




**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.

MANDI DAY CARE

Healthy Choices Fall/Winter 2022 - 2023

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk, Fresh Fruit Entrée Beef and Tomato Macaroni and Cheese, Peas and Corn, Fresh Fruit PM Snack Organic Oatmeal Cranberry Cookie, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Banana Oatmeal Bar, Fresh Fruit Entrée Beef Burger, Hamburger Bun, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Applesauce, Cheese Curds</p>	<p>AM Snack Whole Wheat English Muffin, Apple Butter, Fresh Fruit Entrée Scrambled Eggs, Shredded Cheddar Cheese, Whole Wheat Wrap, Green Peas, Fresh Fruit PM Snack Whole Wheat Mini Pita, Hummus, Baby Carrots</p>	<p>AM Snack Organic Whole Wheat Banana Muffin, Applesauce Entrée Breaded Fish Sticks, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Crackers, Cheddar Cheese Cubes, Cucumber Slices</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit Entrée Maple Mustard Chicken Drumstick, Brown Rice, Green Beans, Fresh Fruit PM Snack Oatmeal Raisin Loaf, Fresh Fruit, Hardboiled Egg</p>
WEEK 2	<p>AM Snack Corn Flakes Cereal, Milk, Fresh Fruit Entrée Beef Lasagna, Green and Yellow Beans, Fresh Fruit PM Snack Organic Spelt Ginger Snaps, Baby Carrots, Hummus</p>	<p>AM Snack Whole Wheat Mini Bagel, Apple Butter, Fresh Fruit Entrée Turkey Burger, Hamburger Bun, Cheddar Cheese, Mixed Vegetables, Fresh Fruit PM Snack Banana Oatmeal Bar, Fresh Fruit, Edamame</p>	<p>AM Snack Strawberry Yogurt, Whole Grain Granola, Fresh Fruit Entrée Filipino Beef Casserole, Brown Rice, Green Peas, Fresh Fruit PM Snack Whole Wheat Breadsticks, Guacamole, Cheddar Cheese Cubes</p>	<p>AM Snack Whole Wheat Chunky Apple Muffin, Fresh Fruit Entrée Beef Meatballs in Gravy, Whole Wheat Bun, Diced Carrots, Fresh Fruit PM Snack Oatmeal Cookie, Applesauce, Hardboiled Egg</p>	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit Entrée Breaded Fish Sticks, Brown Rice, Leafy Greens, French Dressing, Fresh Fruit PM Snack Whole Wheat Blueberry Bran Loaf, Baby Carrots, Vanilla Yogurt</p>
WEEK 3	<p>AM Snack Multigrain Cheerios Cereal, Milk, Fresh Fruit Entrée Egg Patty, Cheddar Cheese, Whole Wheat English Muffin, Peas and Corn, Fresh Fruit PM Snack Organic Spelt Mini Lemon Snaps, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Mini Strawberry Crackers, Applesauce Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit PM Snack Spice Snap Biscuits, Cucumber Slices, Hummus</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit Entrée BBQ Turkey Meatballs, Brown Rice, Green Beans, Fresh Fruit PM Snack Whole Wheat Lemon Cranberry Loaf, Fresh Fruit, Hardboiled Egg</p>	<p>AM Snack Whole Grain Pancake, Apple Butter, Fresh Fruit Entrée Classic Mac and Cheese, 7 Bean Salad, Sunshine Vegetables, Fresh Fruit PM Snack Banana Oatmeal Cookie, Baby Carrots, Vanilla Yogurt</p>	<p>AM Snack Organic Whole Wheat Lemon Coconut Muffin, Fresh Fruit Entrée Fish Bolognese with Whole Grain Pasta, Green Peas, Fresh Fruit PM Snack Artisan Javaneh Bread, Bruschetta, Edamame</p>
WEEK 4	<p>AM Snack Corn Flakes Cereal, Milk, Fresh Fruit Entrée Chicken Meatballs in Tomato Sauce, Whole Grain Pasta, Green Peas, Fresh Fruit PM Snack Wheat Crackers, Cheese Curds, Fresh Fruit</p>	<p>AM Snack Peach Yogurt, Whole Grain Granola, Fresh Fruit Entrée Breaded Fish Sticks, Brown Rice, Sunshine Vegetables, Fresh Fruit PM Snack Whole Wheat Mini Pita, Grape Tomatoes, Cheddar Cheese Slice</p>	<p>AM Snack Whole Wheat Banana Oat Bite, Fresh Fruit Entrée Moroccan Chicken Drumstick, Whole Grain Pasta, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack Cinnamon Scone, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Organic Whole Wheat Carrot Zucchini Muffin, Fresh Fruit Entrée Cheese Omelet, Whole Wheat Bread, Green Beans, Fresh Fruit PM Snack Whole Wheat Mini Bagel, Cheddar Cheese Cubes, Cucumber Slices</p>	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit Entrée White Fish Macaroni and Cheese, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Oat and Date Loaf, Fresh Fruit, Edamame</p>



