



**WHOLESONE
KIDS
CATERING**

**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.

LITTLE FEET BIG DREAMS

Healthy Balance Fall/Winter 2023 - 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Rice Krispies Cereal, Milk Entrée Beef Burger, Hamburger Bun, Green Beans, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit</p>	<p>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</p>	<p>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</p>	<p>AM Snack Organic Whole Wheat Carrot Muffin Entrée Turkey Cacciatore Stew, Whole Wheat Roll, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Breadsticks, Hummus</p>	<p>AM Snack Multi Grain Cheerios Cereal, Milk Entrée Breaded Fish Sticks, Whole Wheat Wrap, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Apple Cranberry Loaf, Baby Carrots</p>
WEEK 2	<p>AM Snack Corn Flakes Cereal, Milk Entrée Brazilian Chicken Stew, Whole Wheat Naan, Green and Yellow Beans, Fresh Fruit PM Snack Organic Whole Grain Mini Ginger Snaps, Baby Carrots</p>	<p>AM Snack Whole Wheat Mini Bagel, Apple Butter Entrée Vegetarian (Legume) Cheeseburger Mac, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Crackers, Cheese Curds</p>	<p>AM Snack Peach Yogurt, Whole Grain Granola Entrée Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Oat and Date Loaf, Cucumber Slices</p>	<p>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</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk Entrée Fish Lasagna, Leafy Greens, French Dressing, Fresh Fruit PM Snack Vanilla Yogurt, Fresh Fruit</p>
WEEK 3	<p>AM Snack Rice Krispies Cereal, Milk Entrée Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Soda Crackers, Cheese Curds</p>	<p>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</p>	<p>AM Snack Whole Wheat Oat Cranberry Cookie Entrée Beef Bolognese with Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Breadsticks, Cheddar Cheese Slice</p>	<p>AM Snack Multi Grain Cheerios Cereal, Milk Entrée Salsa Chicken Drumstick, Brown Rice, Peas and Corn, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit</p>	<p>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, Baby Carrots</p>
WEEK 4	<p>AM Snack Corn Flakes Cereal, Milk Entrée Turkey Lasagna, Diced Carrots, Fresh Fruit PM Snack Mini Cocoa Snaps, Fresh Fruit</p>	<p>AM Snack Whole Wheat Cinnamon Raisin Bagel, Apple Butter Entrée Beef Strips in Gravy, Brown Rice, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Slice</p>	<p>AM Snack Strawberry Yogurt, Whole Grain Granola Entrée Whitefish Bowtie Pasta in Rose Sauce, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Oat and Date Loaf, Fresh Fruit</p>	<p>AM Snack Organic Whole Wheat Banana Muffin Entrée Minestrone Soup, Whole Wheat Roll, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Wheat Round Crackers, Grape Tomatoes</p>	<p>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</p>



-  **Menu Launch Date: October 30, 2023**
-  **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.





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LITTLE FEET BIG DREAMS

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

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Rice Krispies Cereal, Milk Entrée Beef Burger, Hamburger Bun, Green Beans, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit</p>	<p>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</p>	<p>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</p>	<p>AM Snack Organic Whole Wheat Carrot Muffin Entrée Turkey Cacciatore Stew, Whole Wheat Roll, Peas, Fresh Fruit PM Snack Whole Wheat Breadsticks, Hummus</p>	<p>AM Snack Multi Grain Cheerios Cereal, Milk Entrée Breaded Fish Sticks, Whole Wheat Wrap, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Apple Cranberry Loaf, Blanched Baby Carrots</p>
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