



**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.

PETIT PEARSON CHILD CARE

Healthy Choices Plus Spring/Summer 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios, Milk, Fresh Fruit</p> <p>Entrée Beef Burger, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit</p> <p>PM Snack Spice Snaps, Fresh Fruit, Peach Yogurt</p>	<p>AM Snack Whole Wheat Pancake, Strawberry Jam, Fresh Fruit</p> <p>Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn, Fresh Fruit</p> <p>PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Slice, Fruity Applesauce</p>	<p>AM Snack Banana Oatmeal Bar</p> <p>Entrée Cheddar Cheese Omelette, Whole Wheat Bread, Green Peas, Fresh Fruit</p> <p>PM Snack Whole Wheat Digestive Cookies, Fresh Fruit</p>	<p>AM Snack Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit</p> <p>Entrée Teriyaki Chicken Drumstick, Whole Grain Pasta, Green Beans, Fresh Fruit</p> <p>PM Snack Whole Wheat Crackers, Cheese Cubes, Baby Carrots</p>	<p>AM Snack Rice Krispies, Milk, Fresh Fruit</p> <p>Entrée Fish Sticks, Brown Rice, Carrots & Turnips, Fresh Fruit</p> <p>PM Snack Whole Wheat Maple Oat Loaf, Cucumber Slices</p>
WEEK 2	<p>AM Snack Shreddies with Milk, Fresh Fruit</p> <p>Entrée Beef Meatballs in Gravy, Brown Rice, Diced Carrots, Fresh Fruit</p> <p>PM Snack Organic Gluten-Free Whole Grain Mixed Berry Granola Minis, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Whole Wheat Banana Oat Bite</p> <p>Entrée Butter Chicken, Whole Wheat Pita, Green Beans, Fresh Fruit</p> <p>PM Snack Whole Wheat Melba Toast, Cheese Curds</p>	<p>AM Snack Strawberry Yogurt, Whole Grain Granola</p> <p>Entrée Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Corn, Fresh Fruit</p> <p>PM Snack Mini Cocoa Snaps, Fruity Applesauce, Hardboiled Egg</p>	<p>AM Snack Whole Wheat Fruit and Fibre Muffin</p> <p>Entrée Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit</p> <p>PM Snack Whole Wheat Breadsticks, Cheese Cubes</p>	<p>AM Snack Corn Flakes with Milk</p> <p>Entrée Breaded Fish, Hamburger Bun, Peas and Corn, Fresh Fruit</p> <p>PM Snack Whole Grain Oatmeal Cookie, Fresh Fruit, Edamame</p>
WEEK 3	<p>AM Snack Multi Grain Cheerios with Milk, Fresh Fruit</p> <p>Entrée Swedish Turkey Meatballs, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit</p> <p>PM Snack Organic Spelt Mini Ginger Snaps, Vanilla Yogurt, Fresh Fruit</p>	<p>AM Snack Whole Grain Oatmeal Cranberry Round, Fruity Applesauce</p> <p>Entrée Breaded Fish Sticks, Whole Wheat Wrap, Broccoli, Fresh Fruit</p> <p>PM Snack Whole Wheat Crackers, Cheddar Cheese Slice</p>	<p>AM Snack Whole Wheat Mini Bagel, Cream Cheese, Fresh Fruit</p> <p>Entrée BBQ Chicken Drumstick, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit</p> <p>PM Snack Whole Wheat Lemon Blueberry Loaf, Fresh Fruit, Hardboiled Egg</p>	<p>AM Snack Rice Krispies with Milk, Fresh Fruit</p> <p>Entrée Teriyaki Diced Turkey, Whole Wheat Bread, Corn, Fresh Fruit</p> <p>PM Snack Banana Oatmeal Bar, Applesauce, Edamame</p>	<p>AM Snack Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit</p> <p>Entrée Macaroni and Cheese, Black Bean & Corn Salad, Diced Carrots, Fresh Fruit</p> <p>PM Snack Spice Snaps, Cucumber Slices, Strawberry Yogurt</p>
WEEK 4	<p>AM Snack Shreddies with Milk, Fresh Fruit</p> <p>Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Beans, Fresh Fruit</p> <p>PM Snack Organic Gluten Free Whole Grain Strawberry Granola Bar, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Whole Wheat Apple Cinnamon Bagel, Apple Butter</p> <p>Entrée Egg Patty, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots, Fresh Fruit</p> <p>PM Snack Whole Wheat Round Crackers, Cheese Curds, Grape Tomatoes</p>	<p>AM Snack Peach Yogurt with Whole Grain Granola, Fresh Fruit</p> <p>Entrée Herbed Chicken Drumstick, Brown Rice, Peas and Corn, Fresh Fruit</p> <p>PM Snack Whole Wheat Maple Oat Loaf, Applesauce</p>	<p>AM Snack Whole Wheat Fruit and Fibre Muffin, Fresh Fruit</p> <p>Entrée Beef Burger, Hamburger Bun, Carrots & Turnips, Fresh Fruit</p> <p>PM Snack Square Wheat Crackers, Cheddar Cheese Slice, Fresh Fruit</p>	<p>AM Snack Corn Flakes with Milk, Fresh Fruit</p> <p>Entrée Meatless (Pea Protein) Bolognese Whole Grain Pasta, Leafy Greens, Raspberry Dressing, Fresh Fruit</p> <p>PM Snack Whole Wheat Digestive Biscuits, Strawberry Yogurt</p>

Menu Launch Date: April 15, 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 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.





