**  **

**Please select your lunch choices below by Selecting “A” or “B” in the boxes below.**

Once you complete and return your menu selection (A or B), we will send a package containing your new customized menus 2 weeks prior to the start of the new menu cycle. Choice forms not received in time for menu package printing will result in your location being assigned all “A” lunches until we receive and process your choices and print your customized menu. Updates or changes to menu choices can be submitted at any time after the start of the new menu rotation. Any selection changes received by noon will become effective 2 business days later. PLEASE SUBMIT YOUR CHOICES BY **FRIDAY, September 15 , 2023**. If not received by the deadline lunches will automatically be assigned to the A choice.

**Look for these Symbols to help guide your choices: \*\* Brand New Item \*\* ✓ Favourite Returning Menu Item ✓ ☺ Wholesome, Tasty, Nourishing ☺ 🏳 Globally Inspired**

**Email form to:** **customer.care@wholesomekids.ca**For all inquiries, please contact us at 905-752-8115 X356. **Centre/School Name**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **WEEK 1** |  **✓** Beef Burger, Hamburger Bun, Green Beans **✓** | **☺** Chicken Macaroni and Cheese, Green Beans **☺** | **✓** Scrambled Eggs, Shredded Cheddar Cheese, Whole Wheat Bread, Diced Carrots **✓** |  **✓** Turkey and Whole Grain Noodle Soup, Artisan Roll, Baby Carrots **✓** | **✓** Breaded Chicken Pieces, Brown Rice, Plum Sauce, Peas and Corn **✓** | \*\* Creamy Tomato Beef and Whole Grain Pasta, Peas and Corn \*\* | **🏳 ☺** Turkey Cacciatore Stew, Whole Wheat Roll, Leafy Greens, Balsamic Dressing **☺ 🏳** | **🏳 ☺** Teriyaki Chicken Drumstick, Brown Rice, Peas **☺ 🏳** | **☺** Breaded Fish Sticks, Whole Wheat Wrap, Sunrise Vegetables **☺** | **☺** Sweet and Sour Beef, Whole Grain Pasta, Sunrise Vegetables **☺** |
| **Your****Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |
| **WEEK 2** |  **🏳 ✓** Brazilian Chicken Stew, Whole Wheat Naan, Green and Yellow Beans **✓ 🏳** | **☺** Beef Meatballs in Tomato Sauce, Brown Rice, Green and Yellow Beans **☺** | **\*\*** Vegetarian (Legume) Cheeseburger Mac, Vegetable Medley **\*\*** | **☺** Breaded Chicken, Whole Grain Pasta, Vegetable Medley **☺** | **✓☺** Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Sunrise Vegetables **☺✓** | **☺** Beef Chili, Cornbread, Sunrise Vegetables **☺** | **☺** Beef in Gravy, Whole Grain Pasta, Diced Carrots **☺** | **✓** **☺** Egg Square, Shredded Cheddar Cheese, Whole Wheat Bread, Diced Carrots **☺ ✓** | **✓** Fish Lasagna, Leafy Greens, French Dressing**✓**  | **🏳 ✓** Mild Cajun Chicken Drumstick, Rice, Leafy Greens, French Dressing **✓ 🏳** |
| **Your** **Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |
| **WEEK 3** | **✓** Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Vegetable Medley (Green Beans, Peas, Carrots, Corn)**✓** | **☺** Beef in Gravy, Mashed Potatoes, Whole Wheat Bread, Vegetable Medley  **☺** | **✓** Breaded Fish Sticks, Whole Wheat Wrap, Diced Carrots **✓** |  **☺** Chicken Noodle Soup, Whole Wheat Roll, Baby Carrots**☺** | **🏳** Beef Bolognese with Whole Grain Pasta, Sunrise Vegetables **🏳** | **☺** Turkey Meatballs in Tomato Sauce, Whole Wheat Bun, Sunrise Vegetables **☺** | **🏳 ✓** Salsa Chicken Drumstick, Brown Rice, Peas and Corn **🏳 ✓** | **✓** **☺** Classic Mac and Cheese, Edamame and Pepper Salad, Peas and Corn **✓** **☺** | **✓** Beef Burger, Hamburger Bun, Broccoli**✓** | **🏳 ✓** Butter Chicken, Brown Rice, Broccoli **✓ 🏳** |
| **Your** **Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |
| **WEEK 4** | **🏳 \*\*** Turkey Lasagna, Diced Carrots **\*\* 🏳** | **✓** Egg Square, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots **✓** | **✓** Breaded Chicken Pieces, Plum Sauce, Brown Rice, Corn and Peas **✓**  | **☺** Beef Strips in Gravy, Brown Rice, Peas and Corn **☺**  | **✓** Whitefish Bowtie Pasta in Rose Sauce, Vegetable Medley **✓** | **🏳 ☺** Portuguese Chicken Drumstick, Whole Grain Pasta, Vegetable Medley **☺ 🏳** | **✓** Beef Meatballs in Gravy, Bun, Green Beans **✓** |  **✓ ☺** Minestrone Soup, Whole Wheat Roll, Baby Carrots**☺ ✓** | **✓** Breaded Chicken, Hamburger Bun, Sunrise Vegetables **✓** | **☺** BBQ Baked Beans, Whole Wheat Texas Toast, Sunrise Vegetables **☺** |
| **Your Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |

