



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.

GARDERIE CHEZ TANTE LAURE 2

Healthy Choices Spring/Summer 2025

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	AM Snack Special K Cereal with Milk, Fresh Fruit Entrée Teriyaki Turkey Meatballs, Brown Rice, Broccoli, Fresh Fruit PM Snack Whole Wheat Round Crackers, Cheese Cubes, Fresh Fruit	AM Snack Morning Breakfast Round, Mango Applesauce Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Peach Yogurt, Fresh Fruit	AM Snack Whole Grain Cheerios with Milk, Fresh Fruit Entrée Egg Patty, Whole Wheat English Muffin and Cheese Slice, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Lemon Blueberry Loaf, Fresh Fruit, Edamame	AM Snack Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit Entrée Whitefish Whole Grain Pasta in Sundried Tomato Cream Sauce, California Mix Vegetables, Fresh Fruit PM Snack Whole Wheat Breadsticks, Hummus, Baby Carrots	AM Snack Vanilla Yogurt, Whole Grain Granola, Fresh Fruit Entrée Balsamic Glazed Chicken Drumstick, Brown Rice, Leafy Greens with Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Bread, Cheddar Cheese Slice, Cucumber Slices
WEEK 2	AM Snack Rice Krispies Cereal with Milk, Fresh Fruit Entrée Turkey and Whole Grain Noodle Casserole, Green Peas, Fresh Fruit PM Snack Javaneh Slice, Cheese Cubes, Fresh Fruit	AM Snack Banana Oat Bar, Fresh Fruit Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Vegetable Medley, Fresh Fruit PM Snack Digestive Biscuit, Fresh Fruit, Vanilla Yogurt	AM Snack Corn Flakes Cereal with Milk, Fresh Fruit Entrée Beef Burger, Hamburger Bun, Sweet Potatoes, Fresh Fruit PM Snack Whole Wheat Banana Loaf, Applesauce, Edamame	AM Snack Morning Round, Fresh Fruit Entrée Mini Cheese Tortellini & White Bean Soup, Whole Wheat Baguette, Cucumber Slices, Fresh Fruit PM Snack Cocoa Snaps, Baby Carrots, Hummus	AM Snack Whole Wheat Summer Berry Muffin, Fresh Fruit Entrée Fish Sticks, Whole Grain Pasta and Tomato Sauce, Baby Carrots, Fresh Fruit PM Snack Oatmeal Round, Cucumber Slices, Cheese Curds
WEEK 3	AM Snack Special K Cereal with Milk, Fresh Fruit Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Peas, Fresh Fruit PM Snack Mixed Berry Granola Minis, Fresh Fruit, Vanilla Yogurt	AM Snack Whole Wheat Bagel, Cream Cheese, Fresh Fruit Entrée Mini Beef Meatball Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit PM Snack Banana Oat Bar, Berry Applesauce, Edamame	AM Snack Strawberry Yogurt, Whole Grain Granola, Fresh Fruit Entrée Tomato and Bean Pasta Primavera, Green and Yellow Beans, Fresh Fruit PM Snack Digestive Biscuit, Fresh Fruit, Hardboiled Egg	AM Snack Whole Grain Cheerios Cereal with Milk, Fresh Fruit Entrée Egg Patty, Whole Wheat Cinnamon French Toast Bites, Carrots and Turnips, Fresh Fruit PM Snack Lemon Blueberry Loaf, Cucumber Slices, Cheese Curds	AM Snack Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit Entrée Whitefish Mac & Cheese, Peas and Corn, Fresh Fruit PM Snack Half English Muffin, Mozzarella Slice, and Grape Tomatoes
WEEK 4	AM Snack Rice Krispies Cereal with Milk, Fresh Fruit Entrée Beef Burger, Bun, California Mix, Fresh Fruit PM Snack Vanilla Owl Cookie, Fresh Fruit, Peach Yogurt	AM Snack Banana Oat Bar, Applesauce Entrée Butter Chicken, Brown Rice, Green Peas, Fresh Fruit PM Snack Whole Wheat Square Crackers, Cheddar Cheese Curds and Guacamole	AM Snack Whole Wheat Pancake, Raspberry Jam, Fresh Fruit Entrée Turkey Bowtie Pasta in Rose Sauce, Green Beans, Fresh Fruit PM Snack Oatmeal Cranberry Round, Fresh Fruit, Hardboiled Egg	AM Snack Whole Wheat Summer Berry Muffin, Fresh Fruit Entrée Fish Sticks, Whole Wheat Wrap, Lemon Garlic Sauce, Carrots and Turnips, Fresh Fruit PM Snack Half Pretzel Bun, White Cheese Slice, Cucumber Slices	AM Snack Corn Chex Cereal with Milk, Fresh Fruit Entrée Chicken Alfredo Pasta, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Banana Loaf, Baby Carrots, Hummus



Menu Launch Date April 28, 2025

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 Fruit will vary depending on seasonal availability. They may include apples, bananas, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, honeydew), plums, nectarines, and peaches.



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Healthy Choices - Infant/Toddler Spring/Summer 2025

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	AM Snack Special K Cereal with Milk, Fresh Fruit Entrée Classic Mac & Cheese, Black Bean & Quinoa Salad, Broccoli, Fresh Fruit PM Snack Whole Wheat Round Crackers, Cheese Cubes, Fresh Fruit	AM Snack Morning Breakfast Round, Mango Applesauce Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Peach Yogurt, Fresh Fruit	AM Snack Whole Grain Cheerios with Milk, Fresh Fruit Entrée Egg Patty, Whole Wheat English Muffin and Cheese Slice, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Lemon Blueberry Loaf, Fresh Fruit, Edamame	AM Snack Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit Entrée Whitefish Whole Grain Pasta in Sundried Tomato Cream Sauce, California Mix Vegetables, Fresh Fruit PM Snack Whole Wheat Crackers, Hummus, Blanched Baby Carrots	AM Snack Vanilla Yogurt, Social Tea Biscuit, Fresh Fruit Entrée Balsamic Diced Chicken, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Bread, Cheddar Cheese Slice, Peeled Cucumber Slices
WEEK 2	AM Snack Rice Krispies Cereal with Milk, Fresh Fruit Entrée Turkey and Whole Grain Noodle Casserole, Green Peas, Fresh Fruit PM Snack Javaneh Slice, Cheese Cubes, Fresh Fruit	AM Snack Banana Oat Bar, Fresh Fruit Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Vegetable Medley, Fresh Fruit PM Snack Digestive Biscuit, Fresh Fruit, Vanilla Yogurt	AM Snack Corn Flakes Cereal with Milk, Fresh Fruit Entrée Beef Burger, Hamburger Bun, Sweet Potatoes, Fresh Fruit PM Snack Whole Wheat Banana Loaf, Applesauce, Edamame	AM Snack Morning Round, Fresh Fruit Entrée Mini Cheese Tortellini & White Bean Soup, Whole Wheat Baguette, Peeled Cucumber Slices, Fresh Fruit PM Snack Cocoa Snaps, Blanched Baby Carrots, Hummus	AM Snack Whole Wheat Summer Berry Muffin, Fresh Fruit Entrée Fish Sticks, Whole Grain Pasta and Tomato Sauce, Blanched Baby Carrots, Fresh Fruit PM Snack Oatmeal Round, Peeled Cucumber Slices, Cheese Curds
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