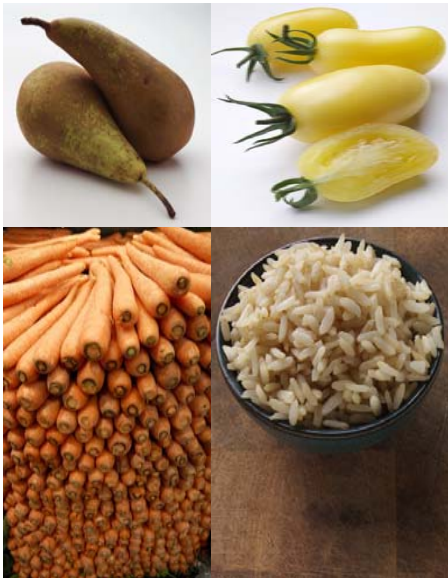


# whole green kids

## Spring Menu 2010

March 8<sup>th</sup> 2010



### FOCUS ON LOCAL & ORGANIC

We aim to use food that is free of artificial coloring and preservatives and we place a strong emphasis on using as much local & organic content as possible. Our meat variety consists of both natural and organic meats from Ontario local farmers. Our dedicated farmers are committed to supplying food that is raised without using sub-therapeutic antibiotics and growth promoting hormones. Fruits and vegetables offered in our menu vary according to season and availability. We provide natural and whole alternatives for vegan, gluten and dairy.

Going beyond organic certification to choose local Ontario-grown fruits, vegetables and meats makes our food a seasonal, sustainable and a healthy choice for your children.



Whole Kids is a member of the Whole Grains Council supporting increased consumption of whole grains for better health. Our membership symbol is located beside our prepared meal that provide a delicious whole grain choice for children.

Whole Kids working with Beretta Farms supporting local farming strategies to provide organic meats, hormone and antibiotic free for Whole Kids.

### WHOLE & HEALTHY CHOICES FOR CHILDREN

Whole. Healthy. Organic.



נלאט כסר למתדורין

Serving Kosher and Halal Meats...Certification of our Supplying Partners of meats produced in Canada.





## Spring Menu 2010 Food Alternatives & Guidelines



### WHOLE & HEALTHY CHOICES FOR CHILDREN

#### Whole Green Kids

Organic & Whole Foods for Kids  
Children's Catering & Food Service  
3419 Dundas Street W.  
Etobicoke, ON  
M6X 2S4  
Main: (416) 231-4553


Whole Kids.... Working with **Beretta Farms** supporting local farming strategies to provide Organic Meats, Hormone and antibiotic free for Whole Kids.

As part of our continuous improvement to provide organic content in our lunch program, Whole Kids has embraced Beretta's certified organic meats offering antibiotic free, non-preserved products that are certified organic and growth hormone free. Beretta is a local farmer located 20 minutes outside of the GTA in Nobleton. For more information on **Beretta Farms** go to: [www.berettaorganics.com](http://www.berettaorganics.com)



### A Note About Our Food Alternatives

We provide natural and whole alternatives for vegan, gluten and dairy.

Food alternatives are provided for dairy, gluten and meats, consisting of tasteful soy milk, gluten-free breads and various snack items. Meal alternatives can be substituted for tofu or special cultural meats based on availability. Our Gluten-Free Symbol  located beside foods indicate products that have been made in a 100% "gluten-free" – facility.

### Menu Guidelines

Careful menu planning has been designed to meet essential children's nutritional needs and to expose them to a wide variety of foods. Meal servings and nutrition requirements are in accordance to the Day Nurseries Legislative Reference and Canada's Food Guide. Our food is prepared peanut-free in our peanut-free facility.

### Prepared Foods

We place a strong emphasis on using as much local & organic content as possible. We aim to use food that is free of artificial coloring and artificial preservatives. our meat variety consists of both natural and organic meats from Ontario local farmers. Our dedicated farmers are committed to supplying food that is raised without using sub-therapeutic antibiotics and growth promoting hormones. Fruits and vegetables offered in our menu vary according to season and availability.

### Use of Whole Grains



Whole Kids is a member of the Whole Grains Council supporting increased consumption of whole grains for better health. Our membership symbol is located beside our prepared meal that provide a delicious whole grain choice for children.

