




**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.

FAIRY GLEN ST. THERESA

Healthy Balance Spring/Summer 2022

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk, Fresh Fruit</p> <p>Entrée Breaded Chicken, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit</p> <p>PM Snack Organic Whole Grain Mini Ginger Snaps, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Organic Mixed Berry Granola Minis, Applesauce</p> <p>Entrée Beef Burger, Whole Grain Bun, Leafy Greens, Italian Dressing, Fresh Fruit</p> <p>PM Snack Banana Oatmeal Bar, Fresh Fruit, Edamame</p>	<p>AM Snack Organic Oatmeal Apple Cookie, Fresh Fruit</p> <p>Entrée Scrambled Egg, Cheddar Cheese, Whole Wheat English Muffin, Green Peas, Fresh Fruit</p> <p>PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Slice, Cucumber Slices</p>	<p>AM Snack Organic Whole Wheat Blueberry Muffin, Fresh Fruit</p> <p>Entrée BBQ Chicken Drumstick, Brown Rice, California Vegetables, Fresh Fruit</p> <p>PM Snack Whole Wheat Breadsticks, Cheddar Cheese Cubes, Guacamole</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit</p> <p>Entrée Breaded Fish Sticks, Whole Wheat Wrap, Green Beans, Fresh Fruit</p> <p>PM Snack Whole Wheat Apple Cinnamon Loaf, Fresh Fruit, Hardboiled Egg</p>
WEEK 2	<p>AM Snack Corn Flakes Cereal, Milk, Fresh Fruit</p> <p>Entrée Turkey Burger, Whole Grain Bun, Cheddar Cheese, Vegetable Medley, Fresh Fruit</p> <p>PM Snack Oatmeal Banana Cookie, Baby Carrots, Hummus</p>	<p>AM Snack Whole Wheat Mini Pitas, Apple Butter, Fresh Fruit</p> <p>Entrée Beef Taco, Shredded Cheese and Salsa, Whole Wheat Wrap, Green Beans, Fresh Fruit</p> <p>PM Snack Organic Whole Grain Mini Lemon Snaps, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Strawberry Yogurt, Whole Grain Pumpkin Seed Granola, Fresh Fruit</p> <p>Entrée Butter Chicken, Naan, California Vegetables, Fresh Fruit</p> <p>PM Snack Whole Wheat Pancake, Applesauce, Hardboiled Egg</p>	<p>AM Snack Organic Whole Wheat Summer Berry Muffin, Fresh Fruit</p> <p>Entrée Whole Grain Pasta Primavera (Broccoli, Beans, Zucchini, Parmesan Cheese), Diced Carrots, Fresh Fruit</p> <p>PM Snack Apple Crumble Bar, Fresh Fruit, Edamame</p>	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit</p> <p>Entrée Peachy Chicken Drumstick, Brown Rice, Green Peas, Fresh Fruit</p> <p>PM Snack Whole Wheat Mini Bagel, Fresh Fruit, Vanilla Yogurt</p>
WEEK 3	<p>AM Snack Multigrain Cheerios Cereal, Milk, Fresh Fruit</p> <p>Entrée Shredded Chicken Taco, Shredded Cheese, Whole Wheat Wrap, Vegetable Medley, Fresh Fruit</p> <p>PM Snack Spice Snap Biscuits, Baby Carrots, Hummus</p>	<p>AM Snack Whole Grain Blueberry Clusters, Fresh Fruit</p> <p>Entrée Turkey Meatballs in Tomato Sauce, Bun, Green Peas, Fresh Fruit</p> <p>PM Snack Whole Wheat Banana Oat Bite, Fresh Fruit, Edamame</p>	<p>AM Snack Banana Oatmeal Bar, Applesauce</p> <p>Entrée Creamy Bowtie Pasta with Beef and Mixed Peppers, Sunshine Vegetables, Fresh Fruit</p> <p>PM Snack Whole Wheat Raspberry Loaf, Crunchy Lentils, Cucumber Slices</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit</p> <p>Entrée Black Bean Chilli, Shredded Cheese, Artisan Bread, Broccoli, Fresh Fruit</p> <p>PM Snack Whole Wheat Pita Pocket, Hardboiled Egg, Fresh Fruit</p>	<p>AM Snack Organic Whole Wheat Carrot Muffin, Fresh Fruit</p> <p>Entrée Roasted Apple Chicken Drumstick, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit</p> <p>PM Snack Pasta Salad with Vegetables, Cheddar Cheese Curds</p>
WEEK 4	<p>AM Snack Corn Flakes Cereal, Milk, Fresh Fruit</p> <p>Entrée Creamy Coconut Turkey Stew, Brown Rice, Turnips and Carrots, Fresh Fruit</p> <p>PM Snack Gluten free Cheese Bites, Grape Tomatoes, Hummus</p>	<p>AM Snack Peach Yogurt, Whole Grain Pumpkin Seed Granola, Fresh Fruit</p> <p>Entrée Homemade Beef Barley Soup, Artisan Bread, Baby Carrots, Fresh Fruit</p> <p>PM Snack Organic Strawberry Granola Bar, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Whole Wheat Mini Bagel, Apple Butter, Fresh Fruit</p> <p>Entrée Classic Mac and Cheese, Bean and Corn Salad, Sunshine Vegetables, Fresh Fruit</p> <p>PM Snack Whole Wheat Mini Pita, Hardboiled Egg, Cucumber Slices</p>	<p>AM Snack Organic Whole Wheat Fruit and Fibre Muffin, Fresh Fruit</p> <p>Entrée Breaded Fish Sticks, Brown Rice, Leafy Greens, French Dressing, Fresh Fruit</p> <p>PM Snack Spice Snap Biscuits, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit</p> <p>Entrée Carvery Chicken in Gravy, Whole Wheat Bread, Peas and Corn, Fresh Fruit</p> <p>PM Snack Whole Wheat Carrot Zucchini Loaf, Fresh Fruit, Edamame</p>






