






**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.




MY SCHOOL COOPERATIVE NURSERY

Healthy Choices Fall/Winter 2023 - 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Entrée Vegetarian (Soy) Burger, Hamburger Bun, Green Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Scrambled Eggs, Shredded Cheddar Cheese, Whole Wheat Bread, Diced Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Creamy Tomato Beans and Whole Grain Pasta, Peas and Corn, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Legume Cacciatore Stew, Whole Wheat Roll, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Breaded Fish Sticks, Whole Wheat Wrap, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack</p>
WEEK 2	<p>AM Snack Entrée Vegetarian (Soy) Meatballs in Tomato Sauce, Brown Rice, Green and Yellow Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Meatless (Pea Protein) Mac and Cheese, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Bean Chili, Cornbread, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Egg Square, Shredded Cheddar Cheese, Whole Wheat Bread, Diced Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Fish Lasagna, Leafy Greens, French Dressing, Fresh Fruit PM Snack</p>
WEEK 3	<p>AM Snack Entrée Egg Patty, English Muffin, Cheddar Cheese Slice, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Breaded Fish Sticks, Whole Wheat Wrap, Diced Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Vegetarian (Soy) Meatballs in Tomato Sauce, Whole Wheat Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Classic Mac and Cheese, Edamame and Pepper Salad, Peas and Corn, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Butter Legumes, Brown Rice, Broccoli, Fresh Fruit PM Snack</p>
WEEK 4	<p>AM Snack Entrée Egg Square, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Beefstyle (Soy) in Gravy, Brown Rice, Peas and Corn, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Whitefish Bowtie Pasta in Rose Sauce, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Minestrone Soup, Whole Wheat Roll, Baby Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée BBQ Baked Beans, Whole Wheat Texas Toast, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack</p>



-  **Menu Launch Date: October 30, 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.

