



**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.

CROSSING ALL BRIDGES LEARNING CENTRE

Healthy Balance Fall/Winter 2025-2026

Eat Grow Thrive

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---|--|---|---|---|
| WEEK 1 | <p>AM Snack Entrée Dino Chicken Pieces, Brown Rice, Plum Sauce, Sunrise Mix Vegetables (Carrots and Green Beans), Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Turkey Meatballs in Marinara Sauce, Whole Wheat Submarine Bun, Vegetable Medley (Green Beans, Green Peas, Corn, Carrots), Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Beef Bolognese Bowtie Pasta, Green Peas, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Egg Patty, Whole Wheat French Toast Bites, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Jerk Chicken Drumstick, Coconut Rice, Leafy Greens with French Dressing, Fresh Fruit PM Snack</p> |
| WEEK 2 | <p>AM Snack Entrée Breaded Fish Sticks, Brown Rice, Lemon Garlic Sauce, Diced Carrots & Green Peas, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Chicken Noodle Soup, Javaneh Slice, Baby Carrots, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Beef Burger, Hamburger Bun, Cheese Slice, Green Beans, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée BBQ Chicken Drumstick, Veggie Quinoa Blend, Broccoli, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Classic Mac & Cheese, Chickpea & Orzo Salad, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack</p> |
| WEEK 3 | <p>AM Snack Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn and Green Peas, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Winter Vegetable and Lentil Soup, Whole Wheat Ciabatta, Cucumber Slices, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Italian Seasoned Beef with Pasta Shells in Tomato Sauce, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Egg Patty, Cheese Slice, Whole Wheat English Muffin, Sunrise Mix Vegetables (Carrots and Green Beans), Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Balsamic Chicken Drumstick, Brown Rice, Leafy Greens with Italian Dressing, Fresh Fruit PM Snack</p> |
| WEEK 4 | <p>AM Snack Entrée Breaded Fish Patty, Hamburger Bun, Lemon Garlic Sauce, Green Peas, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Salisbury Steak with Gravy, Brown Rice, Carrots & Turnips, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Cheddar Cheese Omelet, Whole Wheat English Muffin, Vegetable Medley (Green Beans, Green Peas, Carrots and Corn), Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Turkey Alphabet Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Herbed Chicken Drumstick, Brown Rice, Leafy Greens with Balsamic Dressing, Fresh Fruit PM Snack</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.

