






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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> Cornflakes/Milk  <b>Entrée</b> Beef Lasagna, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit  <b>PM Snack</b> Spice Snaps, Vanilla Yogurt</p>	<p><b>AM Snack Raisinbran/Milk</b>  <b>Entrée</b> Chicken Noodle Soup, Whole Wheat Bread, Blanched Baby Carrots, Fresh Fruit  <b>PM Snack</b> Whole Wheat Flat Crackers, Cheese Curds</p>	<p><b>AM Snack Shreddies/Milk</b>  <b>Entrée</b> Crustless Turkey Pot Pie, Mashed Potatoes, Dinner Roll, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Spice Snaps, Applesauce</p>	<p><b>AM Snack Cheerios/Milk</b>  <b>Entrée Mild Cajun Diced Chicken, Brown Rice, Peas &amp; Corn, Fresh Fruit</b>  <b>PM Snack Soda Crackers, Cheese Slice</b></p>	<p><b>AM Snack</b> Ricekrispies/Milk  <b>Entrée</b> Turkey Meatballs in Gravy, Brown Rice, Carrots &amp; Turnips, Fresh Fruit  <b>PM Snack</b> Whole Wheat Banana Oat Loaf, Peeled Cucumbers</p>
WEEK 2	<p><b>AM Snack</b> Cornflakes/Milk  <b>Entrée</b> Breaded Chicken, Brown Rice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Digestive Cookies, Fresh Fruit</p>	<p><b>AM Snack Raisinbran/Milk</b>  <b>Entrée</b> Turkey Lasagna, Green &amp; Yellow Beans, Fresh Fruit  <b>PM Snack</b> Round Crackers, Cheese Curds</p>	<p><b>AM Snack Shreddies/Milk</b>  <b>Entrée</b> Breaded Fish Sandwich, Lemon Dill Sauce, Peas &amp; Corn, Fresh Fruit  <b>PM Snack</b> Oatmeal Cookie, Fruity Applesauce</p>	<p><b>AM Snack Cheerios/Milk</b>  <b>Entrée</b> Roasted Apple, Diced Chicken, Brown Rice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Whole Wheat Carrot Muffin</p>	<p><b>AM Snack</b> Ricekrispies/Milk  <b>Entrée</b> Creamy Chicken Whole Grain Noodle Casserole, Green Peas, Fresh Fruit  <b>PM Snack</b> Cocoa Snaps, Fresh Fruit</p>
WEEK 3	<p><b>AM Snack</b> Cornflakes/Milk  <b>Entrée</b> Beef &amp; Tomato Cheesy Pasta, Green Beans, Fresh Fruit  <b>PM Snack</b> Strawberry Granola Bar, Fresh Fruit</p>	<p><b>AM Snack Raisinbran/Milk</b>  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Spice Snaps, Vanilla Yogurt</p>	<p><b>AM Snack Shreddies/Milk</b>  <b>Entrée</b> Beef Burger, Hamburger Bun, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit  <b>PM Snack</b> Whole Wheat Banana Loaf, Baby Carrots</p>	<p><b>AM Snack Cheerios/Milk</b>  <b>Entrée</b> Portuguese Diced Chicken, Whole Grain Pasta, Green Peas, Fresh Fruit  <b>PM Snack</b> Melba toast, Cheese Cubes</p>	<p><b>AM Snack</b> Ricekrispies/Milk  <b>Entrée</b> Fiesta Mexican Ground Beef, Brown Rice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Oatmeal Cranberry Crisp, Cheese Cubes</p>
WEEK 4	<p><b>AM Snack</b> Cornflakes/Milk  <b>Entrée</b> Breaded Chicken, Hamburger Bun, Sweet Potato, Fresh Fruit  <b>PM Snack</b> Strawberry Granola Bar, Fruit</p>	<p><b>AM Snack Raisinbran/Milk</b>  <b>Entrée</b> Turkey Meatballs in Tomato Sauce, Submarine Bun, Shredded Mozzarella, Green Peas, Fresh Fruit  <b>PM Snack</b> Whole Wheat Flat Crackers, Cheese Curds</p>	<p><b>AM Snack Shreddies/Milk</b>  <b>Entrée</b> Fish Sticks, Brown Rice, Vegetable Medley, Fresh Fruit  <b>PM Snack</b> Whole Wheat Pumpkin Loaf, Fresh Fruit</p>	<p><b>AM Snack Cheerios/Milk</b>  <b>Entrée</b> Mini Beef Meatball Soup, Whole Wheat Bread, Blanched Baby Carrots, Fresh Fruit  <b>PM Snack</b> Banana Oat Bar, Peeled Cucumbers</p>	<p><b>AM Snack</b> Ricekrispies/Milk  <b>Entrée</b> Moroccan Diced Chicken, Whole Grain Pasta, Peas &amp; Corn, Fresh Fruit  <b>PM Snack</b> Half Pretzel Bun, White Cheese Slice</p>



**Menu Launch Date:** October 28, 2024

**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.

