



Our WHOLESOME Menu Includes:



Simple, wholesome ingredients for growing bodies and minds.



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



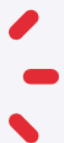
Food kids love to eat.

ALTERNATIVE PRIMARY SCHOOL

Healthy Choices Plus Spring/Summer 2021

Eat Grow Thrive

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



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.

