




**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.

**WELLINGTON ELC**

Healthy Choices Plus Fall/Winter 2022 - 2023

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> Multigrain Cheerios Cereal, Milk, Fresh Fruit  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit  <b>PM Snack</b> Organic Oatmeal Cranberry Cookie, Fresh Fruit, Vanilla Yogurt</p>	<p><b>AM Snack</b> Banana Oatmeal Bar, Fresh Fruit  <b>Entrée</b> Turkey Alphabet Pasta Soup, Artisan Roll, Baby Carrots, Fresh Fruit  <b>PM Snack</b> Spice Snaps, Grape Tomatoes, Edamame</p>	<p><b>AM Snack</b> Whole Wheat English Muffin, Apple Butter  <b>Entrée</b> Chicken Cacciatore Stew, Whole Grain Pasta, Green Peas Fresh Fruit  <b>PM Snack</b> Whole Wheat Mini Pita, Hummus, Baby Carrots</p>	<p><b>AM Snack</b> Organic Whole Wheat Banana Muffin, Applesauce  <b>Entrée</b> Breaded Fish Sticks, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit  <b>PM Snack</b> Whole Wheat Crackers, Cheddar Cheese Cubes, Cucumber Slices</p>	<p><b>AM Snack</b> Whole Wheat Shreddies Cereal, Milk, Fresh Fruit  <b>Entrée</b> Turkey Tetrazzini with Whole Grain Pasta, Green Beans, Fresh Fruit  <b>PM Snack</b> Oatmeal Raisin Loaf, Fresh Fruit</p>
WEEK 2	<p><b>AM Snack</b> Corn Flakes Cereal, Milk, Fresh Fruit  <b>Entrée</b> Breaded Chicken, Brown Rice, Green and Yellow Bean, Fresh Fruit  <b>PM Snack</b> Organic Spelt Ginger Snaps, Baby Carrots, Hummus</p>	<p><b>AM Snack</b> Whole Wheat Mini Bagel, Apple Butter  <b>Entrée</b> Turkey Burger, Hamburger Bun, Cheddar Cheese, Mixed Vegetables, Fresh Fruit  <b>PM Snack</b> Banana Oatmeal Bar, Fresh Fruit</p>	<p><b>AM Snack</b> Strawberry Yogurt, Whole Grain Granola  <b>Entrée</b> Filipino Beef Casserole, Brown Rice, Green Peas, Fresh Fruit  <b>PM Snack</b> Whole Wheat Breadsticks, Guacamole, Cheddar Cheese Cubes</p>	<p><b>AM Snack</b> Whole Wheat Chunky Apple Muffin, Fresh Fruit  <b>Entrée</b> Beef Meatballs in Gravy, Whole Wheat Bun, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Oatmeal Cookie, Applesauce</p>	<p><b>AM Snack</b> Rice Krispies Cereal, Milk, Fresh Fruit  <b>Entrée</b> Chicken Alfredo Pasta, Leafy Greens, French Dressing, Fresh Fruit  <b>PM Snack</b> Whole Wheat Blueberry Bran Loaf, Baby Carrots, Vanilla Yogurt</p>
WEEK 3	<p><b>AM Snack</b> Multigrain Cheerios Cereal, Milk, Fresh Fruit  <b>Entrée</b> Turkey Burrito, Whole Wheat Wrap, Shredded Cheddar Cheese, Peas and Corn, Fresh Fruit  <b>PM Snack</b> Organic Spelt Mini Lemon Snaps, Fresh Fruit, Cheese Curds</p>	<p><b>AM Snack</b> Mini Strawberry Crackers, Applesauce  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Spice Snap Biscuits, Cucumber Slices, Hummus</p>	<p><b>AM Snack</b> Whole Wheat Shreddies Cereal, Milk  <b>Entrée</b> BBQ Turkey Meatballs, Brown Rice, Green Beans, Fresh Fruit  <b>PM Snack</b> Whole Wheat Lemon Cranberry Loaf, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Grain Pancake, Apple Butter, Fresh Fruit  <b>Entrée</b> Classic Mac and Cheese, 7 Bean Salad, Sunshine Vegetables, Fresh Fruit  <b>PM Snack</b> Banana Oatmeal Cookie, Baby Carrots, Vanilla Yogurt</p>	<p><b>AM Snack</b> Organic Whole Wheat Lemon Coconut Muffin, Fresh Fruit  <b>Entrée</b> Portuguese Chicken Drumstick, Brown Rice, Green Peas, Fresh Fruit  <b>PM Snack</b> Artisan Javaneh Bread, Bruschetta, Edamame</p>
WEEK 4	<p><b>AM Snack</b> Corn Flakes Cereal, Milk, Fresh Fruit  <b>Entrée</b> Chicken Meatballs in Tomato Sauce, Whole Grain Pasta, Green Peas, Fresh Fruit  <b>PM Snack</b> Wheat Crackers, Cheese Curds, Fresh Fruit</p>	<p><b>AM Snack</b> Peach Yogurt, Whole Grain Granola  <b>Entrée</b> Breaded Fish Sticks, Brown Rice, Sunshine Vegetables, Fresh Fruit  <b>PM Snack</b> Whole Wheat Mini Pita, Grape Tomatoes, Cheddar Cheese Slice</p>	<p><b>AM Snack</b> Whole Wheat Banana Oat Bite, Fresh Fruit  <b>Entrée</b> Hearty Beef and Vegetable Stew, Whole Wheat Baguette, Fresh Fruit  <b>PM Snack</b> Cinnamon Scone, Fresh Fruit, Vanilla Yogurt</p>	<p><b>AM Snack</b> Organic Whole Wheat Carrot Zucchini Muffin, Fresh Fruit  <b>Entrée</b> Shepherd's Pie, Whole Wheat Bread, Green Beans, Fresh Fruit  <b>PM Snack</b> Whole Wheat Mini Bagel, Cheddar Cheese Cubes, Cucumber Slices</p>	<p><b>AM Snack</b> Rice Krispies Cereal, Milk, Fresh Fruit  <b>Entrée</b> Turkey Teriyaki, Brown Rice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Whole Wheat Oat and Date Loaf, Fresh Fruit</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, cantaloupe, honeydew), plums, nectarines, and peaches



