




**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 2024

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> Riz Krispies Céréales, Lait, Fruits frais  <b>Entrée</b> Morceaux de poulet panés, riz brun, sauce aux prunes, mélange californien (brocoli, chou-fleur, carottes), fruits frais  <b>PM Snack</b> Gingembre Snaps, Yogourt à la vanille, Fruits frais</p>	<p><b>AM Snack</b> Bagel de blé entier, fromage à la crème, fruits frais  <b>Entrée</b> Oeufs brouillés, pain de blé entier, fromage râpé, haricots verts, fruits frais  <b>PM Snack</b> Bâtonnets de pain de blé entier, fromage en grains, Guacamole</p>	<p><b>AM Snack</b> Crêpe de blé entier, confiture de fraises, fruits frais  <b>Entrée</b> Burger de bœuf, pain à hamburger, carottes en dés, fruits frais  <b>PM Snack</b> Spice Snaps, Compote de pommes, Edamame</p>	<p><b>AM Snack</b> Muffin de courgettes aux pommes de blé entier, fruits frais  <b>Entrée</b> Pâtes Bowtie au poisson blanc, sauce à la rose, pois et maïs, fruits frais  <b>PM Snack</b> Craquelins de soude, Tranche de fromage, Bébé carottes</p>	<p><b>AM Snack</b> Multigrain Cheerio Céréales, Lait, Fruits Frais  <b>Entrée</b> Boulettes de dinde en sauce, riz brun, carottes et navets, fruits frais  <b>PM Snack</b> Pain d'avoine banane de blé entier, tranches de concombre, œuf à la coque</p>
WEEK 2	<p><b>AM Snack</b> Flocons de maïs Céréales, Lait, Fruits frais  <b>Entrée</b> Poulet Pané, Riz Brun, Carottes En Dés, Fruits Frais  <b>PM Snack</b> Biscuits digestifs, fruits frais, yogourt à la pêche</p>	<p><b>AM Snack</b> Barre d'avoine banane, fruits frais  <b>Entrée</b> Galette d'œufs, tranche de fromage, muffin anglais, haricots verts et jaunes, fruits frais  <b>PM Snack</b> Craquelins ronds, fromage en grains, tomates de raisin</p>	<p><b>AM Snack</b> Yogourt à la fraise, Granola à grains entiers, Fruits frais  <b>Entrée</b> Bolgonese de bœuf haché, pâtes à grains entiers, pois et maïs, fruits frais  <b>PM Snack</b> Biscuit à l'avoine, Compote de pommes fruitée, Edamame</p>	<p><b>AM Snack</b> Muffin de carotte de blé entier, fruits frais  <b>Entrée</b> Pilon de poulet aux pommes rôties, riz brun, légumes-feuilles et vinaigrette balsamique, fruits frais  <b>PM Snack</b> Craquelins plats de blé entier, houmous et concombres</p>	<p><b>AM Snack</b> Shreddies Céréales, Lait, Fruits frais  <b>Entrée</b> Burger de bœuf, pain hamburger, petits pois, fruits frais  <b>PM Snack</b> Jus de cacao, Fruits frais, Tranche de fromage</p>
WEEK 3	<p><b>AM Snack</b> Riz Krispies Céréales, Lait, Fruits frais  <b>Entrée</b> Pâtes au fromage au bœuf et aux tomates, haricots verts, fruits frais  <b>PM Snack</b> Minis de granola aux baies mélangées biologiques, fruits frais, fromage en grains</p>	<p><b>AM Snack</b> Moitié Muffin anglais, beurre de pomme, tranche de fromage blanc  <b>Entrée</b> Morceaux de poulet panés, riz brun, carottes en dés, fruits frais  <b>PM Snack</b> Épices Snaps, Yogourt à la vanille, Fruits frais</p>	<p><b>AM Snack</b> Barre d'avoine à la banane, Applesauce fruitée  <b>Entrée</b> Burger de bœuf, pain à hamburger, mélange californien (brocoli, chou-fleur, carottes), fruits frais  <b>PM Snack</b> Pain de banane de blé entier, carottes blanchies et œuf hardboiled</p>	<p><b>AM Snack</b> Cheerios multigrains avec lait, fruits frais  <b>Entrée</b> Pilon de poulet portugais, pâtes à grains entiers, pois verts, fruits frais  <b>PM Snack</b> Pain grillé Melba, Cubes de fromage, Tranches de concombre</p>	<p><b>AM Snack</b> Muffin de courgettes aux pommes de blé entier, fruits frais  <b>Entrée</b> Bâtonnets de poisson, riz brun, carottes en dés, fruits frais  <b>PM Snack</b> Croustille à la canneberge à l'avoine, Cubes de fromage, Edamame</p>
WEEK 4	<p><b>AM Snack</b> Corn Flakes Céréales avec du lait, Fruits frais  <b>Entrée</b> Bolognese de bœuf haché, pâtes à grains entiers, brocoli, fruits frais  <b>PM Snack</b> Biscuits digestifs, Fruits, Yogourt aux fraises, Fruits frais</p>	<p><b>AM Snack</b> Bouchée d'avoine à la banane, compote de pommes  <b>Entrée</b> Macaroni au fromage classique, salade de haricots noirs, maïs et quinoa, pois verts, fruits frais  <b>PM Snack</b> Craquelins plats de blé entier, fromage en grains, fruits frais</p>	<p><b>AM Snack</b> Yogourt à la pêche avec granola à grains entiers, fruits frais  <b>Entrée</b> Bâtonnets de poisson, riz brun, mélange de légumes, fruits frais  <b>PM Snack</b> Pain d'avoine et d'érable au blé Entier, Compote de Pommes, Edamame</p>	<p><b>AM Snack</b> Muffin de carotte de blé entier, fruits frais  <b>Entrée</b> Mini soupe aux boulettes de viande de bœuf, pain de blé entier, mini-carottes, fruits frais  <b>PM Snack</b> Barre d'avoine à la banane, houmous, concombres</p>	<p><b>AM Snack</b> Shreddies Céréales avec lait, fruits frais  <b>Entrée</b> Lasagne aux haricots cachés, pois et maïs, fruits frais  <b>PM Snack</b> Moitié Pain bretzel, tranche de fromage blanc, bébé carottes</p>