### Toddler Special Purees

We now offer a variety of "homemade purees". Pear, Apple-carrot, Pea, Cauliflower, Potato, Carrot, Applesauce, Banana.

# whole green kids

## Allergen Alternatives



WHOLE & HEALTHY CHOICES  
FOR CHILDREN

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Fax: 416.231.8322

## Allergen Alternatives

We provide natural and whole alternatives for vegan, gluten and dairy. Food alternatives are provided for dairy, gluten and meats, consisting of tasteful soy milk, gluten-free breads and various snack items. Meal alternatives can be substituted for tofu or special cultural meats based on availability.

### Gluten Allergies

Pasta:  
Soy & Teriyaki:  
Breads and Wraps:

Rice Noodles and rice pasta, or corn pasta are provided.  
Gluten-Free Soy is provided.  
Gluten-Free bagels and organic, Gluten-free Banana Loafs are provided.  
Rice or corn pasta are offered as a replacement for couscous.  
All of our cereals are gluten-free & vegan.  
Tomato Sauce.

Couscous:  
Cereal:  
Cream Sauces:

### Dairy Allergies

Milk:  
Cream Sauces:  
Yogurt:

Milk is substituted with soy milk, rice milk or Lactaid milk.  
Tomato Sauce.  
Soy yogurt is available for substitution or fruit will be provided.

### Egg Allergy

Egg-free bread and bagels will be provided.

### Sesame Allergy

Rice cracker substitutes are provided.

### Fish Allergy

Vegetarian or chicken alternatives are offered.

### Soy Allergy

Tomato Sauce. Edamame is replaced with carrot sticks. Pasta and some baked goods are replaced with vegetable and potato based foods.

### Vegetarian

A protein replacement such as chickpeas, organic tofu or lentils will be provided.

### Special Meats

Halal meat substitution is available.

## Spring Menu 2010




**The Whole Grain Symbol:** Whole Green Kids is a Proud Member of the Whole Grain Council, Supporting increase consumption of Whole Grains for better health.



### Did you know?

Eating local can often be more eco-friendly than eating organic as some organic foods clock many "food miles" impacting air quality and pollution. ~ **Food Policy, March 2005**

Our "Gluten-Free" Symbol: 

Dairy and Vegan will also be supplemented. Other allergens such as sesame will also be considered.

**Infant/Toddlers:** Alternatives are provided to meet the needs of infant and toddlers balanced nutrition.

## Week One

	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
Monday	Organic & Whole Cereals & Milk	"Meatball Sandwich" With Whole Wheat Pita Mixed Vegetables Fresh Fruit & Milk	Fruit Bars & Milk
Tuesday	Fresh Fruit & Yogurt	"Free-Range" Chicken Breast with Vegetarian Sauce Baby Potatoes & Carrots Fresh Fruit Milk	Ontario Garden Organic Vegetables & Homemade Hummus
Wednesday	Organic Apple Butter & Stone Whole Wheat Crackers	"Organic Beef Macaroni " Broccoli Fresh Fruit & Milk	Carrots, Cucumbers & Soft Cream Cheese
Thursday	Homemade Baguette & Natural Fruit Puree	"Build your own Pita Pizza" "Whole Wheat Pita Pizza Pocket" Home-style Italian Sauce Cheese & Chicken Pepperoni w/ raw carrot sticks Fresh Fruit & Milk	Peel-and-Eat Edamame w/ Rice Crisps & Milk
Friday	Whole Wheat Flax Pita with Soft Cream Cheese	"Chicken-Filet-O Burger" with Mayonnaise & Lettuce" Chicken burger with Whole Wheat, "Whole-Made Natural Bun" w/ Caesar Salad Fresh Fruit & Milk	"Cocoa Loaf" - Dairy & Egg Free with Milk



Our Meats Are Ontario Farmed...

Meats are Ontario Farmed, both Organic and Natural.

Halal & Kosher Certified Meats....

Substitutions for both Halal & Kosher meats are certified.

