



Our WHOLESOME Menu Includes:



Simple, wholesome ingredients for growing bodies and minds.



Meals and snacks using municipal, provincial and national nutritional guidelines.



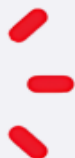
Food kids love to eat.

GARDERIE CHEZ TANTE LAURE 2

Healthy Choices Fall/Winter 2025-2026

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	AM Snack Multigrain Cheerios with Milk, Fresh Fruit Entrée Dino Chicken Pieces, Brown Rice, Plum Sauce, Sunrise Mix Vegetables (Carrots and Green Beans), Fresh Fruit PM Snack Whole Wheat Maple Round, Fresh Fruit, Edamame	AM Snack Banana Oat Bar, Berry Applesauce Entrée Turkey Meatballs in Marinara Sauce, Whole Wheat Submarine Bun, Vegetable Medley (Green Beans, Green Peas, Corn, Carrots), Fresh Fruit PM Snack Whole Wheat Breadsticks, Hummus, Fresh Fruit	AM Snack Rice Chex Cereal with Milk, Fresh Fruit Entrée Beef Bolognese Bowtie Pasta, Green Peas, Fresh Fruit PM Snack Whole Wheat Oatmeal Cranberry Round, Fresh Fruit, Cheese Curds	AM Snack Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit Entrée Egg Patty, Whole Wheat French Toast Bites, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Vanilla Yogurt, Fresh Fruit, Strawberry Granola Bar	AM Snack Multigrain Muesli Morning Round, Apple Butter, Fresh Fruit Entrée Ground Beef Sloppy Joe, Hamburger Bun, White Cheese Slice, Carrots & Turnips, Fresh Fruit PM Snack Round Crackers, Cheese Curds, Baby Carrots
WEEK 2	AM Snack Special K Cereal with Milk, Fresh Fruit Entrée Chicken Bolognese with Whole Grain Pasta, Diced Carrots and Green Peas, Fresh Fruit PM Snack Whole Wheat Oatmeal Round, Applesauce, Edamame	AM Snack Whole Wheat Pancake, Strawberry Jam, Fresh Fruit Entrée Chicken Noodle Soup, Javaneh Slice, Baby Carrots, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit, Cheese Cubes	AM Snack Corn Flakes Cereal with Milk, Fresh Fruit Entrée Beef Burger, Hamburger Bun, Cheese Slice, Green Beans, Fresh Fruit PM Snack Whole Wheat Owl Snaps, Vanilla Yogurt, Fresh Fruit	AM Snack Whole Wheat Apple Cinnamon Bagel, Cream Cheese, Fresh Fruit Entrée BBQ Chicken Drumstick, Veggie Quinoa Blend, Broccoli, Fresh Fruit PM Snack Whole Wheat Crackers, Mozzarella Cheese Slice, Grape Tomatoes	AM Snack Peach Yogurt, Whole Grain Granola, Fresh Fruit Entrée Fish Pieces, Brown Rice, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Whole Wheat Banana Loaf, Fresh Fruit, Edamame
WEEK 3	AM Snack Corn Chex Cereal with Milk, Fresh Fruit Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn and Green Peas, Fresh Fruit PM Snack Pretzel Bun, Mozzarella Cheese Slice, Fresh Fruit	AM Snack Apple Cinnamon Morning Round, Fresh Fruit Entrée Ancient Grains, Bean & Lentil Soup, Whole Wheat Baguette, Cucumber Slices, Fresh Fruit PM Snack Whole Wheat Pumpkin Loaf, Fresh Fruit, Edamame	AM Snack Whole Wheat Bagel, Cream Cheese, Fresh Fruit Entrée Turkey Burger, Hamburger Bun, Cheese Slice, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Banana Oat Bar, Applesauce, Hard Boiled Egg	AM Snack Rice Krispies Cereal with Milk, Fresh Fruit Entrée Egg Patty, Cheese Slice, Whole Wheat English Muffin, Sunrise Mix Vegetables (Carrots and Green Beans), Fresh Fruit PM Snack Whole Wheat Pita, Hummus, Snow Peas	AM Snack Whole Wheat Carrot Muffin, Fresh Fruit Entrée Whitefish Tomato Macaroni Bake, Green Peas, Fresh Fruit PM Snack Whole Wheat Crackers, Cheese Curds, Baby Carrots
WEEK 4	AM Snack Rice Chex Cereal with Milk, Fresh Fruit Entrée Deconstructed Beef Shepards Pie, Mash Potatoes, Whole Wheat Dinner Roll, Green Peas, Fresh Fruit PM Snack Strawberry Yogurt, Fresh Fruit, Mixed Berry Granola Minis	AM Snack Multigrain Muesli Morning Round, Strawberry Jam, Fresh Fruit Entrée Chicken and Egg with Rice, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Owl Snaps, Berry Applesauce, Cheese Curds	AM Snack Vanilla Yogurt, Whole Grain Granola, Fresh Fruit Entrée Cheddar Cheese Omelet, Whole Wheat English Muffin, Vegetable Medley (Green Beans, Green Peas, Carrots and Corn), Fresh Fruit PM Snack Whole Wheat Pita, Cheddar Cheese Slice, Cucumber Slices	AM Snack Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit Entrée Mediterranean Falafel, Tzatziki Sauce, Brown Rice, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Javaneh Slice, Hummus, Grape Tomatoes	AM Snack Multigrain Cheerios with Milk, Fresh Fruit Entrée Beef Lasagna, Green Beans, Fresh Fruit PM Snack Melba Toast, Cheese Cubes, Guacamole



Menu Launch Date October 27, 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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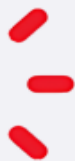
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Healthy Choices - Infant/Toddler Fall/Winter 2025-2026

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	AM Snack Multigrain Cheerios with Milk, Fresh Fruit Entrée Dino Chicken Pieces, Brown Rice, Plum Sauce, Sunrise Mix Vegetables (Carrots and Green Beans), Fresh Fruit PM Snack Whole Wheat Maple Round, Fresh Fruit, Edamame	AM Snack Banana Oat Bar, Berry Applesauce Entrée Turkey Meatballs in Marinara Sauce, Whole Wheat Submarine Bun, Vegetable Medley (Green Beans, Green Peas, Corn, Carrots), Fresh Fruit PM Snack Whole Wheat Crackers, Hummus, Fresh Fruit	AM Snack Rice Chex Cereal with Milk, Fresh Fruit Entrée Beef Bolognese Bowtie Pasta, Green Peas, Fresh Fruit PM Snack Whole Wheat Oatmeal Cranberry Round, Fresh Fruit, Cheese Curds	AM Snack Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit Entrée Egg Patty, Whole Wheat French Toast Bites, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Vanilla Yogurt, Fresh Fruit, Strawberry Granola Bar	AM Snack Multigrain Muesli Morning Round, Apple Butter, Fresh Fruit Entrée Ground Beef Sloppy Joe, Hamburger Bun, White Cheese Slice, Carrots & Turnips, Fresh Fruit PM Snack Round Crackers, Cheese Curds, Baby Carrots
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