




**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

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

-  Simple, wholesome ingredients for growing bodies and minds.
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-  Food kids love to eat.

**FAIRY GLEN ST. THERESA**

Healthy Balance - Infant/Toddler Spring/Summer 2022

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



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