



**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.

**SMALL WORLD BIG DREAMS**

Healthy Balance Fall/Winter 2025-2026

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> Multigrain Cheerios with Milk, Fresh Fruit  <b>Entrée</b> Dino Chicken Pieces, Brown Rice, Plum Sauce, Sunrise Mix Vegetables (Carrots and Green Beans), Fresh Fruit  <b>PM Snack</b> Whole Wheat Maple Round, Fresh Fruit, Edamame</p>	<p><b>AM Snack</b> Banana Oat Bar  <b>Entrée</b> Turkey Meatballs in Marinara Sauce, Whole Wheat Submarine Bun, Vegetable Medley (Green Beans, Green Peas, Corn, Carrots), Fresh Fruit  <b>PM Snack</b> Whole Wheat Breadsticks, Hummus, Fresh Fruit</p>	<p><b>AM Snack</b> Rice Chex Cereal with Milk, Fresh Fruit  <b>Entrée</b> Beef Bolognese Bowtie Pasta, Green Peas, Fresh Fruit  <b>PM Snack</b> Whole Wheat Oatmeal Cranberry Round, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit  <b>Entrée</b> Egg Patty, Whole Wheat French Toast Bites, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit  <b>PM Snack</b> Vanilla Yogurt, Fresh Fruit, Strawberry Granola Bar</p>	<p><b>AM Snack</b> Multigrain Muesli Morning Round, Apple Butter, Fresh Fruit  <b>Entrée</b> Jerk Chicken Drumstick, Coconut Rice, Leafy Greens with French Dressing, Fresh Fruit  <b>PM Snack</b> Round Crackers, Cheese Curds, Baby Carrots</p>
WEEK 2	<p><b>AM Snack</b> Special K Cereal with Milk, Fresh Fruit  <b>Entrée</b> Fish Sticks, Brown Rice, Lemon Garlic Sauce, Diced Carrots &amp; Green Peas, Fresh Fruit  <b>PM Snack</b> Whole Wheat Oatmeal Round, Applesauce, Edamame</p>	<p><b>AM Snack</b> Whole Wheat Pancake, Strawberry Jam, Fresh Fruit  <b>Entrée</b> Chicken Noodle Soup, Javaneh Slice, Baby Carrots, Fresh Fruit  <b>PM Snack</b> Spice Snaps, Fresh Fruit, Cheese Cubes</p>	<p><b>AM Snack</b> Corn Flakes Cereal with Milk, Fresh Fruit  <b>Entrée</b> Beef Burger, Hamburger Bun, Cheese Slice, Green Beans, Fresh Fruit  <b>PM Snack</b> Whole Wheat Owl Snaps, Vanilla Yogurt</p>	<p><b>AM Snack</b> Whole Wheat Apple Cinnamon Bagel, Cream Cheese  <b>Entrée</b> BBQ Chicken Drumstick, Veggie Quinoa Blend, Broccoli, Fresh Fruit  <b>PM Snack</b> Whole Wheat Crackers, Mozzarella Cheese Slice</p>	<p><b>AM Snack</b> Peach Yogurt, Whole Grain Granola, Fresh Fruit  <b>Entrée</b> Classic Mac &amp; Cheese, Chickpea &amp; Orzo Salad, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit  <b>PM Snack</b> Whole Wheat Banana Loaf, Fresh Fruit, Edamame</p>
WEEK 3	<p><b>AM Snack</b> Corn Chex Cereal with Milk, Fresh Fruit  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn and Green Peas, Fresh Fruit  <b>PM Snack</b> Pretzel Bun, Mozzarella Cheese Slice, Fresh Fruit</p>	<p><b>AM Snack</b> Apple Cinnamon Morning Round, Fresh Fruit  <b>Entrée</b> Winter Vegetable Bean and Lentil Soup, Whole Wheat Ciabatta, Cucumber Slices, Fresh Fruit  <b>PM Snack</b> Whole Wheat Pumpkin Loaf, Fresh Fruit, Edamame</p>	<p><b>AM Snack</b> Whole Wheat Bagel, Cream Cheese, Fresh Fruit  <b>Entrée</b> Italian Seasoned Beef with Pasta Shells in Tomato Sauce, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit  <b>PM Snack</b> Banana Oat Bar, Applesauce</p>	<p><b>AM Snack</b> Rice Krispies Cereal with Milk, Fresh Fruit  <b>Entrée</b> Egg Patty, Cheese Slice, Whole Wheat English Muffin, Sunrise Mix Vegetables (Carrots and Green Beans), Fresh Fruit  <b>PM Snack</b> Whole Wheat Pita, Hummus</p>	<p><b>AM Snack</b> Whole Wheat Carrot Muffin, Fresh Fruit  <b>Entrée</b> Balsamic Chicken Drumstick, Brown Rice, Leafy Greens with Italian Dressing, Fresh Fruit  <b>PM Snack</b> Whole Wheat Crackers, Cheese Curds</p>
WEEK 4	<p><b>AM Snack</b> Rice Chex Cereal with Milk, Fresh Fruit  <b>Entrée</b> Fish Patty, Hamburger Bun, Lemon Garlic Sauce, Green Peas, Fresh Fruit  <b>PM Snack</b> Strawberry Yogurt, Fresh Fruit, Mixed Berry Granola Minis</p>	<p><b>AM Snack</b> Multigrain Muesli Morning Round, Strawberry Jam, Fresh Fruit  <b>Entrée</b> Salisbury Steak with Gravy, Brown Rice, Carrots &amp; Turnips, Fresh Fruit  <b>PM Snack</b> Whole Wheat Owl Snaps, Berry Applesauce</p>	<p><b>AM Snack</b> Vanilla Yogurt, Whole Grain Granola, Fresh Fruit  <b>Entrée</b> Cheddar Cheese Omelet, Whole Wheat English Muffin, Vegetable Medley (Green Beans, Green Peas, Carrots and Corn), Fresh Fruit  <b>PM Snack</b> Whole Wheat Pita, Cheddar Cheese Slice</p>	<p><b>AM Snack</b> Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit  <b>Entrée</b> Turkey Alphabet Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit  <b>PM Snack</b> Javaneh Slice, Hummus</p>	<p><b>AM Snack</b> Multigrain Cheerios with Milk, Fresh Fruit  <b>Entrée</b> Herbed Chicken Drumstick, Brown Rice, Leafy Greens with Balsamic Dressing, Fresh Fruit  <b>PM Snack</b> Melba Toast, Cheese Cubes</p>



**Menu Launch Date October 27, 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.

