

Eat Grow Thrive

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.

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TRAIL RIDGE MONTESSORI

Healthy Choices Fall/Winter 2023 - 2024

MONDAY TUESDAY **WEDNESDAY** THURSDAY **FRIDAY** AM Snack Whole Wheat Pancake. AM Snack Multi Grain Cheerios Cereal. AM Snack Organic Whole Wheat AM Snack Banana Oatmeal Bar Apple Butter Milk EEK 1 Entrée Scrambled Eggs, Shredded AM Snack Rice Krispies Cereal, Milk Carrot Muffin Entrée Breaded Chicken Pieces, Brown Entrée Sweet and Sour Beef, Whole Entrée Beef Burger, Hamburger Cheddar Cheese, Whole Wheat Entrée Teriyaki Chicken Drumstick. Rice, Plum Sauce, Peas and Corn. Grain Pasta, Sunrise Vegetables Bun, Green Beans, Fresh Fruit Bread, Diced Carrots, Fresh Fruit Brown Rice, Peas, Fresh Fruit (Green Beans/Carrots), Fresh Fruit Fresh Fruit PM Snack Whole Wheat Breadsticks. PM Snack Spice Snaps, Fresh Fruit PM Snack Whole Wheat Melba PM Snack Whole Wheat Oatmeal PM Snack Whole Wheat Apple ≥ Toast, Cheddar Cheese Slice Hummus Cranberry Loaf, Baby Carrots Cookie, Applesauce AM Snack Whole Wheat Mini Bagel, AM Snack Peach Yogurt, Whole Grain AM Snack Corn Flakes Cereal, Milk Apple Butter AM Snack Organic Whole Wheat AM Snack Whole Wheat Shreddies Granola 2 Entrée Beef Meatballs in Tomato Entrée Breaded Chicken, Whole Entrée Turkey Burger, Hamburger Bun, Banana Muffin Cereal. Milk Ш Entrée Beef in Gravy, Whole Grain Sauce, Brown Rice, Green and Cheddar Cheese Slice, Sunrise Entrée Mild Cajun Chicken Drumstick, Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Leafy Greens, French Dressing, Fresh Yellow Beans, Fresh Fruit Vegetables (Green Beans/Carrots), Pasta, Diced Carrots, Fresh Fruit Π PM Snack Organic Whole Grain Mini Fresh Fruit Fresh Fruit PM Snack Banana Oatmeal Bar, Fruit ≥ PM Snack Whole Wheat Crackers, Ginger Snaps, Baby Carrots PM Snack Whole Wheat Oat and Date Fresh Fruit PM Snack Vanilla Yogurt. Fresh Fruit Cheese Curds Loaf. Cucumber Slices AM Snack Whole Wheat Oat Cranberry AM Snack Whole Wheat Cinnamon AM Snack Organic Whole Wheat Carrot AM Snack Multi Grain Cheerios AM Snack Rice Krispies Cereal. Milk Cookie EEK 3 Scone Muffin Entrée Beef in Gravy, Mashed Entrée Turkey Meatballs in Tomato Cereal, Milk Entrée Breaded Fish Sticks, Whole Entrée Beef Burger, Hamburger Bun, Potatoes, Whole Wheat Bread, Sauce, Whole Wheat Bun, Sunrise Entrée Salsa Chicken Drumstick, Wheat Wrap, Diced Carrots, Fresh Broccoli, Fresh Fruit Vegetable Medley (Green Beans, Vegetables (Green Beans/Carrots), Brown Rice, Peas and Corn, Fresh PM Snack Organic Gluten Free Whole Fruit Peas, Carrots, Corn), Fresh Fruit Fresh Fruit Fruit ≥ PM Snack Whole Wheat Banana Oat Grain Strawberry Granola Bar. Baby PM Snack Whole Wheat Breadsticks. PM Snack Whole Wheat Soda PM Snack Spice Snaps, Fresh Fruit Bite. Fresh Fruit Carrots Crackers, Cheese Curds Cheddar Cheese Slice AM Snack Strawberry Yogurt, Whole AM Snack Wholes Wheat Cinnamon AM Snack Whole Wheat Shreddies WEEK 4 AM Snack Corn Flakes Cereal, Milk Grain Granola AM Snack Organic Whole Wheat Raisin Bagel, Apple Butter Cereal. Milk Entrée Egg Square, Whole Wheat Entrée Portuguese Chicken Drumstick. Banana Muffin Entrée Breaded Chicken Pieces. Entrée Breaded Chicken, Hamburger Texas Toast, Cheddar Cheese Slice, Whole Grain Pasta, Vegetable Medley Entrée Beef Meatballs in Gravy, Bun, Bun, Sunrise Vegetables (Green Brown Rice, Peas and Corn, Plum (Green Beans, Peas, Carrots, Corn). Diced Carrots. Fresh Fruit Green Beans, Fresh Fruit Sauce. Fresh Fruit Beans/Carrots), Fresh Fruit PM Snack Mini Cocoa Snaps, Fresh Fresh Fruit PM Snack Whole Wheat Round PM Snack Whole Wheat Pita Pocket. PM Snack Whole Wheat Digestive PM Snack Whole Wheat Oat and Date Fruit Crackers, Grape Tomatoes Cheddar Cheese Slice Biscuits. Vanilla Yogurt Loaf. Fresh Fruit