**Menu Launch Date October 28, 2024**




**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.



**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 - Infant/Toddler Fall/Winter 2024

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> Riz Krispies Céréales, Lait, Fruits frais  <b>Entrée</b> Morceaux de poulet panés, riz brun, sauce aux prunes, mélange californien (brocoli, chou-fleur, carottes), fruits frais  <b>PM Snack</b> Gingembre Snaps, Yogourt à la vanille, Fruits frais</p>	<p><b>AM Snack</b> Bagel de blé entier, fromage à la crème, fruits frais  <b>Entrée</b> Oeufs brouillés, pain de blé entier, fromage râpé, haricots verts, fruits frais  <b>PM Snack</b> Bâtonnets de pain de blé entier, fromage en grains, Guacamole</p>	<p><b>AM Snack</b> Crêpe de blé entier, confiture de fraises, fruits frais  <b>Entrée</b> Burger de bœuf, pain à hamburger, carottes en dés, fruits frais  <b>PM Snack</b> Spice Snaps, Compote de pommes, Edamame</p>	<p><b>AM Snack</b> Muffin de courgettes aux pommes de blé entier, fruits frais  <b>Entrée</b> Pâtes Bowtie au poisson blanc, sauce à la rose, pois et maïs, fruits frais  <b>PM Snack</b> Craquelins de soude, tranche de fromage, carottes blanchies</p>	<p><b>AM Snack</b> Multigrain Cheerio Céréales, Lait, Fruits Frais  <b>Entrée</b> Boulettes de dinde en sauce, riz brun, carottes et navets, fruits frais  <b>PM Snack</b> Pain d'avoine banane de blé entier, concombres pelés, œuf à la coque</p>
WEEK 2	<p><b>AM Snack</b> Flocons de maïs Céréales, Lait, Fruits frais  <b>Entrée</b> Poulet Pané, Riz Brun, Carottes En Dés, Fruits Frais  <b>PM Snack</b> Biscuits digestifs, fruits frais, yogourt à la pêche</p>	<p><b>AM Snack</b> Barre d'avoine banane, fruits frais  <b>Entrée</b> Lasagne à la dinde, haricots verts et jaunes, fruits frais  <b>PM Snack</b> Craquelins ronds, fromage en grains, tomates de raisin</p>	<p><b>AM Snack</b> Yogourt aux fraises, Biscuits au thé social, Fruits frais  <b>Entrée</b> Bolgonese de bœuf haché, pâtes à grains entiers, pois et maïs, fruits frais  <b>PM Snack</b> Biscuit à l'avoine, Compote de pommes fruitée, Edamame</p>	<p><b>AM Snack</b> Muffin de carotte de blé entier, fruits frais  <b>Entrée</b> Dés de poulet rôti aux pommes, riz brun, carottes en dés, fruits frais  <b>PM Snack</b> Craquelins plats de blé entier, houmous et concombres pelés</p>	<p><b>AM Snack</b> Shreddies Céréales, Lait, Fruits frais  <b>Entrée</b> Casserole crémeuse de nouilles à grains entiers au poulet, pois verts, fruits frais  <b>PM Snack</b> Jus de cacao, Fruits frais, Tranche de fromage</p>
