




**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 Spring/Summer 2021

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Apricot Chicken Drumstick, Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Pita Pocket, Cheddar Cheese Cubes, Grape Tomatoes</p>	<p>AM Snack Apple Cinnamon Pita, Applesauce Entrée Turkey Whole Grain Noodle Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Clementine, Edamame</p>	<p>AM Snack Banana Oatmeal Bar, Cantaloupe Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit PM Snack Whole Wheat Carrot Zucchini Loaf, Orange</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk Entrée Breaded All White Meat Chicken Pieces, Brown Rice, Carrots and Peas, Fresh Fruit PM Snack Cheddar Cheese Sandwich on Whole Wheat Bread, Cucumber Slices</p>	<p>AM Snack Organic Whole Wheat Lemon Blueberry Muffin, Berry Applesauce Entrée Beef Taco, Whole Wheat Wrap, Shredded Cheddar Cheese, Shredded Lettuce, Green Beans, Fresh Fruit PM Snack Social Tea Biscuits, Vanilla Yogurt, Pear</p>
WEEK 2	<p>AM Snack Whole Grain Life Cereal, Milk Entrée Breaded Chicken, Brown Rice, Corn and Peas, Fresh Fruit PM Snack Wheat Crackers, Hummus, Baby Carrots</p>	<p>AM Snack Cinnamon Raisin Bagel, Berry Applesauce Entrée Turkey Burger, Whole Wheat Bun, Cheddar Cheese, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Whole Wheat Maple Cookie, Apple</p>	<p>AM Snack Strawberry Yogurt, Whole Grain Pumpkin Harvest Seed Granola Entrée White Fish Lasagna, Green Beans, Fresh Fruit PM Snack Whole Wheat Focaccia Bread, Bruschetta, Edamame Beans</p>	<p>AM Snack Organic Whole Wheat Oatmeal Raisin Muffin Entrée Beef Meatballs in Tomato Sauce, Whole Wheat Bun, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Orange, Hardboiled Egg</p>	<p>AM Snack Rice Krispies Cereal, Milk Entrée Turkey Tetrizzini, Peas, Fresh Fruit PM Snack Rice Cake, Banana, Vanilla Yogurt</p>
WEEK 3	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Beef Burger, Whole Grain Bun, Carrots and Turnips, Fresh Fruit PM Snack Whole Grain Spelt Lemon Mini Snaps, Orange, Vanilla Yogurt</p>	<p>AM Snack Banana Oatmeal Bar, Applesauce Entrée Turkey Meatballs in Tomato Sauce, Bun, Green Beans, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Hardboiled Egg, Grape Tomatoes</p>	<p>AM Snack Organic Whole Wheat Carrot Muffin Entrée Herbed Chicken Drumstick, Whole Grain Pasta, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Whole Wheat Apple Cinnamon Loaf, Baby Carrots</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk Entrée Spinach Quiche, Whole Wheat Bread, Peas, Fresh Fruit PM Snack Multi Grain Breadsticks, Guacamole, Cheddar Cheese Cubes</p>	<p>AM Snack Whole Wheat Mini Bagel, Orange Entrée Cheesy Broccoli and Chicken Casserole, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Social Tea Biscuits, Watermelon, Edamame</p>
WEEK 4	<p>AM Snack Whole Grain Life Cereal, Milk Entrée Teriyaki Chicken Drumstick, Brown Rice, Peas and Carrots, Fresh Fruit PM Snack Rice Cake, Hummus, Baby Carrots</p>	<p>AM Snack Peach Yogurt, Whole Grain Pumpkin Harvest Seed Granola Entrée Beef Lasagna, Green Beans, Fresh Fruit PM Snack Whole Wheat Oatmeal Banana Cookie, Orange</p>	<p>AM Snack Whole Wheat Maple Cookie, Berry Applesauce Entrée Red Lentil Curry, Brown rice, Broccoli, Fresh Fruit PM Snack Organic Mixed Berry Granola Minis, Cantaloupe</p>	<p>AM Snack Whole Wheat Mini Bagel, Honeydew Entrée Chicken and Wild Rice Soup, Whole Wheat Bread, Leafy Greens, French Dressing, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Cucumber Slices, Strawberry Yogurt</p>	<p>AM Snack Rice Krispies Cereal, Milk Entrée Turkey Pot Pie, Whole Wheat Bread, Peas and Corn, Fresh Fruit PM Snack Pita Pocket, Hardboiled Egg, Apple</p>






Menu In Effect: April 19, 2021
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 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.



