






**WHOLESONE
KIDS
CATERING**

**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.

CASA VERA MONTESSORI

Healthy Balance Spring/Summer 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios, Milk Entrée Beef Burger, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Spice Snaps, Fresh Fruit, Peach Yogurt</p>	<p>AM Snack Whole Wheat Pancake, Apple Butter Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn, Fresh Fruit PM Snack Whole Wheat Melba Toast, Cheddar Cheese Slice, Fruity Applesauce</p>	<p>AM Snack Banana Oatmeal Bar Entrée Cheddar Cheese Omelette, Whole Wheat Mini Bagel, Green Peas, Fresh Fruit PM Snack Whole Wheat Digestive Cookie, Fresh Fruit, Edamame</p>	<p>AM Snack Whole Wheat Cocoa Zucchini Muffin Entrée Apricot Halal Chicken Drumstick, Whole Grain Pasta, Green Beans, Fresh Fruit PM Snack Whole Wheat Crackers, Cheese Cubes, Blanched Baby Carrots</p>	<p>AM Snack Rice Krispies, Milk Entrée Fish Sticks, Brown Rice, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Maple Oat Loaf, Peeled Cucumber Slices, Hummus</p>
WEEK 2	<p>AM Snack Shreddies with Milk Entrée Beef Meatballs in Gravy, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Organic Gluten-Free Whole Grain Mixed Berry Ganola Minis, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Whole Wheat Banana Oat Bite Entrée Butter Chicken, Naan, Green Beans, Fresh Fruit PM Snack Whole Wheat Melba Toast, Cheese Curds, Blanched Baby Carrots</p>	<p>AM Snack Strawberry Yogurt, Social Tea Biscuits Entrée Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Corn, Fresh Fruit PM Snack Mini Cocoa Snaps, Fruity Applesauce, Hardboiled Egg</p>	<p>AM Snack Whole Wheat Fruit and Fibre Muffin Entrée Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit PM Snack Whole Wheat Crackers, Cheese Cubes, Guacamole</p>	<p>AM Snack Corn Flakes with Milk Entrée Breaded Fish, Hamburger Bun, Peas and Corn, Fresh Fruit PM Snack Whole Grain Oatmeal Cookie, Fresh Fruit, Edamame</p>
WEEK 3	<p>AM Snack Multi Grain Cheerios with Milk Entrée Swedish Turkey Meatballs, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Organic Spelt Mini Ginger Snaps, Vanilla Yogurt, Fresh Fruit</p>	<p>AM Snack Whole Grain Coconut Date Bites Entrée Breaded Fish Sticks, Whole Wheat Wrap, Broccoli, Fresh Fruit PM Snack Whole Wheat Crackers, Cheddar Cheese Slice, Blanched Baby Carrots</p>	<p>AM Snack Whole Wheat Mini Bagel, Cream Cheese Entrée BBQ Halal Chicken Drumstick, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Lemon Blueberry Loaf, Fresh Fruit, Hardboiled Egg</p>	<p>AM Snack Rice Krispies with Milk Entrée Ground Turkey Taco, Whole Wheat Wrap, Shredded Cheddar Cheese, Corn, Fresh Fruit PM Snack Banana Oatmeal Bar, Applesauce, Edamame</p>	<p>AM Snack Whole Wheat Cocoa Zucchini Muffin Entrée Macaroni and Cheese, Black Bean & Corn Salad, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Peeled Cucumber, Strawberry Yogurt</p>
WEEK 4	<p>AM Snack Shreddies with Milk Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Beans, Fresh Fruit PM Snack Whole Grain Raspberry Coconut Date Bites, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Whole Wheat Apple Cinnamon Bagel, Apple Butter Entrée Egg Square, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Round Crackers, Cheese Curds, Grape Tomatoes</p>	<p>AM Snack Peach Yogurt with Social Tea Biscuits Entrée Herbed Halal Chicken Drumstick, Brown Rice, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Maple Oat Loaf, Applesauce, Edamame</p>	<p>AM Snack Whole Wheat Fruit and Fibre Muffin Entrée Beef Burger, Hamburger Bun, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Crackers, Cheddar Cheese Slice, Fresh Fruit</p>	<p>AM Snack Corn Flakes with Milk Entrée Meatless Bolognese Whole Grain Pasta, Leafy Greens, Raspberry Dressing, Fresh Fruit PM Snack Whole Wheat Digestive Biscuits, Strawberry Yogurt, Fresh Fruit</p>



Menu Launch Date: April 15, 2024

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 Catering 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.