WEEK 3	<p><b>AM Snack</b> Riz Krispies Céréales, Lait, Fruits frais  <b>Entrée</b> Boulettes de dinde BBQ, riz brun, haricots verts, fruits frais  <b>PM Snack</b> Barre granola aux fraises, fruits frais, fromage en grains</p>	<p><b>AM Snack</b> Moitié Muffin anglais, beurre de pomme, tranche de fromage blanc  <b>Entrée</b> Morceaux de poulet panés, riz brun, carottes en dés, fruits frais  <b>PM Snack</b> Épices Snaps, Yogourt à la vanille, Fruits frais</p>	<p><b>AM Snack</b> Barre d'avoine à la banane, Applesauce fruitée  <b>Entrée</b> Burger de bœuf, pain à hamburger, mélange californien (brocoli, chou-fleur, carottes), fruits frais  <b>PM Snack</b> Pain de banane de blé entier, bébés carottes et œufs durs</p>	<p><b>AM Snack</b> Cheerios multigrains avec lait, fruits frais  <b>Entrée</b> Sloppy Joe à la dinde, pain à hamburger, 1/2 tranche de fromage blanc, petits pois et fruits frais  <b>PM Snack</b> Pain grillé Melba, cubes de fromage, concombres pelés</p>	<p><b>AM Snack</b> Muffin aux Courgettes et au Cacao au Blé Entier, Fruits Frais  <b>Entrée</b> Bâtonnets de poisson, riz brun, carottes en dés, fruits frais  <b>PM Snack</b> Croustille à la canneberge à l'avoine, Cubes de fromage, Edamame</p>
WEEK 4	<p><b>AM Snack</b> Corn Flakes Céréales avec du lait, Fruits frais  <b>Entrée</b> Bolognese de bœuf haché, pâtes à grains entiers, brocoli, fruits frais  <b>PM Snack</b> Barre granola aux fraises, yogourt aux fraises, fruits frais</p>	<p><b>AM Snack</b> Bouchée d'avoine à la banane, compote de pommes  <b>Entrée</b> Macaroni au fromage classique, salade de haricots noirs, maïs et quinoa, pois verts, fruits frais  <b>PM Snack</b> Craquelins plats de blé entier, fromage en grains, fruits frais</p>	<p><b>AM Snack</b> Yogourt à la pêche avec biscuits au thé social, fruits frais  <b>Entrée</b> Ragoût de bœuf haché et de pommes de terre, riz brun, mélange de légumes 4 façons, fruits frais  <b>PM Snack</b> Pain d'avoine et d'érable au blé Entier, Compote de Pommes, Edamame</p>	<p><b>AM Snack</b> Muffin de carotte de blé entier, fruits frais  <b>Entrée</b> Mini soupe aux boulettes de viande de bœuf, pain de blé entier, mini-carottes, fruits frais  <b>PM Snack</b> Barre d'avoine à la banane, houmous, concombres pelés</p>	<p><b>AM Snack</b> Shreddies Céréales avec lait, fruits frais  <b>Entrée</b> Lasagne aux haricots cachés, pois et maïs, fruits frais  <b>PM Snack</b> Moitié Pain bretzel, tranche de fromage blanc, carottes blanchies</p>