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**WELLINGTON ELC**

Healthy Choices Plus - Infant/Toddler Fall/Winter 2022 - 2023

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> Multigrain Cheerios Cereal, Milk, Fresh Fruit  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit  <b>PM Snack</b> Organic Oatmeal Cranberry Cookie, Fresh Fruit, Vanilla Yogurt</p>	<p><b>AM Snack</b> Banana Oatmeal Bar, Fresh Fruit  <b>Entrée</b> Turkey Alphabet Pasta Soup, Artisan Roll, Blanched Baby Carrots, Fresh Fruit  <b>PM Snack</b> Spice Snaps, Grape Tomatoes, Edamame</p>	<p><b>AM Snack</b> Whole Wheat English Muffin, Apple Butter  <b>Entrée</b> Chicken Cacciatore Stew, Whole Grain Pasta, Green Peas, Fresh Fruit  <b>PM Snack</b> Whole Wheat Mini Pita, Hummus, Blanched Baby Carrots</p>	<p><b>AM Snack</b> Organic Whole Wheat Banana Muffin, Applesauce  <b>Entrée</b> Breaded Fish Sticks, Brown Rice, Broccoli, Fresh Fruit  <b>PM Snack</b> Whole Wheat Crackers, Cheddar Cheese Cubes, Peeled Cucumber Slices</p>	<p><b>AM Snack</b> Whole Wheat Shreddies Cereal, Milk, Fresh Fruit  <b>Entrée</b> Turkey Tetrazzini with Whole Grain Pasta, Green Beans, Fresh Fruit  <b>PM Snack</b> Oatmeal Raisin Loaf, Fresh Fruit</p>
WEEK 2	<p><b>AM Snack</b> Corn Flakes Cereal, Milk, Fresh Fruit  <b>Entrée</b> Breaded Chicken, Brown Rice, Green and Yellow Bean, Fresh Fruit  <b>PM Snack</b> Organic Spelt Ginger Snaps, Blanched Baby Carrots, Hummus</p>	<p><b>AM Snack</b> Whole Wheat Mini Bagel, Apple Butter  <b>Entrée</b> Turkey Burger, Hamburger Bun, Cheddar Cheese, Mixed Vegetables, Fresh Fruit  <b>PM Snack</b> Banana Oatmeal Bar, Fresh Fruit</p>	<p><b>AM Snack</b> Strawberry Yogurt, Social Tea Biscuits  <b>Entrée</b> Filipino Beef Casserole, Brown Rice, Green Peas, Fresh Fruit  <b>PM Snack</b> Wheat Crackers, Guacamole, Cheddar Cheese Cubes</p>	<p><b>AM Snack</b> Whole Wheat Chunky Apple Muffin, Fresh Fruit  <b>Entrée</b> Beef Meatballs in Gravy, Whole Wheat Bun, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Oatmeal Cookie, Applesauce</p>	<p><b>AM Snack</b> Rice Krispies Cereal, Milk, Fresh Fruit  <b>Entrée</b> Chicken Alfredo Pasta, Green Beans, Fresh Fruit  <b>PM Snack</b> Whole Wheat Blueberry Bran Loaf, Blanched Baby Carrots, Vanilla Yogurt</p>
