




**Our WHOLESOME
Menu Includes:**

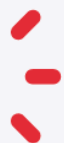
-  Simple, wholesome ingredients for growing bodies and minds.
-  Meals and snacks using municipal, provincial and national nutritional guidelines.
-  Food kids love to eat.

CENTRE EDUCATIF EVEIL AUX SAVOIRS FRENCH DAYCARE

Healthy Choices Spring/Summer 2021

Eat Grow Thrive




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Apricot Chicken Drumstick, Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Pita Pocket, Cheddar Cheese Cubes</p>	<p>AM Snack Apple Cinnamon Pita Entrée Cheddar Cheese Omelet, Whole Wheat Bread, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Clementine</p>	<p>AM Snack Banana Oatmeal Bar Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit PM Snack Whole Wheat Carrot Zucchini Loaf, Orange</p>	<p>AM Snack Entrée Breaded All White Meat Chicken Pieces, Brown Rice, Carrots and Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Organic Whole Wheat Lemon Blueberry Muffin Entrée Fish Sticks, Whole Wheat Wrap, Green Beans, Fresh Fruit PM Snack Social Tea Biscuits, Vanilla Yogurt, Pear</p>
WEEK 2	<p>AM Snack Entrée Breaded Chicken, Brown Rice, Corn and Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Cinnamon Raisin Bagel Entrée Whole Grain Pasta Bolognese (Tomato and Beef Sauce), Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Whole Wheat Maple Cookie, Apple</p>	<p>AM Snack Strawberry Yogurt, Whole Grain Pumpkin Harvest Seed Granola Entrée Salsa Chicken Drumstick, Brown Rice, Green Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Organic Whole Wheat Oatmeal Raisin Muffin Entrée Beef Meatballs in Tomato Sauce, Whole Wheat Bun, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Orange</p>	<p>AM Snack Rice Krispies Cereal, Milk Entrée Tikka Chicken Drumstick, Brown Rice, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack Rice Cake, Banana</p>
WEEK 3	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Beef Burger, Whole Grain Bun, Carrots and Turnips, Fresh Fruit PM Snack Whole Grain Spelt Lemon Mini Snaps, Orange</p>	<p>AM Snack Banana Oatmeal Bar Entrée Turkey Meatballs in Tomato Sauce, Bun, Green Beans, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Hardboiled Egg</p>	<p>AM Snack Organic Whole Wheat Carrot Muffin Entrée Herbed Chicken Drumstick, Whole Grain Pasta, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Whole Wheat Apple Cinnamon Loaf, Baby Carrots</p>	<p>AM Snack Entrée Spinach Quiche, Whole Wheat Bread, Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Whole Wheat Mini Bagel Entrée Breaded Fish Sticks, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Social Tea Biscuits, Watermelon</p>
WEEK 4	<p>AM Snack Entrée Teriyaki Chicken Drumstick, Brown Rice, Peas and Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Peach Yogurt, Whole Grain Pumpkin Harvest Seed Granola Entrée Beef Lasagna, Green Beans, Fresh Fruit PM Snack Whole Wheat Oatmeal Banana Cookie, Orange</p>	<p>AM Snack Whole Wheat Maple Cookie Entrée Sweet and Sour Chicken Meatballs, Brown Rice, Broccoli, Fresh Fruit PM Snack Organic Mixed Berry Granola Minis, Cantaloupe</p>	<p>AM Snack Whole Wheat Mini Bagel Entrée Scrambled Egg, Whole Wheat Wrap, Shredded Cheddar Cheese, Shredded Lettuce, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Cucumber Slices</p>	<p>AM Snack Rice Krispies Cereal, Milk Entrée Turkey Pot Pie, Whole Wheat Bread, Peas and Corn, Fresh Fruit PM Snack Pita Pocket, Hardboiled Egg</p>



Menu In Effect: April 19, 2021
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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CENTRE EDUCATIF EVEIL AUX SAVOIRS FRENCH DAYCARE

Healthy Choices - Infant/Toddler Spring/Summer 2021

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Diced Apricot Chicken, Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Pita Pocket, Cheddar Cheese Cubes</p>	<p>AM Snack Apple Cinnamon Pita Entrée Cheddar Cheese Omelet, Whole Wheat Bread, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Clementine</p>	<p>AM Snack Banana Oatmeal Bar Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit PM Snack Whole Wheat Carrot Zucchini Loaf, Orange</p>	<p>AM Snack Entrée Breaded All White Meat Chicken Pieces, Brown Rice, Carrots and Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Organic Whole Wheat Lemon Blueberry Muffin Entrée Fish Sticks, Whole Wheat Wrap, Green Beans, Fresh Fruit PM Snack Social Tea Biscuits, Vanilla Yogurt, Pear</p>
WEEK 2	<p>AM Snack Entrée Breaded Chicken, Brown Rice, Corn and Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Cinnamon Raisin Bagel Entrée Whole Grain Pasta Bolognese (Tomato and Beef Sauce), Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Whole Wheat Maple Cookie, Apple</p>	<p>AM Snack Strawberry Yogurt, Social Tea Biscuit Entrée Diced Salsa Chicken, Brown Rice, Green Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Organic Whole Wheat Oatmeal Raisin Muffin Entrée Beef Meatballs in Tomato Sauce, Whole Wheat Bun, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Orange</p>	<p>AM Snack Rice Krispies Cereal, Milk Entrée Diced Tikka Chicken, Brown Rice, Peas, Fresh Fruit PM Snack Rice Cake, Banana</p>
WEEK 3	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Beef Burger, Whole Grain Bun, Carrots and Turnips, Fresh Fruit PM Snack Social Tea Biscuits, Orange</p>	<p>AM Snack Banana Oatmeal Bar Entrée Turkey Meatballs in Tomato Sauce, Bun, Green Beans, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Hardboiled Egg</p>	<p>AM Snack Organic Whole Wheat Carrot Muffin Entrée Diced Herbed Chicken, Whole Grain Pasta, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Whole Wheat Apple Cinnamon Loaf, Blanched Baby Carrots</p>	<p>AM Snack Entrée Spinach Quiche, Whole Wheat Bread, Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Whole Wheat Mini Bagel Entrée Breaded Fish Sticks, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Social Tea Biscuits, Watermelon</p>
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