




**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.

DEARCROFT MONTESSORI

Healthy Choices Spring/Summer 2023

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Rice Krispies Cereal, Milk Entrée Breaded Chicken Pieces, Brown Rice, Diced Carrots, Plum Sauce, Fresh Fruit PM Snack Coconut Chia Snaps, Fresh Fruit</p>	<p>AM Snack Whole Wheat Mini Bagel, Apple Butter Entrée Turkey Alphabet Pasta Soup, Aritsan Roll, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Bread Sticks, Cheese Curds</p>	<p>AM Snack Banana Oatmeal Bar Entrée Beef Burger, Wheat Bun, Green Beans, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit</p>	<p>AM Snack Organic Whole Wheat Summer Berry Muffin Entrée Turkey Macaroni and Cheese, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Hummus</p>	<p>AM Snack Multi Grain Cheerios Cereal, Milk Entrée Beef Burrito, Whole Wheat Wrap, Shredded Cheddar Cheese, Brown Rice, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Banana Loaf, Applesauce</p>
WEEK 2	<p>AM Snack Corn Flakes Cereal, Milk Entrée Turkey Burger, Wheat Bun, Cheddar Cheese, Green Beans, Fresh Fruit PM Snack Oatmeal Banana Cookie, Baby Carrots</p>	<p>AM Snack Cinnamon Raisin Bagel, Apple Butter Entrée Vegetarian Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit PM Snack Organic Whole Grain Mini Ginger Snaps, Fresh Fruit</p>	<p>AM Snack Strawberry Yogurt, Whole Grain Granola Entrée Sweet and Sour Chicken Meatballs, Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Apple Cinnamon Loaf, Cucumber Slices</p>	<p>AM Snack Organic Whole Wheat Lemon Blueberry Muffin Entrée Breaded Chicken, Wheat Bun, Diced Carrots, Fresh Fruit PM Snack Banana Oatmeal Bar, Fresh Fruit</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk Entrée Italian Beef with Shell Pasta, Peas, Fresh Fruit PM Snack Vanilla Yogurt, Fresh Fruit</p>
WEEK 3	<p>AM Snack Rice Krispies Cereal, Milk Entrée Chicken Alfredo Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Crackers, Cheese Curds</p>	<p>AM Snack Banana Oat Bite Entrée Cheddar Cheese Omelet, Whole Wheat Bread, Peas and Corn, Fresh Fruit PM Snack Cinnamon Scone, Fresh Fruit</p>	<p>AM Snack Oatmeal Cookie Entrée Teriyaki Turkey Meatballs, Brown Rice, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Mini Pita, Cheddar Cheese Slice</p>	<p>AM Snack Multi Grain Cheerios Cereal, Milk Entrée Open Faced Sandwich: Beef Burger in Gravy, Whole Wheat Texas Toast, Green Beans, Fresh Fruit PM Snack Organic Gluten Free Mixed Berry Granola Minis, Baby Carrots</p>	<p>AM Snack Organic Whole Wheat Summer Berry Muffin Entrée BBQ Chicken Drumstick, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Wrap, Hard Boiled Egg</p>
WEEK 4	<p>AM Snack Corn Flakes Cereal, Milk Entrée Chicken Meatballs in Gravy, Wheat Bun, Carrots and Turnips, Fresh Fruit PM Snack Oatmeal Cranberry Cookie, Grape Tomatoes</p>	<p>AM Snack Peach Yogurt, Whole Grain Granola Entrée Breaded Chicken Pieces, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit PM Snack Whole Wheat Melba Toast, Cheddar Cheese Slice</p>	<p>AM Snack Whole Wheat Pancake, Apple Butter Entrée Turkey Bolognese with Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Mini Pitas, Vanilla Yogurt</p>	<p>AM Snack Organic Whole Wheat Lemon Blueberry Muffin Entrée Classic Mac and Cheese, Garbanzo Bean Salad, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk Entrée Beef Burger, Wheat Bun, Broccoli, Fresh Fruit PM Snack Whole Grain Digestive Biscuits, Fresh Fruit</p>



Menu Launch Date: April 17, 2023

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.

