




**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.

**CENTRE EDUCATIF EVEIL AUX SAVOIRS FRENCH DAYCARE**

Healthy Balance Fall/Winter 2020 - 2021

**Eat Grow Thrive**




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> Multigrain Cheerios Cereal, Milk  <b>Entrée</b> Pineapple Chicken Drumstick, Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit  <b>PM Snack</b> Soda Crackers, Marble Cheddar Cheese Cubes</p>	<p><b>AM Snack</b> Whole Grain Thin Bun, Apple Butter  <b>Entrée</b> Turkey Alphabet Soup, Artisan Roll, Baby Carrots, Fresh Fruit  <b>PM Snack</b> Whole Wheat Maple Cookie, Grape Tomatoes</p>	<p><b>AM Snack</b> Banana Oatmeal Bars  <b>Entrée</b> Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit  <b>PM Snack</b> Whole Wheat Apple Beet Loaf, Apple</p>	<p><b>AM Snack</b> Whole Grain Oatmeal Squares Cereal, Milk  <b>Entrée</b> Lentil and Vegetable Stew (Lentils, Zucchini, Tomato, Peppers, Carrots, Squash, Onion, Celery), Whole Wheat Dinner Roll, Fresh Fruit  <b>PM Snack</b> Cheddar Cheese Sandwich on Whole Wheat Bread</p>	<p><b>AM Snack</b> Organic Whole Wheat Summer Berry Muffin  <b>Entrée</b> Fish Sticks, Whole Wheat Wrap, Leafy Greens, Balsamic Dressing, Fresh Fruit  <b>PM Snack</b> Organic Whole Grain Spelt Ginger Mini Snaps, Pear</p>
WEEK 2	<p><b>AM Snack</b> Whole Grain Shreddies Cereal, Milk  <b>Entrée</b> Breaded Chicken, Whole Grain Pasta, Corn and Peas, Fresh Fruit  <b>PM Snack</b> Whole Wheat Mini Pitas, Baby Carrots</p>	<p><b>AM Snack</b> Organic Whole Grain Berry Granola Minis  <b>Entrée</b> Mild Beef Curry, Brown Rice, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit  <b>PM Snack</b> Banana Oatmeal Bar, Grape Tomatoes</p>	<p><b>AM Snack</b> Strawberry Yogurt, Whole Grain Pumpkin Harvest Seed Granola  <b>Entrée</b> White Fish Lasagna, Green Beans, Fresh Fruit  <b>PM Snack</b> Whole Wheat Focaccia Bread, Bruschetta</p>	<p><b>AM Snack</b> Organic Whole Wheat Lemon Coconut Muffin  <b>Entrée</b> Tomato Bean Soup, Whole Wheat Baguette Slice, Baby Carrots, Fresh Fruit  <b>PM Snack</b> Whole Wheat Zucchini Carrot Loaf, Orange</p>	<p><b>AM Snack</b> Rice Krispies Cereal, Milk  <b>Entrée</b> BBQ Chicken Drumstick, Brown Rice, Leafy Greens, Italian Dressing, Fresh Fruit  <b>PM Snack</b> Whole Wheat Spice Snaps, Banana</p>
WEEK 3	<p><b>AM Snack</b> Multigrain Cheerios Cereal, Milk  <b>Entrée</b> Beef Burger, Whole Grain Bun, Carrots and Turnips, Fresh Fruit  <b>PM Snack</b> Whole Grain Spelt Lemon Mini Snaps, Grape Tomatoes</p>	<p><b>AM Snack</b> Whole Grain Mini Bagel  <b>Entrée</b> Classic Macaroni and Cheese, Corn and Bean Salad, Green Beans, Fresh Fruit  <b>PM Snack</b> Whole Wheat Pita Pocket, Hardboiled Egg</p>	<p><b>AM Snack</b> Organic Whole Wheat Strawberry Beet Muffin  <b>Entrée</b> Roasted Apple Chicken Drumstick, Whole Grain Pasta, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit  <b>PM Snack</b> Whole Wheat Oat and Date Loaf, Baby Carrots</p>	<p><b>AM Snack</b> Whole Grain Oatmeal Squares Cereal, Milk  <b>Entrée</b> Scrambled Egg, Whole Wheat Wrap, Shredded Cheese and Lettuce, Peas, Fresh Fruit  <b>PM Snack</b> Multi Grain Breadsticks, Guacamole</p>	<p><b>AM Snack</b> Banana Oatmeal Bar  <b>Entrée</b> Breaded Fish, Whole Grain Bun, Peas and Corn, Fresh Fruit  <b>PM Snack</b> Oatmeal Biscuits, Watermelon</p>
WEEK 4	<p><b>AM Snack</b> Whole Grain Shreddies Cereal, Milk  <b>Entrée</b> Adobo Chicken Drumstick, Brown Rice, Peas and Carrots, Fresh Fruit  <b>PM Snack</b> Wheat Crackers, Hummus</p>	<p><b>AM Snack</b> Peach Yogurt, Whole Grain Pumpkin Harvest Seed Granola  <b>Entrée</b> Cheesy Beef and Mushroom Pasta Bake, Green Beans, Fresh Fruit  <b>PM Snack</b> Whole Wheat Lemon Chia Cookie, Orange</p>	<p><b>AM Snack</b> Whole Grain Thin Bagel, Apple Butter  <b>Entrée</b> Turkey Burger, Whole Grain Bun, Cheddar Cheese, Broccoli, Fresh Fruit  <b>PM Snack</b> Whole Wheat Raspberry Loaf, Cheddar Cheese Curds</p>	<p><b>AM Snack</b> Organic Whole Wheat Banana Muffin  <b>Entrée</b> Cheddar Cheese Omelet, Whole Wheat Bread, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Whole Wheat Spice Snaps, Cucumber Slices</p>	<p><b>AM Snack</b> Rice Krispies Cereal, Milk  <b>Entrée</b> Sweet Chili Thai Fish Filet, Brown Rice, Peas and Corn, Fresh Fruit  <b>PM Snack</b> Whole Wheat Mini Pitas, Hardboiled Egg</p>

**Menu In Effect: November 2, 2020**

- 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 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.