- Menu Launch Date: October 30, 2023 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).
- Milk and/or Water are served with lunch and snacks

Menu is approved by a

Registered Dietitian.

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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Healthy Choices - Infant/Toddler Fall/Winter 2023 - 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	AM Snack Rice Krispies Cereal, Milk Entrée Beef Burger, Hamburger Bun, Green Beans, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit	AM Snack Banana Oatmeal Bar Entrée Scrambled Eggs, Shredded Cheddar Cheese, Whole Wheat Bread, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Melba Toast, Cheddar Cheese Slice	AM Snack Whole Wheat Pancake, Apple Butter Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Oatmeal Cookie, Applesauce	AM Snack Organic Whole Wheat Carrot Muffin Entrée Teriyaki Diced Chicken, Brown Rice, Peas, Fresh Fruit PM Snack Whole Wheat Breadsticks, Hummus	AM Snack Multi Grain Cheerios Cereal, Milk Entrée Sweet and Sour Beef, Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Apple Cranberry Loaf, Blanched Baby Carrots
WEEK 2	AM Snack Corn Flakes Cereal, Milk Entrée Beef Meatballs in Tomato Sauce, Brown Rice, Green and Yellow Beans, Fresh Fruit PM Snack Organic Whole Grain Mini Ginger Snaps, Blanched Baby Carrots	AM Snack Whole Wheat Mini Bagel, Apple Butter Entrée Breaded Chicken, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Crackers, Cheese Curds	AM Snack Peach Yogurt, Social Tea Biscuits Entrée Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Oat and Date Loaf, Peeled Cucumber Slices	AM Snack Organic Whole Wheat Banana Muffin Entrée Beef in Gravy, Whole Grain Pasta, Diced Carrots, Fresh Fruit PM Snack Banana Oatmeal Bar, Fresh Fruit	AM Snack Whole Wheat Shreddies Cereal, Milk Entrée Mild Cajun Diced Chicken, Peas and Corn, Fresh Fruit PM Snack Vanilla Yogurt, Fresh Fruit
WEEK 3	AM Snack Rice Krispies Cereal, Milk Entrée Beef in Gravy, Mashed Potatoes, Whole Wheat Bread, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Soda Crackers, Cheese Curds	AM Snack Whole Wheat Cinnamon Scone Entrée Breaded Fish Sticks, Whole Wheat Wrap, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Banana Oat Bite, Fresh Fruit	AM Snack Whole Wheat Oat Cranberry Cookie Entrée Turkey Meatballs in Tomato Sauce, Whole Wheat Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Breadsticks, Cheddar Cheese Slice	AM Snack Multi Grain Cheerios Cereal, Milk Entrée Salsa Diced Chicken, Brown Rice, Peas and Corn, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit	AM Snack Organic Whole Wheat Carrot Muffin Entrée Beef Burger, Hamburger Bun, Broccoli, Fresh Fruit PM Snack Organic Gluten Free Whole Grain Strawberry Granola Bar, Blanched Baby Carrots
WEEK 4	AM Snack Corn Flakes Cereal, Milk Entrée Egg Square, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots, Fresh Fruit PM Snack Mini Cocoa Snaps, Fresh Fruit	AM Snack Wholes Wheat Cinnamon Raisin Bagel, Apple Butter Entrée Breaded Chicken Pieces, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Slice	AM Snack Strawberry Yogurt, Social Tea Biscuits Entrée Portuguese Diced Chicken, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Oat and Date Loaf, Fresh Fruit	AM Snack Organic Whole Wheat Banana Muffin Entrée Beef Meatballs in Gravy, Bun, Green Beans, Fresh Fruit PM Snack Whole Wheat Round Crackers, Grape Tomatoes	AM Snack Whole Wheat Shreddies Cereal, Milk Entrée Breaded Chicken, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Digestive Biscuits, Vanilla Yogurt

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