Menu is effective October 31, 2022




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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MANDI DAY CARE

Healthy Choices - Infant/Toddler Fall/Winter 2022 - 2023

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk, Fresh Fruit Entrée Beef and Tomato Macaroni and Cheese, Peas and Corn, Fresh Fruit PM Snack Organic Oatmeal Cranberry Cookie, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Banana Oatmeal Bar, Fresh Fruit Entrée Beef Burger, Hamburger Bun, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Applesauce, Cheese Curds</p>	<p>AM Snack Whole Wheat English Muffin, Apple Butter, Fresh Fruit Entrée Scrambled Eggs, Shredded Cheddar Cheese, Whole Wheat Wrap, Green Peas, Fresh Fruit PM Snack Whole Wheat Mini Pita, Hummus, Baby Carrots</p>	<p>AM Snack Organic Whole Wheat Banana Muffin, Applesauce Entrée Breaded Fish Sticks, Brown Rice, Broccoli, Fresh Fruit PM Snack Whole Wheat Crackers, Cheddar Cheese Cubes, Cucumber Slices</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit Entrée Maple Mustard Diced Chicken, Brown Rice, Green Beans, Fresh Fruit PM Snack Oatmeal Raisin Loaf, Fresh Fruit, Hardboiled Egg</p>
WEEK 2	<p>AM Snack Corn Flakes Cereal, Milk, Fresh Fruit Entrée Beef Lasagna, Green and Yellow Beans, Fresh Fruit PM Snack Organic Spelt Ginger Snaps, Baby Carrots, Hummus</p>	<p>AM Snack Whole Wheat Mini Bagel, Apple Butter, Fresh Fruit Entrée Turkey Burger, Hamburger Bun, Cheddar Cheese, Mixed Vegetables, Fresh Fruit PM Snack</p>	<p>AM Snack Strawberry Yogurt, Social Tea Biscuits, Fresh Fruit Entrée Filipino Beef Casserole, Brown Rice, Green Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Whole Wheat Chunky Apple Muffin, Fresh Fruit Entrée Beef Meatballs in Gravy, Whole Wheat Bun, Diced Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit Entrée Breaded Fish Sticks, Brown Rice, Green Beans, Fresh Fruit PM Snack</p>
WEEK 3	<p>AM Snack Multigrain Cheerios Cereal, Milk, Fresh Fruit Entrée Egg Patty, Cheddar Cheese, Whole Wheat English Muffin, Peas and Corn, Fresh Fruit PM Snack</p>	<p>AM Snack Mini Strawberry Crackers, Applesauce Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit Entrée BBQ Turkey Meatballs, Brown Rice, Green Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Whole Grain Pancake, Apple Butter, Fresh Fruit Entrée Beef Burger, Hamburger Bun, Sunshine Vegetables, Fresh Fruit PM Snack</p>	<p>AM Snack Organic Whole Wheat Lemon Coconut Muffin, Fresh Fruit Entrée Fish Bolognese with Whole Grain Pasta, Green Peas, Fresh Fruit PM Snack</p>
WEEK 4	<p>AM Snack Corn Flakes Cereal, Milk, Fresh Fruit Entrée Chicken Meatballs in Tomato Sauce, Whole Grain Pasta, Green Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Peach Yogurt, Social Tea Biscuits, Fresh Fruit Entrée Breaded Fish Sticks, Brown Rice, Sunshine Vegetables, Fresh Fruit PM Snack</p>	<p>AM Snack Whole Wheat Banana Oat Bite, Fresh Fruit Entrée Moroccan Diced Chicken, Whole Grain Pasta, Peas and Corn, Fresh Fruit PM Snack</p>	<p>AM Snack Organic Whole Wheat Carrot Zucchini Muffin, Fresh Fruit Entrée Cheese Omelet, Whole Wheat Bread, Green Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit Entrée White Fish Macaroni and Cheese, Diced Carrots, Fresh Fruit PM Snack</p>



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