




**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.

**ALTERNATIVE PRIMARY SCHOOL**

Healthy Choices Plus Spring/Summer 2021

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

