






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