**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.

PETIT PEARSON CHILD CARE

Healthy Choices Plus - Infant/Toddler Spring/Summer 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios, Milk, Fresh Fruit Entrée Beef Burger, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Spice Snaps, Fresh Fruit, Peach Yogurt</p>	<p>AM Snack Whole Wheat Pancake, Strawberry Jam, Fresh Fruit Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Slice, Fruity Applesauce</p>	<p>AM Snack Banana Oatmeal Bar Entrée Cheddar Cheese Omelette, Whole Wheat Bread, Green Peas, Fresh Fruit PM Snack Whole Wheat Digestive Cookies, Fresh Fruit</p>	<p>AM Snack Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit Entrée Diced Teriyaki Chicken, Whole Grain Pasta, Green Beans, Fresh Fruit PM Snack Whole Wheat Crackers, Cheese Cubes, Blanched Baby Carrots</p>	<p>AM Snack Rice Krispies, Milk, Fresh Fruit Entrée Fish Sticks, Brown Rice, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Maple Oat Loaf, Peeled Cucumber Slices</p>
WEEK 2	<p>AM Snack Shreddies with Milk, Fresh Fruit Entrée Beef Meatballs in Gravy, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Organic Gluten-Free Whole Grain Strawberry Granola Bar, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Whole Wheat Banana Oat Bite Entrée Butter Chicken, Whole Wheat Pita, Green Beans, Fresh Fruit PM Snack Soda Crackers, Cheese Curds</p>	<p>AM Snack Strawberry Yogurt, Social Tea Biscuits Entrée Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Corn, Fresh Fruit PM Snack Mini Cocoa Snaps, Fruity Applesauce, Hardboiled Egg</p>	<p>AM Snack Whole Wheat Fruit and Fibre Muffin Entrée Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit PM Snack Whole Wheat Crackers, Cheese Cubes</p>	<p>AM Snack Corn Flakes with Milk Entrée Breaded Fish, Hamburger Bun, Peas and Corn, Fresh Fruit PM Snack Whole Grain Oatmeal Cookie, Fresh Fruit, Edamame</p>
WEEK 3	<p>AM Snack Multi Grain Cheerios with Milk, Fresh Fruit Entrée Swedish Turkey Meatballs, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Organic Spelt Mini Ginger Snaps, Vanilla Yogurt, Fresh Fruit</p>	<p>AM Snack Whole Grain Oatmeal Cranberry Round, Fruity Applesauce Entrée Breaded Fish Sticks, Whole Wheat Wrap, Broccoli, Fresh Fruit PM Snack Whole Wheat Crackers, Cheddar Cheese Slice</p>	<p>AM Snack Whole Wheat Mini Bagel, Cream Cheese, Fresh Fruit Entrée Diced BBQ Chicken, Brown Rice, Green Beans, Fresh Fruit PM Snack Whole Wheat Lemon Blueberry Loaf, Fresh Fruit, Hardboiled Egg</p>	<p>AM Snack Rice Krispies with Milk, Fresh Fruit Entrée Teriyaki Diced Turkey, Whole Wheat Bread, Corn, Fresh Fruit PM Snack Banana Oatmeal Bar, Applesauce, Edamame</p>	<p>AM Snack Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit Entrée Macaroni and Cheese, Black Bean & Corn Salad, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Peeled Cucumber, Strawberry Yogurt</p>
WEEK 4	<p>AM Snack Shreddies with Milk, Fresh Fruit Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Beans, Fresh Fruit PM Snack Organic Gluten Free Whole Grain Strawberry Granola Bar, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Whole Wheat Apple Cinnamon Bagel, Apple Butter Entrée Egg Patty, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Round Crackers, Cheese Curds, Grape Tomatoes</p>	<p>AM Snack Peach Yogurt with Social Tea Biscuits, Fresh Fruit Entrée Diced Herbed Chicken, Brown Rice, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Maple Oat Loaf, Applesauce</p>	<p>AM Snack Whole Wheat Fruit and Fibre Muffin, Fresh Fruit Entrée Beef Burger, Hamburger Bun, Carrots & Turnips, Fresh Fruit PM Snack Square Wheat Crackers, Cheddar Cheese Slice, Fresh Fruit</p>	<p>AM Snack Corn Flakes with Milk, Fresh Fruit Entrée Meatless (Pea Protein) Bolognese Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Whole Wheat Digestive Biscuits, Strawberry Yogurt</p>



Menu Launch Date: April 15, 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 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.