




**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 - NORTHERN DANCER

Healthy Balance 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 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 Lemon 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 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 Cranberry 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 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, House 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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Healthy Balance - Infant/Toddler Spring/Summer 2022

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






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