






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.

HARMONY CHILDCARE CENTRE

Healthy Choices Plus Spring/Summer 2022

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 2px;"> APR 18 MAY 16 JUN 13 JUL 11 AUG 08 SEP 05 OCT 03 OCT 31 NOV 28 </div> <div style="writing-mode: vertical-rl; transform: rotate(180deg);">WEEK 1</div>	AM Snack Multigrain Cheerios Cereal, Milk Entrée Breaded Chicken, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit PM Snack Organic Whole Grain Mini Ginger Snaps, Fresh Fruit, Vanilla Yogurt	AM Snack Organic Mixed Berry Granola Minis, Applesauce Entrée Beef Burger, Whole Grain Bun, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack Banana Oatmeal Bar, Fresh Fruit	AM Snack Organic Oatmeal Apple Cookie Entrée Egg Patty, Cheddar Cheese, Whole Wheat English Muffin, Green Peas, Fresh Fruit PM Snack Whole Wheat Breadsticks, Cheddar Cheese Cubes, Guacamole	AM Snack Organic Whole Wheat Lemon Blueberry Muffin Entrée BBQ Chicken Drumstick, Brown Rice, California Vegetables, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Slice	AM Snack Whole Grain Shreddies Cereal, Milk Entrée Breaded Fish Sticks, Whole Wheat Wrap, Green Beans, Fresh Fruit PM Snack Whole Wheat Apple Cinnamon Loaf, Fresh Fruit
<div style="border: 1px solid black; padding: 2px;"> MAY 02 MAY 30 JUN 27 JUL 25 AUG 22 SEP 19 OCT 17 NOV 14 DEC 12 </div> <div style="writing-mode: vertical-rl; transform: rotate(180deg);">WEEK 2</div>	AM Snack Corn Flakes Cereal, Milk Entrée Turkey Burger, Whole Grain Bun, Cheddar Cheese, Vegetable Medley, Fresh Fruit PM Snack Oatmeal Banana Cookie, Baby Carrots	AM Snack Whole Wheat Pancake, Apple Butter Entrée Breaded Chicken Round, Whole Grain Pasta, Green Beans, Fresh Fruit PM Snack Organic Whole Grain Mini Lemon Snaps, Fresh Fruit	AM Snack Strawberry Yogurt, Whole Grain Granola Entrée Beef Meatballs in Gravy, Whole Wheat Bun, California Vegetables, Fresh Fruit PM Snack Whole Wheat Mini Pitas, Applesauce	AM Snack Organic Whole Wheat Summer Berry Muffin, Fresh Fruit Entrée Breaded Chicken, Brown Rice, Leafy Greens, French Dressing, Plum Sauce, Fresh Fruit PM Snack Apple Cinnamon Granola Minis, Fresh Fruit	AM Snack Rice Krispies Cereal, Milk Entrée Italian Seasoned Beef with Pasta Shells in Tomato Sauce, Green Peas, Fresh Fruit PM Snack Whole Wheat Mini Bagel, Fresh Fruit, Vanilla Yogurt
<div style="border: 1px solid black; padding: 2px;"> MAY 09 JUN 06 JUL 04 AUG 01 AUG 29 SEP 26 OCT 24 NOV 21 DEC 19 </div> <div style="writing-mode: vertical-rl; transform: rotate(180deg);">WEEK 3</div>	AM Snack Multigrain Cheerios Cereal, Milk Entrée Chicken Taco, Shredded Cheese, Whole Wheat Wrap, Vegetable Medley, Fresh Fruit PM Snack Spice Snap Biscuits, Baby Carrots	AM Snack Whole Grain Cranberry Clusters Entrée Turkey Meatballs in Tomato Sauce, Bun, Green Peas, Fresh Fruit PM Snack Whole Wheat Banana Oat Bite, Fresh Fruit	AM Snack Banana Oatmeal Bar Entrée Creamy Bowtie Pasta with Beef, Sunshine Vegetables, Fresh Fruit PM Snack Whole Wheat Raspberry Loaf, Cucumber Slices	AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit Entrée Beef Burger, Whole Wheat Bun, Broccoli, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Hardboiled Egg	AM Snack Organic Whole Wheat Carrot Muffin Entrée Roasted Apple Chicken Drumstick, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Mini Bagel, Cheese Curds, Fresh Fruit
<div style="border: 1px solid black; padding: 2px;"> MAY 09 JUN 06 JUL 04 AUG 01 AUG 29 SEP 26 OCT 24 NOV 21 DEC 19 </div> <div style="writing-mode: vertical-rl; transform: rotate(180deg);">WEEK 4</div>	AM Snack Corn Flakes Cereal, Milk Entrée Chicken Meatballs in Gravy, Brown Rice, Turnips and Carrots, Fresh Fruit PM Snack Wheat Crackers, Hummus	AM Snack Peach Yogurt, Whole Grain Granola Entrée Cod Nuggets, Whole Grain Pasta, Green Beans, Fresh Fruit PM Snack Organic Strawberry Granola Bar, Fresh Fruit	AM Snack Whole Wheat Mini Bagel, Apple Butter Entrée Classic Mac and Cheese, Bean and Corn Salad, Sunshine Vegetables, Fresh Fruit PM Snack Whole Wheat Mini Pita, Guacamole, Hardboiled Egg	AM Snack Organic Whole Wheat Fruit and Fibre Muffin Entrée Turkey Lasagna, Leafy Greens, House Dressing, Fresh Fruit PM Snack Spice Snap Biscuits, Fresh Fruit	AM Snack Rice Krispies Cereal, Milk Entrée Carvery Chicken in Gravy, Whole Wheat Bread, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Carrot Zucchini Loaf, Fresh Fruit



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