**Menu Launch Date October 28, 2024**

**Menu is approved by a Registered Dietitian.**

**Milk and/or Water are served with lunch and snacks**




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**WHOLESONE  
KIDS  
CATERING**

**Our WHOLESOME  
Menu Includes:**

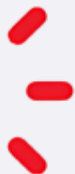
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**GARDERIE CHEZ TANTE LAURE 2**

Healthy Choices - Lunches Only Fall/Winter 2024

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<b>AM Snack</b> <b>Entrée</b> Morceaux de poulet panés, riz brun, sauce aux prunes, mélange californien (brocoli, chou-fleur, carottes), fruits frais <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Oeufs brouillés, pain de blé entier, fromage râpé, haricots verts, fruits frais <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Burger de bœuf, pain à hamburger, carottes en dés, fruits frais <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Pâtes Bowtie au poisson blanc, sauce à la rose, pois et maïs, fruits frais <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Boulettes de dinde en sauce, riz brun, carottes et navets, fruits frais <b>PM Snack</b>
WEEK 2	<b>AM Snack</b> <b>Entrée</b> Poulet Pané, Riz Brun, Carottes En Dés, Fruits Frais <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Galette d'œufs, tranche de fromage, muffin anglais, haricots verts et jaunes, fruits frais <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Bolonaise de bœuf haché, pâtes à grains entiers, pois et maïs, fruits frais <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Pilon de poulet aux pommes rôties, riz brun, légumes-feuilles et vinaigrette balsamique, fruits frais <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Burger de bœuf, pain hamburger, petits pois, fruits frais <b>PM Snack</b>
WEEK 3	<b>AM Snack</b> <b>Entrée</b> Pâtes au fromage au bœuf et aux tomates, haricots verts, fruits frais <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Morceaux de poulet panés, riz brun, carottes en dés, fruits frais <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Burger de bœuf, pain à hamburger, mélange californien (brocoli, chou-fleur, carottes), fruits frais <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Pilon de poulet portugais, pâtes à grains entiers, pois verts, fruits frais <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Bâtonnets de poisson, riz brun, carottes en dés, fruits frais <b>PM Snack</b>
WEEK 4	<b>AM Snack</b> <b>Entrée</b> Bolognese de bœuf haché, pâtes à grains entiers, brocoli, fruits frais <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Macaroni au fromage classique, salade de haricots noirs, maïs et quinoa, pois verts, fruits frais <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Bâtonnets de poisson, riz brun, mélange de légumes, fruits frais <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Mini soupe aux boulettes de viande de bœuf, pain de blé entier, mini-carottes, fruits frais <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Lasagne aux haricots cachés, pois et maïs, fruits frais <b>PM Snack</b>