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Healthy Choices Plus - Infant/Toddler Spring/Summer 2021

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk</p> <p>Entrée Diced Apricot Chicken, Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit</p> <p>PM Snack Pita Pocket, Cheddar Cheese Cubes, Grape Tomatoes</p>	<p>AM Snack Apple Cinnamon Pita, Applesauce</p> <p>Entrée Turkey Whole Grain Noodle Soup, Whole Wheat Bread, Blanched Baby Carrots, Fresh Fruit</p> <p>PM Snack Whole Wheat Spice Snaps, Clementine, Edamame</p>	<p>AM Snack Banana Oatmeal Bar, Cantaloupe</p> <p>Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit</p> <p>PM Snack Whole Wheat Carrot Zucchini Loaf, Orange</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk</p> <p>Entrée Breaded All White Meat Chicken Pieces, Brown Rice, Carrots and Peas, Fresh Fruit</p> <p>PM Snack Cheddar Cheese Sandwich on Whole Wheat Bread, Peeled Cucumber</p>	<p>AM Snack Organic Whole Wheat Lemon Blueberry Muffin, Berry Applesauce</p> <p>Entrée Beef Taco, Whole Wheat Wrap, Shredded Cheddar Cheese, Shredded Lettuce, Green Beans, Fresh Fruit</p> <p>PM Snack Social Tea Biscuits, Vanilla Yogurt, Pear</p>
WEEK 2	<p>AM Snack Whole Grain Life Cereal, Milk</p> <p>Entrée Breaded Chicken, Brown Rice, Corn and Peas, Fresh Fruit</p> <p>PM Snack Wheat Crackers, Hummus, Blanched Baby Carrots</p>	<p>AM Snack Cinnamon Raisin Bagel, Berry Applesauce</p> <p>Entrée Turkey Burger, Whole Wheat Bun, Cheddar Cheese, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit</p> <p>PM Snack Whole Wheat Maple Cookie, Apple</p>	<p>AM Snack Strawberry Yogurt, Social Tea Biscuit</p> <p>Entrée White Fish Lasagna, Green Beans, Fresh Fruit</p> <p>PM Snack Whole Wheat Focaccia Bread, Bruschetta, Edamame Beans</p>	<p>AM Snack Organic Whole Wheat Oatmeal Raisin Muffin</p> <p>Entrée Beef Meatballs in Tomato Sauce, Whole Wheat Bun, Diced Carrots, Fresh Fruit</p> <p>PM Snack Whole Wheat Spice Snaps, Orange, Hardboiled Egg</p>	<p>AM Snack Rice Krispies Cereal, Milk</p> <p>Entrée Turkey Tetrizzini, Peas, Fresh Fruit</p> <p>PM Snack Rice Cake, Banana, Vanilla Yogurt</p>
WEEK 3	<p>AM Snack Multigrain Cheerios Cereal, Milk</p> <p>Entrée Beef Burger, Whole Grain Bun, Carrots and Turnips, Fresh Fruit</p> <p>PM Snack Social Tea Biscuits, Orange, Vanilla Yogurt</p>	<p>AM Snack Banana Oatmeal Bar, Applesauce</p> <p>Entrée Turkey Meatballs in Tomato Sauce, Bun, Green Beans, Fresh Fruit</p> <p>PM Snack Whole Wheat Pita Pocket, Hardboiled Egg, Grape Tomatoes</p>	<p>AM Snack Organic Whole Wheat Carrot Muffin</p> <p>Entrée Diced Herbed Chicken, Whole Grain Pasta, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit</p> <p>PM Snack Whole Wheat Apple Cinnamon Loaf, Blanched Baby Carrots</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk</p> <p>Entrée Spinach Quiche, Whole Wheat Bread, Peas, Fresh Fruit</p> <p>PM Snack Multi Grain Breadsticks, Guacamole, Cheddar Cheese Cubes</p>	<p>AM Snack Whole Wheat Mini Bagel, Orange</p> <p>Entrée Cheesy Broccoli and Chicken Casserole, Diced Carrots, Fresh Fruit</p> <p>PM Snack Social Tea Biscuits, Watermelon, Edamame</p>
WEEK 4	<p>AM Snack Whole Grain Life Cereal, Milk</p> <p>Entrée Diced Teriyaki Chicken, Brown Rice, Peas and Carrots, Fresh Fruit</p> <p>PM Snack Rice Cake, Hummus, Blanched Baby Carrots</p>	<p>AM Snack Peach Yogurt, Social Tea Biscuits</p> <p>Entrée Beef Lasagna, Green Beans, Fresh Fruit</p> <p>PM Snack Whole Wheat Oatmeal Banana Cookie, Orange</p>	<p>AM Snack Whole Wheat Maple Cookie, Berry Applesauce</p> <p>Entrée Red Lentil Curry, Brown rice, Broccoli, Fresh Fruit</p> <p>PM Snack Organic Mixed Berry Granola Minis, Cantaloupe</p>	<p>AM Snack Whole Wheat Mini Bagel, Honeydew</p> <p>Entrée Chicken and Wild Rice Soup, Whole Wheat Bread, Blanched Baby Carrots, Fresh Fruit</p> <p>PM Snack Whole Wheat Spice Snaps, Peeled Cucumber Slices, Strawberry Yogurt</p>	<p>AM Snack Rice Krispies Cereal, Milk</p> <p>Entrée Turkey Pot Pie, Whole Wheat Bread, Peas and Corn, Fresh Fruit</p> <p>PM Snack Pita Pocket, Hardboiled Egg, Apple</p>



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