






**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.

BESSBOROUGH CHILD CARE CENTRE
SA Spring Summer Menu

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>Made Good Granola Balls AM Snack Yogurt</p> <p>Spice Snaps, Vanilla PM Snack Yogurt</p>	<p>Cereal AM Snack Apple Sauce</p> <p>Whole Wheat Bread PM Snack Sticks, Cheese Curds</p>	<p>Banana Bars AM Snack Yogurt</p> <p>Whole Grain Digestive PM Snack Biscuits, Fresh Fruit</p>	<p>MadeGood Granola Bars AM Snack Apple Sauce</p> <p>Whole Wheat Pita Pocket, PM Snack Hummus, Cucumber Slices</p>	<p>Arrowroot Biscuit AM Snack Frozen Yogurt Tubes</p> <p>Coconut Chia Snaps, PM Snack Fresh Fruit</p>
WEEK 2	<p>Made Good Granola Balls AM Snack Yogurt</p> <p>Oatmeal Banana Cookie, PM Snack Baby Carrots</p>	<p>Cereal AM Snack Apple Sauce</p> <p>Whole Wheat Melba PM Snack Toast, Cheese Curds</p>	<p>Banana Bars AM Snack Yogurt</p> <p>Banana Oatmeal Bar, PM Snack Fresh Fruit</p>	<p>MadeGood Granola Bars AM Snack Apple Sauce</p> <p>Whole Wheat Banana PM Snack Loaf, Applesauce</p>	<p>Arrowroot Biscuit AM Snack Frozen Yogurt Tubes</p> <p>Vanilla Yogurt, Fresh PM Snack Fruit</p>
WEEK 3	<p>Made Good Granola Balls AM Snack Yogurt</p> <p>Organic Whole Grain Mini PM Snack Ginger Snaps, Fresh Fruit</p>	<p>Cereal AM Snack Apple Sauce</p> <p>Whole Wheat Crackers, PM Snack Cheese Curds</p>	<p>Banana Bars AM Snack Yogurt</p> <p>Cinnamon Scone, Baby PM Snack Carrots</p>	<p>MadeGood Granola Bars AM Snack Apple Sauce</p> <p>Whole Wheat Mini Pita, PM Snack Cheddar Cheese Slice</p>	<p>Arrowroot Biscuit AM Snack Frozen Yogurt Tubes</p> <p>Whole Wheat Apple PM Snack Cinnamon Loaf, Cucumber Slices</p>
WEEK 4	<p>Made Good Granola Balls AM Snack Yogurt</p> <p>Organic Gluten Free PM Snack Mixed Berry Granola Minis, Baby Carrots</p>	<p>Cereal AM Snack Apple Sauce</p> <p>Spice Snaps, Fresh Fruit PM Snack</p>	<p>Banana Bars AM Snack Yogurt</p> <p>Oatmeal Cranberry PM Snack Cookie, Grape Tomatoes</p>	<p>MadeGood Granola Bars AM Snack Apple Sauce</p> <p>Whole Wheat Wrap, PM Snack Cheese Curds</p>	<p>Arrowroot Biscuit AM Snack Frozen Yogurt Tubes</p> <p>Whole Wheat Mini PM Snack Pitas, Vanilla Yogurt, Cucumber Slices</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.





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.



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.

