



**WHOLESOME
KIDS
CATERING**

PORTION GUIDE - Week 1

Fall / Winter 2022-2023

School Age Snack Program

		Menu Selection	School Age
Monday	AM	Rice Krispies Cereal / Milk	1/2 Cup / 90 ml
	PM	Cinnamon Scone	1 Scone
Tuesday	AM	Banana Oatmeal Bar	1 Bar
	PM	Whole Wheat Crackers / Cheddar Cheese Cubes	12 Crackers / 3 - 4 Cubes
Wednesday	AM	Multigrain Cheerios Cereal / Milk	1/2 Cup / 90 ml
	PM	Oatmeal Cranberry Cookie	2 Cookies
Thursday	AM	Organic Whole Wheat Banana Muffin	1 Muffin
	PM	Whole Wheat Mini Pita / Hummus / Baby Carrots	2 Pitas / 2 Tbsp / 2-3 Carrots
Friday	AM	Whole Wheat English Muffin / Apple Butter	1/2 English Muffin / 1 Tbsp
	PM	Whole Wheat Oatmeal Raisin Loaf	1.5 Slices (1 loaf = 10 slices)

Effective October 31, 2022
Last Updated: January 26, 2023

Eat Grow Thrive

If Space is Blank please refer to the Preschool portion



PORTION GUIDE - Week 2

Fall / Winter 2022-2023

School Age Snack Program

		Menu Selection	School Age
Monday	AM	Whole Grain Shreddies Cereal / Milk	1/2 Cup / 90 ml
	PM	Organic Spelt Mini Lemon Snaps / Cheese Curds	12 Snaps / 2-3 Curds
Tuesday	AM	Strawberry Yogurt / Whole Grain Granola	90 ml / 1 Tbsp
	PM	Banana Oatmeal Bar	1.5 Bars
Wednesday	AM	Whole Wheat Mini Bagel / Apple Butter	1 Bagel / 1 Tbsp
	PM	Spice Snap Biscuits / Grape Tomatoes	4 Snaps / 2-3 Tomatoes
Thursday	AM	Corn Flakes Cereal / Milk	1/2 Cup / 90 ml
	PM	Whole Wheat Blueberry Bran Loaf / Baby Carrots	1.5 Slices (1 loaf = 10 slices) / 2-3 Carrots
Friday	AM	Whole Wheat Chunky Apple Muffin	1 Muffin
	PM	Whole Wheat Breadsticks / Guacamole / Cheddar Cheese Cubes	12 Sticks / 1-2 Tbsp / 2-3 Cubes

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PORTION GUIDE - Week 3

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School Age Snack Program

		Menu Selection	School Age
Monday	AM	Rice Krispies Cereal / Milk	1/2 Cup / 90 ml
	PM	Oatmeal Cookie / Applesauce	2 Cookies / 3 Tbsp
Tuesday	AM	Whole Wheat Pancake / Apple Butter	1 Pancake / 1 Tbsp
	PM	Spice Snap Biscuits / Baby Carrots	4 Snaps / 3-4 Carrots
Wednesday	AM	Multigrain Cheerios Cereal / Milk	1/2 Cup / 90 ml
	PM	Artisan Bread / Applesauce	1.5 Slices / 3 Tbsp
Thursday	AM	Organic Whole Wheat Lemon Coconut Muffin	1 Muffin
	PM	Wheat Crackers / Cheese Curds	6 Crackers / 2-3 Curds
Friday	AM	Mini Strawberry Crackers / Applesauce	10 Crackers / 3 Tbsp
	PM	Whole Wheat Oat & Date Loaf	1.5 Slices (1 loaf = 10 slices)

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PORTION GUIDE - Week 4

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School Age Snack Program Menu

		Menu Selection	School Age
Monday	AM	Whole Grain Shreddies Cereal / Milk	1/2 Cup / 90 ml
	PM	Banana Oatmeal Cookie	2 Cookies
Tuesday	AM	Peach Yogurt / Whole Grain Granola	90 ml / 1 Tbsp
	PM	Whole Wheat Mini Pita / Grape Tomatoes / Cheddar Cheese Slice	2 Pitas / 2-3 Tomatoes / 1 Slice
Wednesday	AM	Whole Wheat Banana Oat Bite	1 Bite
	PM	Organic Spelt Mini Ginger Snaps / Baby Carrots	12 Snaps / 3-4 Carrots
Thursday	AM	Corn Flakes Cereal / Milk	1/2 Cup / 90 ml
	PM	Whole Wheat Lemon Cranberry Loaf	1.5 Slices (1 loaf = 10 slices)
Friday	AM	Organic Whole Wheat Carrot Zucchini Muffin	1 Muffin
	PM	Whole Wheat Mini Bagel / Cheddar Cheese Cubes / Baby Carrots	1 Bagel / 2-3 Cubes / 2-3 Baby Carrots

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