



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.

DURHAM MONTESSORI SCHOOL & DAYCARE

Healthy Balance - Spring/Summer 2023

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	AM Snack Cornflakes/Milk Entrée Breaded Chicken Pieces, Brown Rice, Diced Carrots, Plum Sauce, Fresh Fruit PM Snack Digestive Biscuits, Fresh Fruit	AM Snack Raisinbran/Milk Entrée Turkey Alphabet Pasta Soup, Whole Wheat Baguette, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Wheat Mini Bagel, Apple Butter	AM Snack Shreddies/Milk Entrée Beef Burger, Wheat Bun, Green Beans, Fresh Fruit PM Snack Banana Oatmeal Bar	AM Snack Cheerios/Milk Entrée Turkey Macaroni and Cheese, Peas and Corn, Fresh Fruit PM Snack Organic Whole Wheat Summer Berry Muffin	AM Snack Ricekrispies/Milk Entrée Breaded Fish Sticks, Whole Wheat Wrap, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Banana Loaf, Applesauce
WEEK 2	AM Snack Cornflakes/Milk Entrée Turkey Burger, Wheat Bun, Cheddar Cheese, Green Beans, Fresh Fruit PM Snack Oatmeal Banana Cookie, Blanched Baby Carrots	AM Snack Raisinbran/Milk Entrée Vegetarian Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit PM Snack Cinnamon Bagel, Apple Butter	AM Snack Shreddies/Milk Entrée Sweet and Sour Chicken Meatballs, Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Strawberry Yogurt, Social Tea Biscuits	AM Snack Cheerios/Milk Entrée Turkey & Pasta Soup, Whole Wheat Baguette, Blanched Baby Carrots, Fresh Fruit PM Snack Organic Whole Wheat Lemon Blueberry Muffin	AM Snack Ricekrispies/Milk Entrée Italian Beef with Shell Pasta, Peas, Fresh Fruit PM Snack Vanilla Yogurt, Fresh Fruit
WEEK 3	AM Snack Cornflakes/Milk Entrée Breaded Fish Sticks, Whole Wheat Wrap, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Crackers, Cheese Curds	AM Snack Raisinbran/Milk Entrée Chicken and Rice Soup, Dinner Roll, Blanched Baby Carrots, Fresh Fruit PM Snack Banana Oat Bite	AM Snack Shreddies/Milk Entrée Sweet and Sour, Brown Rice, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Mini Pita, Cheddar Cheese Slice	AM Snack Cheerios/Milk Entrée Butter Chicken, Naan, Green Beans, Fresh Fruit PM Snack Organic Gluten Free Mixed Berry Granola Minis, Blanched Baby Carrots	AM Snack Ricekrispies/Milk Entrée Turkey Lasagna, Diced Carrots, Fresh Fruit PM Snack Organic Whole Wheat Summer Berry Muffin
WEEK 4	AM Snack Cornflakes/Milk Entrée Moroccan Chickpeas, Naan, Carrots and Turnips, Fresh Fruit PM Snack Oatmeal Cranberry Cookie, Grape Tomatoes	AM Snack Raisinbran/Milk Entrée Breaded Chicken Pieces, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit PM Snack Peach Yogurt, Arrowroot Biscuits	AM Snack Shreddies/Milk Entrée Turkey Bolognese with Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Pancake, Apple Butter	AM Snack Cheerios/Milk Entrée Diced Lemon Chicken, Whole Grain Pasta, Diced Carrots, Fresh Fruit PM Snack Organic Whole Wheat Lemon Blueberry Muffin	AM Snack Ricekrispies/Milk Entrée Beef Burger, Wheat Bun, Broccoli, Fresh Fruit PM Snack Whole Grain Digestive Biscuits, Fresh Fruit



Menu Launch Date: April 17, 2023

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 Catering 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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