



## 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.

## JUNCTION DAYCARE

Healthy Choices Fall/Winter 2023 - 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<b>AM Snack</b> Rice Krispies Cereal, Milk, Fresh Fruit <b>Entrée</b> Beef Burger, Hamburger Bun, Green Beans, Fresh Fruit <b>PM Snack</b> Spice Snaps, Fresh Fruit, Peach Yogurt	<b>AM Snack</b> Banana Oatmeal Bar, Fresh Fruit <b>Entrée</b> Turkey Noodle Soup, Artisan Roll, Baby Carrots, Fresh Fruit <b>PM Snack</b> Whole Wheat Melba Toast, Cheddar Cheese Slice, Fresh Fruit	<b>AM Snack</b> Whole Wheat Pancake, Apple Butter, Fresh Fruit <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Peas and Corn, Fresh Fruit <b>PM Snack</b> Whole Wheat Oatmeal Cookie, Applesauce, Edamame	<b>AM Snack</b> Organic Whole Wheat Carrot Muffin, Fresh Fruit <b>Entrée</b> Teriyaki Chicken Drumstick, Brown Rice, Peas, Fresh Fruit <b>PM Snack</b> Whole Wheat Breadsticks, Hummus, Cucumber Slices	<b>AM Snack</b> Multi Grain Cheerios Cereal, Milk, Fresh Fruit <b>Entrée</b> Breaded Fish Sticks, Whole Wheat Wrap, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit <b>PM Snack</b> Whole Wheat Apple Cranberry Loaf, Baby Carrots, Cheddar Cheese Cubes
WEEK 2	<b>AM Snack</b> Corn Flakes Cereal, Milk, Fresh Fruit <b>Entrée</b> Beef Meatballs in Tomato Sauce, Brown Rice, Green and Yellow Beans, Fresh Fruit <b>PM Snack</b> Organic Whole Grain Mini Ginger Snaps, Baby Carrots, Vanilla Yogurt	<b>AM Snack</b> Whole Wheat Mini Bagel, Apple Butter, Fresh Fruit <b>Entrée</b> Breaded Chicken, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit <b>PM Snack</b> Whole Wheat Crackers, Cheese Curds, Guacamole	<b>AM Snack</b> Peach Yogurt, Whole Grain Granola, Fresh Fruit <b>Entrée</b> Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit <b>PM Snack</b> Whole Wheat Raspberry Loaf, Cucumber Slices, Hard Boiled Egg	<b>AM Snack</b> Organic Whole Wheat Banana Muffin, Applesauce <b>Entrée</b> Egg Square, Shredded Cheddar Cheese, Whole Wheat Bread, Diced Carrots, Fresh Fruit <b>PM Snack</b> Banana Oatmeal Bar, Fresh Fruit, Edamame	<b>AM Snack</b> Whole Wheat Shreddies Cereal, Milk, Fresh Fruit <b>Entrée</b> Mild Cajun Chicken Drumstick, Brown Rice, Leafy Greens, French Dressing, Fresh Fruit <b>PM Snack</b> Vanilla Yogurt, Fresh Fruit, Whole Wheat Digestive Cookies
WEEK 3	<b>AM Snack</b> Rice Krispies Cereal, Milk, Fresh Fruit <b>Entrée</b> Halal Deconstructed Shepards Pie, Whole Wheat Bread, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit <b>PM Snack</b> Whole Wheat Soda Crackers, Cheese Curds, Grape Tomatoes	<b>AM Snack</b> Whole Wheat Blueberry Scone, Fresh Fruit <b>Entrée</b> Chicken Noodle Soup, Whole Wheat Roll, Baby Carrots, Fresh Fruit <b>PM Snack</b> Whole Wheat Banana Oat Bite, Fresh Fruit, Edamame	<b>AM Snack</b> Whole Wheat Oat Cranberry Cookie, Applesauce <b>Entrée</b> Halal Beef Bolognese with Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit <b>PM Snack</b> Whole Wheat Breadsticks, Cheddar Cheese Slice, Cucumber Slices	<b>AM Snack</b> Multi Grain Cheerios Cereal, Milk, Fresh Fruit <b>Entrée</b> Classic Mac and Cheese, Edamame and Pepper Salad, Peas and Corn, Fresh Fruit <b>PM Snack</b> Spice Snaps, Fresh Fruit, Hardboiled Egg	<b>AM Snack</b> Organic Whole Wheat Carrot Muffin, Fresh Fruit <b>Entrée</b> Butter Chicken, Brown Rice, Broccoli, Fresh Fruit <b>PM Snack</b> Organic Gluten Free Whole Grain Strawberry Granola Bar, Baby Carrots, Vanilla Yogurt
WEEK 4	<b>AM Snack</b> Corn Flakes Cereal, Milk, Fresh Fruit <b>Entrée</b> Turkey Lasagna, Diced Carrots, Fresh Fruit <b>PM Snack</b> Mini Cocoa Snaps, Fresh Fruit, Cheese Curds	<b>AM Snack</b> Whole Wheat Cinnamon Raisin Bagel, Apple Butter, Fresh Fruit <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit <b>PM Snack</b> Whole Wheat Pita Pocket, Cheddar Cheese Slice, Fresh Fruit	<b>AM Snack</b> Strawberry Yogurt, Whole Grain Granola, Fresh Fruit <b>Entrée</b> Portuguese Chicken Drumstick, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit <b>PM Snack</b> Whole Wheat Raspberry Loaf, Fresh Fruit, Edamame	<b>AM Snack</b> Organic Whole Wheat Banana Muffin, Fresh Fruit <b>Entrée</b> Beef Meatballs in Gravy, Bun, Green Beans, Fresh Fruit <b>PM Snack</b> Whole Wheat Round Crackers, Grape Tomatoes, Cheese Cubes	<b>AM Snack</b> Whole Wheat Shreddies Cereal, Milk, Fresh Fruit <b>Entrée</b> Breaded Chicken, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit <b>PM Snack</b> Whole Wheat Digestive Biscuits, Vanilla Yogurt, Cucumber Slices



**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.