**Menu Launch Date October 28, 2024**

**Menu is approved by a Registered Dietitian.**

**Milk and/or Water are served with lunch and snacks**

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# YUMMY

## FALL/WINTER MENU 2024

Weeks of: November 18<sup>th</sup>, December 16<sup>th</sup>, January 13<sup>th</sup>, February 10<sup>th</sup>, March 10<sup>th</sup>, April 7<sup>th</sup>

### Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Fresh Fruit Milk	Hawaiian Chicken (*bell pepper strips, *broccoli, chicken, onions, pineapple, *zucchini) Coconut Brown Rice Fresh Fruit	Whole Grain Apple Cinnamon Raisin Round Fresh Fruit
<b>TUESDAY</b>	Whole Grain Blueberry Scones Apple & Papaya 100% Fruit Puree	Extra Lean Beef Meat Sauce Vegetable Fusilli Pasta *Spring Mix Salad Fresh Fruit	Whole Grain Zucchini, Carrot & Feta Swirls Fresh Vegetables
<b>WEDNESDAY</b>	Vegan Brioche Bread Raspberry Spread	Yummy Corn Chowder (cauliflower, *carrots, celery, corn, *leeks, potatoes, white beans) Whole Wheat Naan Bread Garlic Dairy Free Spread Fresh Fruit	Whole Grain Sundried Tomato Basil Crackers Fresh Fruit
<b>THURSDAY</b>	Yogurt Fresh Fruit	Baked Fish Wedge Cheesy Vegetable Barley Risotto (barley, *broccoli, cauliflower) Fresh Fruit	Whole Grain Carrot Spice Loaf Apple & Pear 100% Fruit Puree
<b>FRIDAY</b>	Dill-ish Egg Salad Cracked Wheat Crackers	Veggie Bean Taco Whole Wheat Tortilla *Green Salad w/ Purple Cabbage & *Shredded Carrots Fresh Fruit	Dragon Fruit & Strawberry Anytime Morning Oats Fresh Fruit

**Milk and/or Water are served with lunch and snacks**

- \* Indicates Dark Green Vegetable Offered Daily
- Orange Fruit/Vegetable offered a few times weekly
- Menu approved by a Registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes

# YUMMY

## FALL/WINTER MENU 2024

Weeks of: November 25<sup>th</sup>, December 23<sup>rd</sup>, January 20<sup>th</sup>, February 18<sup>th</sup>, March 17<sup>th</sup>, April 14<sup>th</sup>

### Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Fresh Fruit Milk	Fiesta Egg & Veggie Casserole (*bell peppers, cabbage, *carrots, chow mein noodles, eggs, onions) Fresh Fruit	Zesty Southwest Salsa Multigrain Pita Crisps
<b>TUESDAY</b>	Waffles Peachy Tropical 100% Fruit Puree	Extra Lean Beef Sloppy Joe Whole Wheat Homestyle Bun Mixed Vegetables (*carrots, *green & yellow beans) Fresh Fruit	Yogurt Multigrain Trail Mix
<b>WEDNESDAY</b>	Whole Grain Bagel Cheese Bite Fresh Fruit	Harvest Sun Cheese & Spinach Stuffed Medallions with Creamy Garlic Bean Sauce *Spring Mix Salad with Carrots Fresh Fruit	Whole Grain Spice Snaps Fresh Fruit
<b>THURSDAY</b>	Coconut Oatmeal Bar	Chickpea Vegetable Soup (*carrots, celery, chickpeas, *green peas, onions, potatoes) 9 Grain Bread Roasted Red Pepper Dairy Free Spread Fresh Fruit	Vegan Whole Grain Lemon Cookie Blueberry & Apple 100% Fruit Puree
<b>FRIDAY</b>	Yogurt Fresh Fruit	Chicken Kafta with Tomato Sauce Seasoned Brown Rice *Green Salad Fresh Fruit	Whole Grain Pull-Apart Garlic Bun Fresh Carrots

