



## 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 Spring/Summer 2025

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<b>AM Snack</b> <b>Entrée</b> Classic Mac & Cheese, Chickpea and Orange Salad, Broccoli, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Egg Patty, Whole Wheat English Muffin and Cheese Slice, Peas and Corn, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Whitefish Whole Grain Pasta in Sundried Tomato Pesto Cream Sauce, California Mix, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Balsamic Glazed Chicken Drumstick, Brown Rice, Leafy Greens with Balsamic Dressing, Fresh Fruit <b>PM Snack</b>
WEEK 2	<b>AM Snack</b> <b>Entrée</b> Turkey and Whole Grain Noodle Casserole, Green Peas, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Vegetable Medley, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Beef Burger, Hamburger Bun, Sweet Potatoes, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Mini Cheese Tortellini & White Bean Soup, Whole Wheat Baguette, Cucumber Slices, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Fish Sticks, Whole Grain Pasta and Tomato Sauce, Baby Carrots, Fresh Fruit <b>PM Snack</b>
WEEK 3	<b>AM Snack</b> <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Peas, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Mini Beef Meatball Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Herbed Chicken Drumstick, Brown Rice, Leafy Greens, Italian Dressing, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Scrambled Eggs, Whole Wheat Cinnamon French Toast Bites, Carrots and Turnips, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Whitefish Mac & Cheese, Peas and Corn, Fresh Fruit <b>PM Snack</b>
WEEK 4	<b>AM Snack</b> <b>Entrée</b> Beef Burger, Bun, California Mix, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Butter Chicken, Brown Rice, Green Peas, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Turkey Bowtie Pasta in Rose Sauce, Green Beans, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Fish Sticks, Whole Wheat Wrap, Lemon Garlic Sauce, Carrots and Turnips, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Chicken Alfredo Pasta, Peas and Corn, Fresh Fruit <b>PM Snack</b>



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.