We place a strong emphasis on using as much local & organic content as possible and we aim to use Product that is free of trans fats, artificial coloring and artificial preservatives. A variety of our meats used in our menu is from Ontario local farmers both Natural and Organic. Our dedicated farmers are committed to supplying food that is raised without using sub-therapeutic antibiotics and growth promoting hormones. Fruits and vegetables offered in our menu vary according to season and availability. We provide natural and whole alternatives for vegan, gluten and dairy.

### NEW CEREALS:

We now provide a new rotation of a variety of cereal types some of which are sweetened with natural fruit juice and some whole grain & Rice Cereals.



Whole & Organic Foods for Kids



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Substitutions for both  
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**Infant/Toddlers:**  
Alternatives will be provided where required.

## Week Two

	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
Monday	<b>Organic &amp; Whole Cereals &amp; Milk</b>	<b>“Our Homemade Chicken Noodle Soup”</b> Whole Wheat Pita and Cheese w/ raw carrots Fresh Fruit & Milk	<b>Fruit Bars &amp; Yogurt</b>
Tuesday	<b>Morning Snack</b> <b>Homemade Apple Sauce “Made with Ontario Apples”</b> & Whole Wheat Baguette Roll	<b>Lunch</b> <b>“Meat &amp; Vegetable Chili”</b> w/ Basmati Rice Fresh Fruit & Milk	<b>Afternoon Snack</b> <b>Homemade Rice Pudding &amp; Milk</b>
Wednesday	<b>Morning Snack</b> <b>Fresh Fruit &amp; Yogurt</b>	<b>Lunch</b> <b>“Penne Lasagna Pie”</b> Baked Italian home-style sauce, Ontario cheese, noodles w/ salad & Whole Wheat “whole-made” rolls Fresh Fruit & Milk	<b>Afternoon Snack</b> <b>Homemade Carrot Muffins</b> “Made with Organic Flour” & Milk
Thursday	<b>Morning Snack</b> <b>Organic Crackers</b> With Soft Cream Cheese & Milk	<b>Lunch</b> <b>Tomato Fish-Filet</b> Carrots and Basmati Rice Fresh Fruit & Milk	<b>Afternoon Snack</b> <b>Ontario Garden Organic Vegetables</b> with Homemade Hummus
Friday	<b>Morning Snack</b> <b>Whole Wheat Flax Pita</b> With Natural Non- GMO Butter & Milk	<b>Lunch</b> <b>Spaghetti &amp; Meatballs</b> Ontario Homemade Tomato Sauce, Caesar Salad Fresh Fruit & Milk	<b>Afternoon Snack</b> <b>Organic Animal Cookies</b> & Yogurt INF/TOD: Yogurt & Soft Infant Cookies



### FOCUS ON ORGANIC

Eating certified organic food is the best way to minimize children's exposure to toxins and known carcinogens - while maximizing nutrition!

### Did you know?

*Non-organic rice may have 1.4 to 5 times more arsenic than rice that's been grown organically.*

*~ The World's Healthiest Foods website accessed May 2009*

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Halal & Kosher meats are certified.

**Infant/Toddlers:**  
Alternatives will be provided where required.

### Week Three

Monday	<p><b>Morning Snack</b> Stone Wheat Crackers &amp; Natural Fruit Spread</p>	<p><b>Lunch</b> "Organic Bean Burrito" Whole-Wheat Tortilla w/ Beans Tomato Salsa, lettuce Raw Carrots Fresh Fruit &amp; Milk</p>	<p><b>Afternoon Snack</b> Ontario Garden Organic Vegetables with Homemade Hummus</p>
Tuesday	<p><b>Morning Snack</b> Organic &amp; Whole Cereals &amp; Milk</p>	<p><b>Lunch</b> "Rotini Pasta with Organic Soy Tomato Sauce" w/ Broccoli Fresh Fruit &amp; Milk</p>	<p><b>Afternoon Snack</b> Carrots, Cucumber &amp; Fruit Yogurt</p>
Wednesday	<p><b>Morning Snack</b> Whole Wheat Bagels With Non-GMO Natural Butter &amp; Milk</p>	<p><b>Lunch</b> "Meatball-Pita-Pocket" Home-style Meatballs &amp; Whole Wheat Pita with Homemade Ontario Tomato Sauce &amp; Raw Carrots Fresh Fruit &amp; Milk</p>	<p><b>Afternoon Snack</b> Homemade Rice Pudding &amp; Milk</p>
Thursday	<p><b>Morning Snack</b> Whole Wheat Flax Pita &amp; Organic Apple Butter</p>	<p><b>Lunch</b> "Carrot Fish Fillet" w/ basmati Rice and Mixed Vegetables Fresh Fruit &amp; Milk</p>	<p><b>Afternoon Snack</b> Whole Wheat Baguette Roll &amp; Natural Fruit Puree</p>
Friday	<p><b>Morning Snack</b> Fruit Bars &amp; Milk</p>	<p><b>Lunch</b> Ontario Cheese Tortellini, Homemade Ontario Tomato Sauce with Cauliflower Whole Wheat "Whole-Made" Rolls Fresh Fruit &amp; Milk</p>	<p><b>Afternoon Snack</b> Organic Rice Crackers &amp; Homemade Salsa</p>