**Milk and/or Water are served with lunch and snacks**

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- Orange Fruit/Vegetable offered a few times weekly
- Menu approved by a Registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes

# YUMMY

## FALL/WINTER MENU 2024

Weeks of: December 2<sup>nd</sup> & 30<sup>th</sup>, January 27<sup>th</sup>, February 24<sup>th</sup>, March 24<sup>th</sup>, April 21<sup>st</sup>

### Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Fresh Fruit Milk	Veggie Lazy Lasagna (celery, *green/red peppers, mafalda pasta, onions, *spinach, soy protein, tomatoes) *Spring Mix Salad Fresh Fruit	Whole Grain Blueberry Round Fresh Fruit
<b>TUESDAY</b>	Whole Grain Orange Cranberry Scones Peach and Apple 100% Fruit Puree	Creamy Broccoli Lentil Soup (*broccoli, celery, lentils, onions, potatoes) Light Rye Bread Dairy Free Spread Fresh Fruit	Whole Grain Mini Pizza Swirls Fresh Vegetables
<b>WEDNESDAY</b>	Vegan Brioche Bread Strawberry Spread	Baked Fish Cakes Garden Vegetable Rice (brown rice, *green/red peppers, *kale, onions, *squash) Fresh Fruit	Whole Grain Cracker Bites Fresh Fruit
<b>THURSDAY</b>	Yogurt Fresh Fruit	Chicken Stroganoff with Pasta (chicken, corn, mushrooms, onions, parsley, pasta, *sliced carrots, *spinach) *Green Salad Fresh Fruit	Whole Grain Strawberry Banana Loaf Dragon Fruit & Apple 100% Fruit Puree
<b>FRIDAY</b>	Hard Boiled Egg Autumn Harvest Crackers	Italian Chickpea Soup (*carrots, celery, chickpeas, onions, orzo pasta, *peas, tomatoes) Whole Wheat Baguette Garlic Dairy Free Spread Fresh Fruit	Raspberry Crumble Anytime Morning Oats Fresh Fruit

**Milk and/or Water are served with lunch and snacks**

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- Orange Fruit/Vegetable offered a few times weekly
- Menu approved by a Registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes

# YUMMY

## FALL/WINTER MENU 2024

Weeks of: December 9<sup>th</sup>, January 6<sup>th</sup>, February 3<sup>rd</sup>, March 3<sup>rd</sup> & 31<sup>st</sup>, April 28<sup>th</sup>

### Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Fresh Fruit Milk	Butter Chicken with Vegetables (cauliflower, chicken, *mixed bell pepper strips, onions, *peas, *squash) Couscous Fresh Fruit	Tuscan Garden Salsa Multigrain Pita Crisps
<b>TUESDAY</b>	Waffles Chunky Tropical 100% Fruit Puree	Beef & Veggie Chili (black beans, *carrots, celery, corn, extra lean ground beef, *green/red peppers, onions, pinto beans) Brown Rice Fresh Fruit	Yogurt Multigrain Trail Mix
<b>WEDNESDAY</b>	Whole Grain Bagel Cheese Bite Fresh Fruit	Tri Colour Cheese Tortellini with Rose Bean Sauce *Spring Mix Salad Fresh Fruit	Whole Grain Roasted Garlic Triscuits Fresh Fruit
<b>THURSDAY</b>	Blueberry Oatmeal Bar	Chicken Noodle Soup (celery, *diced carrots, diced chicken, fresh noodles, *kale, onions, potatoes) Whole Wheat Homestyle Bread Dill Dairy Free Spread Fresh Fruit	Vegan Oatmeal Date Cookie Unsweetened Applesauce
<b>FRIDAY</b>	Yogurt Fresh Fruit	Creamy Tangy Tuna Pasta (*broccoli, cauliflower, onions, *orange/yellow carrots, penne pasta, *romano green beans, tuna) Fresh Fruit	Whole Grain Pull-Apart Garlic Bun Fresh Carrots

