




**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.

**Eat Grow Thrive**

**CALEDON EAST CHILDREN'S PLACE**

Spring/Summer 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> All-Bran with Milk  <b>Entrée</b> Creamy Sun-Dried Tomato Chicken Sauce, Whole Grain Pasta, Sunrise Mix (Carrots &amp; Green Beans), Fresh Fruit  <b>PM Snack</b> Whole Wheat Mini Veggie Crackers, Cheese Slice</p>	<p><b>AM Snack</b> Banana Oat Bar  <b>Entrée</b> Korean BBQ Beef, Brown Rice, Cucumber Slices, Fresh Fruit  <b>PM Snack</b> Melba Toast, Fresh Fruit</p>	<p><b>AM Snack</b> Rice Krispies with Milk  <b>Entrée</b> Mini Potato &amp; Cheese Perogies, sour cream, Marinated Chickpea Salad, Vegetable Medley (Green Beans, Green Peas, Carrot, Corn), Fresh Fruit  <b>PM Snack</b> Pretzel Bun, Cheese Slice</p>	<p><b>AM Snack</b> Whole Wheat Bagel, Apple Butter  <b>Entrée</b> Cheddar Cheese Omelete, Whole Wheat Bread, Green Peas, Fresh Fruit  <b>PM Snack</b> Whole Wheat Breadsticks, Hummus</p>	<p><b>AM Snack</b> Waffle, Strawberry Jam  <b>Entrée</b> Lemon Chicken Drumstick, Veggie Quinoa Blend, Assorted Bell Pepper Sticks, Fresh Fruit  <b>PM Snack</b> Whole Wheat Muffin, Fresh Fruit</p>
WEEK 2	<p><b>AM Snack</b> Special K Cereal with Milk  <b>Entrée</b> Dino Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Babybel Cheese, Fresh Fruit</p>	<p><b>AM Snack</b> Multigrain Muesli Morning Round, Apple Butter  <b>Entrée</b> Egg Patty, Cheddar Cheese Slice, Whole Wheat Bread, Green Peas, Fresh Fruit  <b>PM Snack</b> Whole Wheat Vanilla Heart Snaps, Unsweetened Applesauce</p>	<p><b>AM Snack</b> Multigrain Cheerios with Milk  <b>Entrée</b> Classic Mac and Cheese, with Grilled Chicken Strips, Leafy Greens (Italian Dressing) Fresh Fruit  <b>PM Snack</b> Whole Wheat Pita Bruschetta</p>	<p><b>AM Snack</b> Peach Yogurt, Whole Grain Granola  <b>Entrée</b> Beef Burger, Bun, Cheddar Cheese Slice, Corn, Fresh Fruit  <b>PM Snack</b> Hard Boiled Egg, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Summer Berry Muffin  <b>Entrée</b> Portuguese Chicken Drumstick, Whole Grain Pasta, Assorted Bell Pepper Sticks, Fresh Fruit  <b>PM Snack</b> Organic Strawberry Granola Bar, Baby Carrots</p>
WEEK 3	<p><b>AM Snack</b> Corn Flakes with Milk  <b>Entrée</b> Chicken Alfredo Sauce, Pasta, Sunrise Mix (Carrots &amp; Green Beans), Fresh Fruit  <b>PM Snack</b> Whole Wheat Banana Muffin, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Carrot Zucchini Loaf  <b>Entrée</b> Vegetarian Egg "Fried" Rice, Broccoli, Fresh Fruit  <b>PM Snack</b> Cucumber Slices, Red Pepper Cheese Dip</p>	<p><b>AM Snack</b> Whole Wheat Pancake, Strawberry Chia Seed Jam  <b>Entrée</b> Butter Chicken Sauce, Whole Wheat Pasta, Peas &amp; Corn, Fresh Fruit  <b>PM Snack</b> Mini Naan Dippers, Sesame free Hummus</p>	<p><b>AM Snack</b> Rice Chex with Milk  <b>Entrée</b> Ground Beef and Bean Taco Bowl, Mexican Rice, Shredded Cheese, Assorted Bell Pepper Sticks, Fresh Fruit  <b>PM Snack</b> Cornbread, Unsweetened Applesauce</p>	<p><b>AM Snack</b> Whole Wheat Muffin  <b>Entrée</b> BBQ Chicken Drumstick, Veggie Quinoa Blend, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Mini Maple Shaped Biscuits, Fresh Fruit</p>
WEEK 4	<p><b>AM Snack</b> Special K with Milk  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Vegetable Medley (Green Beans, Green Peas, Carrots, Corn), Fresh Fruit  <b>PM Snack</b> Banana Oat Bar, Unsweetened Applesauce</p>	<p><b>AM Snack</b> Multigrain Muesli Morning Round, Apple Butter  <b>Entrée</b> Hidden Tofu Mac &amp; Cheese, Peas &amp; Corn, Fresh Fruit  <b>PM Snack</b> Cheese Cubes, Baby Carrots</p>	<p><b>AM Snack</b> Whole Grain Banana Cookie  <b>Entrée</b> BBQ Beef Meatballs, Whole Wheat Bread, Sunrise Mix (Carrots &amp; Green Beans) Fresh Fruit  <b>PM Snack</b> Whole Wheat Breadsticks, Grape Tomatoes</p>	<p><b>AM Snack</b> Whole Wheat Bread, Cheese Slice  <b>Entrée</b> Fish Sticks, Brown Rice, Green Peas, Fresh Fruit  <b>PM Snack</b> Babybel Cheese, Fresh Fruit</p>	<p><b>AM Snack</b> Cheerios with Milk  <b>Entrée</b> Herbed Chicken Drumstick, Whole Grain Pasta, Baby Carrots, Fresh Fruit  <b>PM Snack</b> 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.

