




**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.

JING BAO - NORTH YORK

Healthy Choices Spring/Summer 2021

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Entrée Apricot Chicken Drumstick, Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Cheddar Cheese Omelet, Whole Wheat Bread, Diced Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Breaded All White Meat Chicken Pieces, Brown Rice, Carrots and Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Fish Sticks, Whole Wheat Wrap, Green Beans, Fresh Fruit PM Snack</p>
WEEK 2	<p>AM Snack Entrée Ginger Tofu and Vegetables, Brown Rice, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Whole Grain Pasta Bolognese (Tomato and Beef Sauce), Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée White Fish Lasagna, Green Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Beef Meatballs in Tomato Sauce, Whole Wheat Bun, Diced Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Tikka Chicken Drumstick, Brown Rice, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack</p>
WEEK 3	<p>AM Snack Entrée Chicken and Bean Chili, Brown Rice, Carrots and Turnips, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Turkey Meatballs in Tomato Sauce, Bun, Green Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Herbed Chicken Drumstick, Whole Grain Pasta, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Spinach Quiche, Whole Wheat Bread, Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Breaded Fish Sticks, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack</p>
WEEK 4	<p>AM Snack Entrée Teriyaki Chicken Drumstick, Brown Rice, Peas and Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Korean Style Fish Filet, Whole Grain Penne, Green Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Sweet and Sour Chicken Meatballs, Brown Rice, Broccoli, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Scrambled Egg, Whole Wheat Wrap, Shredded Cheddar Cheese, Shredded Lettuce, Baby Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Beef and Mushroom Pasta Bake, Peas and Corn, Fresh Fruit PM Snack</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.



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JING BAO - NORTH YORK

Healthy Choices - Infant/Toddler Spring/Summer 2021

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Entrée Diced Apricot Chicken, Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Cheddar Cheese Omelet, Whole Wheat Bread, Diced Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Breaded All White Meat Chicken Pieces, Brown Rice, Carrots and Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Fish Sticks, Whole Wheat Wrap, Green Beans, Fresh Fruit PM Snack</p>
WEEK 2	<p>AM Snack Entrée Ginger Tofu and Vegetables, Brown Rice, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Whole Grain Pasta Bolognese (Tomato and Beef Sauce), Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée White Fish Lasagna, Green Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Beef Meatballs in Tomato Sauce, Whole Wheat Bun, Diced Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Diced Tikka Chicken, Brown Rice, Peas, Fresh Fruit PM Snack</p>
WEEK 3	<p>AM Snack Entrée Chicken and Bean Chili, Brown Rice, Carrots and Turnips, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Turkey Meatballs in Tomato Sauce, Bun, Green Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Diced Herbed Chicken, Whole Grain Pasta, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Spinach Quiche, Whole Wheat Bread, Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Breaded Fish Sticks, Brown Rice, Diced Carrots, Fresh Fruit PM Snack</p>
WEEK 4	<p>AM Snack Entrée Diced Teriyaki Chicken, Brown Rice, Peas and Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Korean Style Fish Filet, Whole Grain Penne, Green Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Sweet and Sour Chicken Meatballs, Brown Rice, Broccoli, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Scrambled Egg, Whole Wheat Wrap, Shredded Cheddar Cheese, Shredded Lettuce, Blanched Baby Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Beef and Mushroom Pasta Bake, Peas and Corn, Fresh Fruit PM Snack</p>



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