



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.

CROSSING ALL BRIDGES LEARNING CENTRE

Healthy Balance Fall/Winter 2023 - 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	AM Snack Entrée Beef Burger, Hamburger Bun, Green Beans, Fresh Fruit PM Snack	AM Snack Entrée Scrambled Eggs, Shredded Cheddar Cheese, Whole Wheat Bread, Diced Carrots, Fresh Fruit PM Snack	AM Snack Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Peas and Corn, Fresh Fruit PM Snack	AM Snack Entrée Turkey Cacciatore Stew, Whole Wheat Roll, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack	AM Snack Entrée Breaded Fish Sticks, Whole Wheat Wrap, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack
WEEK 2	AM Snack Entrée Brazilian Chicken Stew, Whole Wheat Naan, Green and Yellow Beans, Fresh Fruit PM Snack	AM Snack Entrée Meatless (Pea Protein) Mac and Cheese, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack	AM Snack Entrée Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack	AM Snack Entrée Volcano Halal Beef (Tomato Sauce) with Shredded Cheese, Whole Grain Pasta, Diced Carrots, Fresh Fruit PM Snack	AM Snack Entrée Fish Lasagna, Leafy Greens, French Dressing, Fresh Fruit PM Snack
WEEK 3	AM Snack Entrée Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack	AM Snack Entrée Breaded Fish Sticks, Whole Wheat Wrap, Diced Carrots, Fresh Fruit PM Snack	AM Snack Entrée Halal Beef Bolognese with Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack	AM Snack Entrée Salsa Chicken Drumstick, Brown Rice, Peas and Corn, Fresh Fruit PM Snack	AM Snack Entrée Beef Burger, Hamburger Bun, Broccoli, Fresh Fruit PM Snack
WEEK 4	AM Snack Entrée Turkey Lasagna, Diced Carrots, Fresh Fruit PM Snack	AM Snack Entrée Breaded Chicken Pieces, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit PM Snack	AM Snack Entrée Whitefish Bowtie Pasta in Rose Sauce, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack	AM Snack Entrée Beef Meatballs in Gravy, Bun, Green Beans, Fresh Fruit PM Snack	AM Snack Entrée Breaded Chicken, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack



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.