Menu is effective April 18, 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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FAIRY GLEN ST. THERESA

Healthy Balance - Infant/Toddler Spring/Summer 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk, Fresh Fruit</p> <p>Entrée Breaded Chicken, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit</p> <p>PM Snack Social Tea Biscuits, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Organic Mixed Berry Granola Minis, Applesauce</p> <p>Entrée Beef Burger, Whole Grain Bun, Blanched Baby Carrots, Fresh Fruit</p> <p>PM Snack Banana Oatmeal Bar, Fresh Fruit, Edamame</p>	<p>AM Snack Organic Oatmeal Apple Cookie, Fresh Fruit</p> <p>Entrée Scrambled Egg, Cheddar Cheese, Whole Wheat English Muffin, Green Peas, Fresh Fruit</p> <p>PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Slice, Peeled Cucumber Slices</p>	<p>AM Snack Organic Whole Wheat Blueberry Muffin, Fresh Fruit</p> <p>Entrée Diced BBQ Chicken, Brown Rice, California Vegetables, Fresh Fruit</p> <p>PM Snack Whole Wheat Breadsticks, Cheddar Cheese Cubes, Guacamole</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit</p> <p>Entrée Breaded Fish Sticks, Whole Wheat Wrap, Green Beans, Fresh Fruit</p> <p>PM Snack Whole Wheat Apple Cinnamon Loaf, Fresh Fruit, Hardboiled Egg</p>
WEEK 2	<p>AM Snack Corn Flakes Cereal, Milk, Fresh Fruit</p> <p>Entrée Turkey Burger, Whole Grain Bun, Cheddar Cheese, Vegetable Medley, Fresh Fruit</p> <p>PM Snack Oatmeal Banana Cookie, Blanched Baby Carrots, Hummus</p>	<p>AM Snack Whole Wheat Mini Pitas, Apple Butter, Fresh Fruit</p> <p>Entrée Beef Taco, Shredded Cheese and Salsa, Whole Wheat Wrap, Green Beans, Fresh Fruit</p> <p>PM Snack Arrowroot Cookies, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Strawberry Yogurt, Social Tea Biscuits, Fresh Fruit</p> <p>Entrée Butter Chicken, Naan, California Vegetables, Fresh Fruit</p> <p>PM Snack Whole Wheat Pancake, Applesauce, Hardboiled Egg</p>	<p>AM Snack Organic Whole Wheat Summer Berry Muffin, Fresh Fruit</p> <p>Entrée Whole Grain Pasta Primavera (Broccoli, Beans, Zucchini, Parmesan Cheese), Diced Carrots, Fresh Fruit</p> <p>PM Snack Apple Crumble Bar, Fresh Fruit, Edamame</p>	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit</p> <p>Entrée Diced Peachy Chicken, Brown Rice, Green Peas, Fresh Fruit</p> <p>PM Snack Whole Wheat Mini Bagel, Fresh Fruit, Vanilla Yogurt</p>