#### Milk and/or Water are served with lunch and snacks

- \* Indicates Dark Green Vegetable Offered Daily
- Orange Fruit/Vegetable offered a few times weekly
- Menu approved by a Registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes

# YUMMY

## FALL/WINTER MENU 2024

Weeks of: November 18<sup>th</sup>, December 16<sup>th</sup>, January 13<sup>th</sup>, February 10<sup>th</sup>, March 10<sup>th</sup>, April 7<sup>th</sup>

### Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Fresh Fruit Milk	Hawaiian Chicken (*bell pepper strips, *broccoli, chicken, onions, pineapple, *zucchini) Coconut Brown Rice Fresh Fruit	Whole Grain Apple Cinnamon Raisin Round Fresh Fruit
<b>TUESDAY</b>	Whole Grain Blueberry Scones Apple & Papaya 100% Fruit Puree	Extra Lean Beef Meat Sauce Vegetable Fusilli Pasta *Green and Yellow Beans Fresh Fruit	Whole Grain Zucchini, Carrot & Feta Swirls Steamed Vegetables
<b>WEDNESDAY</b>	Vegan Brioche Bread Raspberry Spread	Yummy Corn Chowder (cauliflower, *carrots, celery, corn, *leeks, potatoes, white beans) Whole Wheat Naan Bread Garlic Dairy Free Spread Fresh Fruit	Whole Grain Sundried Tomato Basil Crackers Fresh Fruit
<b>THURSDAY</b>	Yogurt Fresh Fruit	Baked Fish Wedge Cheesy Vegetable Barley Risotto (barley, *broccoli, cauliflower) Fresh Fruit	Whole Grain Carrot Spice Loaf Apple & Pear 100% Fruit Puree
<b>FRIDAY</b>	Dill-ish Egg Salad Cracked Wheat Crackers	Veggie Bean Taco Whole Wheat Tortilla *Green Peas and Carrots Fresh Fruit	Dragon Fruit & Strawberry Anytime Morning Oats Fresh Fruit

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- Water is available at all times
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# YUMMY

## FALL/WINTER MENU 2024

Weeks of: November 25<sup>th</sup>, December 23<sup>rd</sup>, January 20<sup>th</sup>, February 18<sup>th</sup>, March 17<sup>th</sup>, April 14<sup>th</sup>

### Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Fresh Fruit Milk	Fiesta Egg & Veggie Casserole (*bell peppers, cabbage, *carrots, chow mein noodles, eggs, onions) Fresh Fruit	Zesty Southwest Salsa Multigrain Pita Crisps
<b>TUESDAY</b>	Waffles Peachy Tropical 100% Fruit Puree	Extra Lean Beef Sloppy Joe Whole Wheat Homestyle Bun Mixed Vegetables (*carrots, *green & yellow beans) Fresh Fruit	Yogurt Multigrain Trail Mix
<b>WEDNESDAY</b>	Whole Grain Bagel Cheese Bite Fresh Fruit	Harvest Sun Cheese & Spinach Stuffed Medallions with Creamy Garlic Bean Sauce *Broccoli and Cauliflower Fresh Fruit	Whole Grain Spice Snaps Fresh Fruit
<b>THURSDAY</b>	Coconut Oatmeal Bar	Chickpea Vegetable Soup (*carrots, celery, chickpeas, *green peas, onions, potatoes) 9 Grain Bread Roasted Red Pepper Dairy Free Spread Fresh Fruit	Vegan Whole Grain Lemon Cookie Blueberry & Apple 100% Fruit Puree
<b>FRIDAY</b>	Yogurt Fresh Fruit	Chicken Kafta with Tomato Sauce Seasoned Brown Rice *Green Peas and Corn Fresh Fruit	Whole Grain Pull-Apart Garlic Bun Steamed Carrots

