|--|--|---|--|--|
| WEEK 1 | <p><b>AM Snack</b> Rice Krispies Cereal, Milk, Fresh Fruit<br/> <b>Entrée</b> Chicken Macaroni and Cheese, Green Beans, Fresh Fruit<br/> <b>PM Snack</b> Spice Snaps, Fresh Fruit, Peach Yogurt</p>  | <p><b>AM Snack</b> Banana Oatmeal Bar, Fresh Fruit<br/> <b>Entrée</b> Turkey Noodle Soup, Artisan Roll, Baby Carrots, Fresh Fruit<br/> <b>PM Snack</b> Whole Wheat Melba Toast, Cheddar Cheese Slice, Fresh Fruit</p>  | <p><b>AM Snack</b> Whole Wheat Pancake, Apple Butter, Fresh Fruit<br/> <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Peas and Corn, Fresh Fruit<br/> <b>PM Snack</b> Whole Wheat Oatmeal Cookie, Applesauce, Edamame</p>  | <p><b>AM Snack</b> Organic Whole Wheat Carrot Muffin, Fresh Fruit<br/> <b>Entrée</b> Teriyaki Chicken Drumstick, Brown Rice, Peas, Fresh Fruit<br/> <b>PM Snack</b> Whole Wheat Breadsticks, Hummus, Cucumber Slices</p>                 | <p><b>AM Snack</b> Multi Grain Cheerios Cereal, Milk, Fresh Fruit<br/> <b>Entrée</b> Sweet and Sour Halal Beef, Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit<br/> <b>PM Snack</b> Whole Wheat Apple Cranberry Loaf, Baby Carrots, Cheddar Cheese Cubes</p> |
| WEEK 2 | <p><b>AM Snack</b> Corn Flakes Cereal, Milk, Fresh Fruit<br/> <b>Entrée</b> Beef Meatballs in Tomato Sauce, Brown Rice, Green and Yellow Beans, Fresh Fruit<br/> <b>PM Snack</b> Organic Whole Grain Mini Ginger Snaps, Baby Carrots, Vanilla Yogurt</p>                                     | <p><b>AM Snack</b> Whole Wheat Mini Bagel, Apple Butter, Fresh Fruit<br/> <b>Entrée</b> Meatless (Pea Protein) Mac and Cheese, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit<br/> <b>PM Snack</b> Whole Wheat Crackers, Cheese Curds, Guacamole</p> | <p><b>AM Snack</b> Peach Yogurt, Whole Grain Granola, Fresh Fruit<br/> <b>Entrée</b> Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit<br/> <b>PM Snack</b> Whole Wheat Raspberry Loaf, Cucumber Slices, Hard Boiled Egg</p>  | <p><b>AM Snack</b> Organic Whole Wheat Banana Muffin, Applesauce<br/> <b>Entrée</b> Egg Square, Shredded Cheddar Cheese, Whole Wheat Bread, Diced Carrots, Fresh Fruit<br/> <b>PM Snack</b> Banana Oatmeal Bar, Fresh Fruit, Edamame</p> | <p><b>AM Snack</b> Whole Wheat Shreddies Cereal, Milk, Fresh Fruit<br/> <b>Entrée</b> Mild Cajun Chicken Drumstick, Brown Rice, Leafy Greens, French Dressing, Fresh Fruit<br/> <b>PM Snack</b> Vanilla Yogurt, Fresh Fruit, Whole Wheat Digestive Cookies</p>                         |
| WEEK 3 | <p><b>AM Snack</b> Rice Krispies Cereal, Milk, Fresh Fruit<br/> <b>Entrée</b> Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit<br/> <b>PM Snack</b> Whole Wheat Soda Crackers, Cheese Curds, Grape Tomatoes</p> | <p><b>AM Snack</b> Whole Wheat Blueberry Scone, Fresh Fruit<br/> <b>Entrée</b> Chicken Noodle Soup, Whole Wheat Roll, Baby Carrots, Fresh Fruit<br/> <b>PM Snack</b> Whole Wheat Banana Oat Bite, Fresh Fruit, Edamame</p>   | <p><b>AM Snack</b> Whole Wheat Oat Cranberry Cookie, Applesauce<br/> <b>Entrée</b> Halal Beef Bolognese with Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit<br/> <b>PM Snack</b> Whole Wheat Breadsticks, Cheddar Cheese Slice, Cucumber Slices</p>         | <p><b>AM Snack</b> Multi Grain Cheerios Cereal, Milk, Fresh Fruit<br/> <b>Entrée</b> Salsa Chicken Drumstick, Brown Rice, Peas and Corn, Fresh Fruit<br/> <b>PM Snack</b> Spice Snaps, Fresh Fruit, Hardboiled Egg</p>                   | <p><b>AM Snack</b> Organic Whole Wheat Carrot Muffin, Fresh Fruit<br/> <b>Entrée</b> Butter Chicken, Brown Rice, Broccoli, Fresh Fruit<br/> <b>PM Snack</b> Organic Gluten Free Whole Grain Strawberry Granola Bar, Baby Carrots, Vanilla Yogurt</p>                                   |
| WEEK 4 | <p><b>AM Snack</b> Corn Flakes Cereal, Milk, Fresh Fruit<br/> <b>Entrée</b> Egg Square, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots, Fresh Fruit<br/> <b>PM Snack</b> Mini Cocoa Snaps, Fresh Fruit, Cheese Curds</p>   | <p><b>AM Snack</b> Whole Wheat Cinnamon Raisin Bagel, Apple Butter, Fresh Fruit<br/> <b>Entrée</b> Halal Beef Strips in Gravy, Brown Rice, Peas and Corn, Fresh Fruit<br/> <b>PM Snack</b> Whole Wheat Pita Pocket, Cheddar Cheese Slice, Fresh Fruit</p>              | <p><b>AM Snack</b> Strawberry Yogurt, Whole Grain Granola, Fresh Fruit<br/> <b>Entrée</b> Portuguese Chicken Drumstick, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit<br/> <b>PM Snack</b> Whole Wheat Raspberry Loaf, Fresh Fruit, Edamame</p> | <p><b>AM Snack</b> Organic Whole Wheat Banana Muffin, Fresh Fruit<br/> <b>Entrée</b> Minestrone Soup, Whole Wheat Roll, Baby Carrots, Fresh Fruit<br/> <b>PM Snack</b> Whole Wheat Round Crackers, Grape Tomatoes, Cheese Cubes</p>      | <p><b>AM Snack</b> Whole Wheat Shreddies Cereal, Milk, Fresh Fruit<br/> <b>Entrée</b> Breaded Chicken, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit<br/> <b>PM Snack</b> 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.