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**Halal & Kosher Certified Meats....**  
Substitutions for both  
Halal & Kosher meats are certified.

Our "Gluten-Free"  
Symbol:

Dairy and Vegan will also be supplemented. Other allergens such as sesame will also be considered.

**Infant/Toddlers:**  
Alternatives will be provided where required.

## Week Four

Monday	<p><b>Morning Snack</b> Organic &amp; Whole Cereals &amp; Milk</p>	<p><b>Lunch</b> Tomato &amp; Pasta Soup With Organic kidney beans With Whole Wheat Pita &amp; Cheese Raw Carrots Fresh Fruit &amp; Milk</p>	<p><b>Afternoon Snack</b> Organic Blue Corn Tortillas Chips &amp; Homemade Salsa</p> <p>INF/TOD: Cucumbers &amp; Yogurt</p>
Tuesday	<p><b>Morning Snack</b> Flax Pita &amp; Non-GMO Natural Butter</p>	<p><b>Lunch</b> "Home-Style Chicken Tenders" With Basmati Rice &amp; Broccoli Fresh Fruit &amp; Milk</p>	<p><b>Afternoon Snack</b> Homemade Rice Pudding &amp; Milk</p>
Wednesday	<p><b>Morning Snack</b> Stone Wheat Crackers &amp; Apple Butter</p>	<p><b>Lunch</b> "Penne Pasta &amp; Rosé Sauce" Mixed with Tofu Puree and Cauliflower Fresh Fruit &amp; Milk</p>	<p><b>Afternoon Snack</b> Carrots, Cucumbers &amp; Yogurt</p>
Thursday	<p><b>Morning Snack</b> Whole Wheat Bagel &amp; Natural Fruit Puree</p>	<p><b>Lunch</b> "Organic Beef Sloppy Joes" Old-Fashioned Sloppy Joes With Raw Carrots Fresh Fruit &amp; Milk</p>	<p><b>Afternoon Snack</b> Fruit Bars &amp; Milk</p>
Friday	<p><b>Morning Snack</b> Homemade Apple Sauce "Made with Ontario Apples" &amp; Whole Wheat Baguette Roll</p>	<p><b>Lunch</b> Ontario Cheese Tortellini Homemade Ontario Tomato Sauce with Mixed vegetables Fresh Fruit &amp; Milk</p>	<p><b>Afternoon Snack</b> Banana Bread &amp; Milk</p>



### FOCUS ON LOCAL

Going beyond organic certification to choose local Ontario-grown fruits, vegetables and meats makes our food a seasonal, sustainable and healthy choice for your children.

### FEATURED LOCAL ONTARIO INGREDIENTS:

#### Whole Fresh Apples

Our all-natural, homemade applesauce is made with whole, fresh, Ontario apples – nothing added, nothing taken away...just pure, nutritious applesauce for tiny taste buds.

#### Whole Fresh Carrots

Ontario-grown whole carrots go into our sauces, stews and snacks to give children a valuable boost of beta-carotene to support eye health - while supporting local farmers.

#### Whole Fresh Onions

Ontario-grown local cooking onions add flavour and nutrition to our homemade lunch entrees. Like garlic, onions contain the valuable phytochemical allicin which fights certain chronic disease which may affect children.