WEEK 3	<p>AM Snack Multigrain Cheerios Cereal, Milk, Fresh Fruit</p> <p>Entrée Shredded Chicken Taco, Shredded Cheese, Whole Wheat Wrap, Vegetable Medley, Fresh Fruit</p> <p>PM Snack Spice Snap Biscuits, Blanched Baby Carrots, Hummus</p>	<p>AM Snack Whole Grain Blueberry Clusters, Fresh Fruit</p> <p>Entrée Turkey Meatballs in Tomato Sauce, Bun, Green Peas, Fresh Fruit</p> <p>PM Snack Whole Wheat Banana Oat Bite, Fresh Fruit, Edamame</p>	<p>AM Snack Banana Oatmeal Bar, Applesauce</p> <p>Entrée Creamy Bowtie Pasta with Beef and Mixed Peppers, Sunshine Vegetables, Fresh Fruit</p> <p>PM Snack Whole Wheat Raspberry Loaf, Garbanzo Beans, Peeled Cucumber Slices</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit</p> <p>Entrée Black Bean Chilli, Shredded Cheese, Artisan Bread, Broccoli, Fresh Fruit</p> <p>PM Snack Whole Wheat Pita Pocket, Hardboiled Egg, Fresh Fruit</p>	<p>AM Snack Organic Whole Wheat Carrot Muffin, Fresh Fruit</p> <p>Entrée Diced Roasted Apple Chicken, Brown Rice, Carrots and Corn, Fresh Fruit</p> <p>PM Snack Pasta Salad with Vegetables, Cheddar Cheese Curds</p>
WEEK 4	<p>AM Snack Corn Flakes Cereal, Milk, Fresh Fruit</p> <p>Entrée Creamy Coconut Turkey Stew, Brown Rice, Turnips and Carrots, Fresh Fruit</p> <p>PM Snack Gluten free Cheese Bites, Grape Tomatoes, Hummus</p>	<p>AM Snack Peach Yogurt, Social Tea Biscuits, Fresh Fruit</p> <p>Entrée Homemade Beef Barley Soup, Artisan Bread, Blanched Baby Carrots, Fresh Fruit</p> <p>PM Snack Organic Strawberry Granola Bar, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Whole Wheat Mini Bagel, Apple Butter, Fresh Fruit</p> <p>Entrée Classic Mac and Cheese, Bean and Corn Salad, Sunshine Vegetables, Fresh Fruit</p> <p>PM Snack Whole Wheat Mini Pita, Hardboiled Egg, Peeled Cucumber Slices</p>	<p>AM Snack Organic Whole Wheat Orange Cranberry Muffin, Fresh Fruit</p> <p>Entrée Breaded Fish Sticks, Brown Rice, Diced Carrots, Fresh Fruit</p> <p>PM Snack Spice Snap Biscuits, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit</p> <p>Entrée Carvery Chicken in Gravy, Whole Wheat Bread, Peas and Corn, Fresh Fruit</p> <p>PM Snack Whole Wheat Carrot Zucchini Loaf, Fresh Fruit, Edamame</p>



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