




-  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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Teriyaki Turkey Meatballs, Brown Rice, Broccoli, Fresh Fruit PM Snack Whole Wheat Round Crackers, Cheese Cubes, Fresh Fruit</p>	<p>AM - Yogurt/Apple Butter, Rice Cake, Fruit Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Peach Yogurt</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Egg Patty, Whole Wheat English Muffin and Cheese Slice, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Lemon Blueberry Loaf, Fresh Fruit</p>	<p>AM - Muffin/Loaf, Applesauce, Fresh Fruit Entrée Turkey Burger, Hamburger Bun, Half Cheese Slice, California Mix, Fresh Fruit PM Snack Whole Wheat Breadsticks, Hummus, Baby Carrots</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Italian Seasoned Beef with Pasta Shells in Tomato Sauce, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Bread, Cheddar Cheese Slice, Cucumber Slices</p>
WEEK OF: MAY 12, JUNE 09, JULY 07, AUGUST 04, SEPTEMBER 29, OCTOBER 27					
WEEK 2	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Chicken Parmesan with Whole Grain Pasta, Green Peas, Fresh Fruit PM Snack Javaneh Slice, Cheese Cubes, Fresh Fruit</p>	<p>AM - Yogurt/Apple Butter, Rice Cake, Fruit Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Vegetable Medley, Fresh Fruit PM Snack Digestive Biscuit, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Beef Burger, Hamburger Bun, Sweet Potatoes, Fresh Fruit PM Snack Whole Wheat Banana Loaf, Applesauce</p>	<p>AM - Muffin/Loaf, Applesauce, Fresh Fruit Entrée Barbeque Peach Chicken Drumstick, Quinoa, Green Beans, Fresh Fruit PM Snack Cocoa Snaps, Baby Carrots</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Fish Sticks, Whole Grain Pasta and Tomato Sauce, Baby Carrots, Fresh Fruit PM Snack Oatmeal Round, Cucumber Slices, Cheese Curds</p>
WEEK OF: MAY 19, JUNE 16, JULY 14, AUGUST 11, SEPTEMBER 08, OCTOBER 06					
WEEK 3	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Peas, Fresh Fruit PM Snack Mixed Berry Granola Minis, Fresh Fruit, Vanilla Yogurt</p>	<p>AM - Yogurt/Apple Butter, Rice Cake, Fruit Entrée Breaded Chicken Round, Bun, Diced Carrots, Fresh Fruit PM Snack Banana Oat Bar, Berry Applesauce</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Herbed Chicken Drumstick, Brown Rice, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack Lemon Blueberry Loaf, Cucumber Slices, Cheese Curds</p>	<p>AM - Muffin/Loaf, Applesauce, Fresh Fruit Entrée Ground Beef Sloppy Joe, Bun, Half Cheese Slice, Carrots and Turnips, Fresh Fruit PM Snack Digestive Biscuit, Fresh Fruit, Hardboiled Egg</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Tikka Masala Chicken Drumstick, Brown Rice, Peas and Corn, Fresh Fruit PM Snack Half English Muffin, Mozzarella Slice, Grape Tomatoes</p>
WEEK OF: APRIL 28, MAY 26, JUNE 23, JULY 21, AUGUST 18, SEPTEMBER 15, OCTOBER 13					
WEEK 4	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Beef Burger, Bun, California Mix, Fresh Fruit PM Snack Vanilla Owl Cookie, Fresh Fruit, Peach Yogurt</p>	<p>AM - Yogurt/Apple Butter, Rice Cake, Fruit Entrée Egg Patty, Whole Wheat Bread, Cream Cheese, Sweet Potato PM Snack Whole Wheat Square Crackers, Guacamole, Cheese Curds</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Turkey Bowtie Pasta in Rose Sauce, Green Beans, Fresh Fruit PM Snack Oatmeal Cranberry Fresh Fruit, Hardboiled Egg</p>	<p>AM - Muffin/Loaf, Applesauce, Fresh Fruit Entrée Fish Sticks, Whole Wheat Wrap, Lemon Garlic Sauce, Carrots and Turnips, Fresh Fruit PM Snack Half Pretzel Bun, White Cheese Slice, Cucumber Slices</p>	<p>AM Snack Cereal, Milk, Fresh Fruit Entrée Turkey Burger, Hamburger Bun, Half Cheese Slice, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Banana Loaf, Baby Carrots</p>
WEEK OF: MAY 05, JUNE 02, JULY 28, AUGUST 25, SEPTEMBER 22, OCTOBER 20					



Menu Launch Date April 28, 2025
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.



PLEASE NOTE: The cereals served are - Multigrain or Regular Cheerios, Rice Krispies, Shreddies or Cornflakes