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# YUMMY

## FALL/WINTER MENU 2024

Weeks of: December 2<sup>nd</sup> & 30<sup>th</sup>, January 27<sup>th</sup>, February 24<sup>th</sup>, March 24<sup>th</sup>, April 21<sup>st</sup>

### Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Fresh Fruit Milk	Veggie Lazy Lasagna (celery, *green/red peppers, mafalda pasta, onions, *spinach, soy protein, tomatoes) *Green and Yellow Beans Fresh Fruit	Whole Grain Blueberry Round Fresh Fruit
<b>TUESDAY</b>	Whole Grain Orange Cranberry Scones Peach and Apple 100% Fruit Puree	Creamy Broccoli Lentil Soup (*broccoli, celery, lentils, onions, potatoes) Light Rye Bread Dairy Free Spread Fresh Fruit	Whole Grain Mini Pizza Swirls Steamed Vegetables
<b>WEDNESDAY</b>	Vegan Brioche Bread Strawberry Spread	Baked Fish Cakes Garden Vegetable Rice (brown rice, *green/red peppers, *kale, onions, *squash) Fresh Fruit	Whole Grain Cracker Bites Fresh Fruit
<b>THURSDAY</b>	Yogurt Fresh Fruit	Chicken Stroganoff with Pasta (chicken, corn, mushrooms, onions, parsley, pasta, *sliced carrots, *spinach) *Diced Carrots Fresh Fruit	Whole Grain Strawberry Banana Loaf Dragon Fruit & Apple 100% Fruit Puree
<b>FRIDAY</b>	Hard Boiled Egg Autumn Harvest Crackers	Italian Chickpea Soup (*carrots, celery, chickpeas, onions, orzo pasta, *peas, tomatoes) Whole Wheat Baguette Garlic Dairy Free Spread Fresh Fruit	Raspberry Crumble Anytime Morning Oats Fresh Fruit

Milk and/or Water are served with lunch and snacks

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# YUMMY

## FALL/WINTER MENU 2024

Weeks of: December 9<sup>th</sup>, January 6<sup>th</sup>, February 3<sup>rd</sup>, March 3<sup>rd</sup> & 31<sup>st</sup>, April 28<sup>th</sup>

### Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Fresh Fruit Milk	Butter Chicken with Vegetables (cauliflower, chicken, *mixed bell pepper strips, onions, *peas, *squash) Couscous Fresh Fruit	Tuscan Garden Salsa Multigrain Pita Crisps
<b>TUESDAY</b>	Waffles Chunky Tropical 100% Fruit Puree	Beef & Veggie Chili (black beans, *carrots, celery, corn, extra lean ground beef, *green/red peppers, onions, pinto beans) Brown Rice Fresh Fruit	Yogurt Multigrain Trail Mix
<b>WEDNESDAY</b>	Whole Grain Bagel Cheese Bite Fresh Fruit	Tri Colour Cheese Tortellini with Rose Bean Sauce *Green and Yellow Beans Fresh Fruit	Whole Grain Roasted Garlic Triscuits Fresh Fruit
<b>THURSDAY</b>	Blueberry Oatmeal Bar	Chicken Noodle Soup (celery, *diced carrots, diced chicken, fresh noodles, *kale, onions, potatoes) Whole Wheat Homestyle Bread Dill Dairy Free Spread Fresh Fruit	Vegan Oatmeal Date Cookie Unsweetened Applesauce
<b>FRIDAY</b>	Yogurt Fresh Fruit	Creamy Tangy Tuna Pasta (*broccoli, cauliflower, onions, *orange/yellow carrots, penne pasta, *romano green beans, tuna) Fresh Fruit	Whole Grain Pull-Apart Garlic Bun Steamed Carrots

#### Milk and/or Water are served with lunch and snacks

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- Orange Fruit/Vegetable offered a few times weekly
- Menu approved by a Registered Dietitian
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