WEEK 3	<p><b>AM Snack</b> Multigrain Cheerios Cereal, Milk, Fresh Fruit  <b>Entrée</b> Turkey Burrito, Whole Wheat Wrap, Shredded Cheddar Cheese, Peas and Corn, Fresh Fruit  <b>PM Snack</b> Organic Spelt Mini Lemon Snaps, Fresh Fruit, Cheese Curds</p>	<p><b>AM Snack</b> Mini Strawberry Crackers, Applesauce  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Spice Snap Biscuits, Peeled Cucumber Slices, Hummus</p>	<p><b>AM Snack</b> Whole Wheat Shreddies Cereal, Milk  <b>Entrée</b> BBQ Turkey Meatballs, Brown Rice, Green Beans, Fresh Fruit  <b>PM Snack</b> Whole Wheat Lemon Cranberry Loaf, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Grain Pancake, Apple Butter, Fresh Fruit  <b>Entrée</b> Classic Mac and Cheese, 7 Bean Salad, Sunshine Vegetables, Fresh Fruit  <b>PM Snack</b> Banana Oatmeal Cookie, Blanched Baby Carrots, Vanilla Yogurt</p>	<p><b>AM Snack</b> Organic Whole Wheat Lemon Coconut Muffin, Fresh Fruit  <b>Entrée</b> Portuguese Diced Chicken, Brown Rice, Green Peas, Fresh Fruit  <b>PM Snack</b> Artisan Javaneh Bread, Bruschetta, Edamame</p>
WEEK 4	<p><b>AM Snack</b> Corn Flakes Cereal, Milk, Fresh Fruit  <b>Entrée</b> Chicken Meatballs in Tomato Sauce, Whole Grain Pasta, Green Peas, Fresh Fruit  <b>PM Snack</b> Wheat Crackers, Cheese Curds, Fresh Fruit</p>	<p><b>AM Snack</b> Peach Yogurt, Social Tea Biscuits  <b>Entrée</b> Breaded Fish Sticks, Brown Rice, Sunshine Vegetables, Fresh Fruit  <b>PM Snack</b> Whole Wheat Mini Pita, Grape Tomatoes, Cheddar Cheese Slice</p>	<p><b>AM Snack</b> Whole Wheat Banana Oat Bite, Fresh Fruit  <b>Entrée</b> Hearty Beef and Vegetable Stew, Whole Wheat Baguette, Fresh Fruit  <b>PM Snack</b> Cinnamon Scone, Fresh Fruit, Vanilla Yogurt</p>	<p><b>AM Snack</b> Organic Whole Wheat Carrot Zucchini Muffin, Fresh Fruit  <b>Entrée</b> Shepherd's Pie, Whole Wheat Bread, Green Beans, Fresh Fruit  <b>PM Snack</b> Whole Wheat Mini Bagel, Cheddar Cheese Cubes, Peeled Cucumber Slices</p>	<p><b>AM Snack</b> Rice Krispies Cereal, Milk, Fresh Fruit  <b>Entrée</b> Turkey Teriyaki, Brown Rice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Whole Wheat Oat and Date Loaf, Fresh Fruit</p>



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