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> Multigrain Cheerios Cereal, Milk</p> <p><b>Entrée</b> Diced Pineapple Chicken, Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit</p> <p><b>PM Snack</b> Soda Crackers, Marble Cheddar Cheese Cubes</p>	<p><b>AM Snack</b> Whole Grain Thin Bun, Apple Butter</p> <p><b>Entrée</b> Turkey Alphabet Soup, Artisan Roll, Blanched Baby Carrots, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Maple Cookie, Grape Tomatoes</p>	<p><b>AM Snack</b> Banana Oatmeal Bars</p> <p><b>Entrée</b> Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Apple Beet Loaf, Apple</p>	<p><b>AM Snack</b> Whole Grain Oatmeal Squares Cereal, Milk</p> <p><b>Entrée</b> Lentil and Vegetable Stew (Lentils, Zucchini, Tomato, Peppers, Carrots, Squash, Onion, Celery), Whole Wheat Dinner Roll, Fresh Fruit</p> <p><b>PM Snack</b> Cheddar Cheese Sandwich on Whole Wheat Bread</p>	<p><b>AM Snack</b> Organic Whole Wheat Summer Berry Muffin</p> <p><b>Entrée</b> Fish Sticks, Whole Wheat Wrap, Diced Carrots, Fresh Fruit</p> <p><b>PM Snack</b> Social Tea Biscuits, Pear</p>
WEEK 2	<p><b>AM Snack</b> Whole Grain Shreddies Cereal, Milk</p> <p><b>Entrée</b> Breaded Chicken, Whole Grain Pasta, Corn and Peas, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Mini Pitas, Blanched Baby Carrots</p>	<p><b>AM Snack</b> Organic Whole Grain Berry Granola Minis</p> <p><b>Entrée</b> Mild Beef Curry, Brown Rice, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit</p> <p><b>PM Snack</b> Banana Oatmeal Bar, Grape Tomatoes</p>	<p><b>AM Snack</b> Strawberry Yogurt, Social Tea Biscuit</p> <p><b>Entrée</b> White Fish Lasagna, Green Beans, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Focaccia Bread, Bruschetta</p>	<p><b>AM Snack</b> Organic Whole Wheat Lemon Coconut Muffin</p> <p><b>Entrée</b> Tomato Bean Soup, Whole Wheat Baguette Slice, Blanched Baby Carrots, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Zucchini Carrot Loaf, Orange</p>	<p><b>AM Snack</b> Rice Krispies Cereal, Milk</p> <p><b>Entrée</b> Diced BBQ Chicken, Brown Rice, Peas, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Spice Snaps, Banana</p>
WEEK 3	<p><b>AM Snack</b> Multigrain Cheerios Cereal, Milk</p> <p><b>Entrée</b> Beef Burger, Whole Grain Bun, Carrots and Turnips, Fresh Fruit</p> <p><b>PM Snack</b> Social Tea Biscuits, Grape Tomatoes</p>	<p><b>AM Snack</b> Whole Grain Mini Bagel</p> <p><b>Entrée</b> Classic Macaroni and Cheese, Corn and Bean Salad, Green Beans, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Pita Pocket, Hardboiled Egg</p>	<p><b>AM Snack</b> Organic Whole Wheat Strawberry Beet Muffin</p> <p><b>Entrée</b> Diced Roasted Apple Chicken, Whole Grain Pasta, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Oat and Date Loaf, Blanched Baby Carrots</p>	<p><b>AM Snack</b> Whole Grain Oatmeal Squares Cereal, Milk</p> <p><b>Entrée</b> Scrambled Egg, Whole Wheat Wrap, Shredded Cheese and Lettuce, Peas, Fresh Fruit</p> <p><b>PM Snack</b> Multi Grain Breadsticks, Guacamole</p>	<p><b>AM Snack</b> Banana Oatmeal Bar</p> <p><b>Entrée</b> Breaded Fish, Whole Grain Bun, Peas and Corn, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Spice Snaps, Watermelon</p>
WEEK 4	<p><b>AM Snack</b> Whole Grain Shreddies Cereal, Milk</p> <p><b>Entrée</b> Diced Adobo Chicken, Brown Rice, Peas and Carrots, Fresh Fruit</p> <p><b>PM Snack</b> Wheat Crackers, Hummus</p>	<p><b>AM Snack</b> Peach Yogurt, Social Tea Biscuits</p> <p><b>Entrée</b> Cheesy Beef and Mushroom Pasta Bake, Green Beans, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Lemon Chia Cookie, Orange</p>	<p><b>AM Snack</b> Whole Grain Thin Bagel, Apple Butter</p> <p><b>Entrée</b> Turkey Burger, Whole Grain Bun, Cheddar Cheese, Broccoli, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Raspberry Loaf, Cheddar Cheese Curds</p>	<p><b>AM Snack</b> Organic Whole Wheat Banana Muffin</p> <p><b>Entrée</b> Cheddar Cheese Omelet, Whole Wheat Bread, Diced Carrots, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Spice Snaps, Peeled Cucumber Slices</p>	<p><b>AM Snack</b> Rice Krispies Cereal, Milk</p> <p><b>Entrée</b> Sweet Chili Thai Fish Filet, Brown Rice, Peas and Corn, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Mini Pitas, Hardboiled Egg</p>

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