



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

Eat Grow Thrive

Spring/Summer 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Cornflakes/Milk</p> <p>Entrée Creamy Sun-Dried Tomato Chicken Sauce, Whole Grain Pasta, Sunrise Mix (Carrots & Green Beans), Fresh Fruit</p> <p>PM Snack Whole Wheat Mini Veggie Crackers, Cheese Slice</p>	<p>AM Snack Raisinbran/Milk</p> <p>Entrée Korean BBQ Beef, Brown Rice, Peeled Cucumber slices, Fresh Fruit</p> <p>PM Snack Banana Oat Bar</p>	<p>AM Snack Shreddies/Milk</p> <p>Entrée Mini Potato & Cheese Perogies, sour cream, Marinated Chickpea Salad, Vegetable Medley (Green Beans, Green Peas, Carrot, Corn), Fresh Fruit</p> <p>PM Snack Pretzel Bun, Cheese Slice</p>	<p>AM Snack Cheerios/Milk</p> <p>Entrée Southwest Diced Chicken, Cornbread, Green Peas, Fresh Fruit</p> <p>PM Snack Whole Wheat Bagel, Apple Butter</p>	<p>AM Snack Ricekrispies/Milk</p> <p>Entrée Lemon Diced Chicken , Veggie Quinoa Blend, Blanched Baby Carrots, Fresh Fruit</p> <p>PM Snack Waffle, Strawberry Jam</p>
WEEK 2	<p>AM Snack Cornflakes/Milk</p> <p>Entrée Dino Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit</p> <p>PM Snack Babybel Cheese, Fresh Fruit</p>	<p>AM Snack Raisinbran/Milk</p> <p>Entrée Chicken Tikka Masala, Brown Rice, Green Peas, Fresh Fruit</p> <p>PM Snack Multigrain Muesli Morning Round, Apple Butter</p>	<p>AM Snack Shreddies/Milk</p> <p>Entrée Classic Mac and Cheese, Chicken Strips, Vegetable Medley (Green Beans, Green Peas, Carrot, Corn), Fresh Fruit</p> <p>PM Snack Whole Wheat Pita Bruschetta</p>	<p>AM Snack Cheerios/Milk</p> <p>Entrée Beef Burger, Bun, Cheddar Cheese Slice, Corn, Fresh Fruit</p> <p>PM Snack Peach Yogurt, Cereal Topping</p>	<p>AM Snack Ricekrispies/Milk</p> <p>Entrée Portuguese Diced Chicken, Whole Grain Pasta, Broccoli, Fresh Fruit</p> <p>PM Snack Whole Wheat Summer Berry Muffin</p>
WEEK 3	<p>AM Snack Cornflakes/Milk</p> <p>Entrée Chicken Alfredo Sauce, Pasta, Sunrise Mix (Carrots & Green Beans), Fresh Fruit</p> <p>PM Snack Whole WheatBanana Muffin, Fresh Fruit</p>	<p>AM Snack Raisinbran/Milk</p> <p>Entrée Teriyaki Halal Chicken Meatballs, Brown Rice, Broccoli, Fresh Fruit</p> <p>PM Snack Whole Wheat Carrot Zucchini Loaf</p>	<p>AM Snack Shreddies/Milk</p> <p>Entrée Butter Chicken Sauce, Whole Wheat Pasta, Peas & Corn, Fresh Fruit</p> <p>PM Snack Whole WheatPancake, Strawberry Chia Seed Jam</p>	<p>AM Snack Cheerios/Milk</p> <p>Entrée Ground Beef and Bean Taco Bowl, Mexican Rice, Shredded Cheese, Corn, Fresh Fruit</p> <p>PM Snack Cornbread, Unsweetened Applesauce</p>	<p>AM Snack Ricekrispies/Milk</p> <p>Entrée BBQ Diced Chicken, Veggie Quinoa Blend, Diced Carrots, Fresh Fruit</p> <p>PM Snack Whole Wheat Muffin</p>
WEEK 4	<p>AM Snack Cornflakes/Milk</p> <p>Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Vegetable Medley (Green Beans, Green Peas, Corrots, Corn), Fresh Fruit</p> <p>PM Snack Banana Oat Bar, Unsweetened Applesauce</p>	<p>AM Snack Raisinbran/Milk</p> <p>Entrée Hidden Tofu Mac & Cheese, Peas & Corn, Fresh Fruit</p> <p>PM Snack Multigrain Muesli Morning Round, Apple Butter</p>	<p>AM Snack Shreddies/Milk</p> <p>Entrée BBQ Beef Meatballs, Whole Wheat Bread, Sunrise Mix (Carrots & Green Beans) Fresh Fruit</p> <p>PM Snack Whole Grain Banana Cookie</p>	<p>AM Snack Cheerios/Milk</p> <p>Entrée Fish Sticks, Brown Rice, Green Peas, Fresh Fruit</p> <p>PM Snack Whole Wheat Bread, Cheese Slice</p>	<p>AM Snack Ricekrispies/Milk</p> <p>Entrée Herbed Diced Chicken , Whole Grain Pasta, Blanched Baby Carrots, Fresh Fruit</p> <p>PM Snack Whole Wheat English Muffin, Cheese Slice</p>



Menu Launch Date April 13, 2026
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.

