



**WHOLESOME  
KIDS  
CATERING**

**PORTION GUIDE - Week 1**

**Fall / Winter 2023-2024**

Standard Snack Menu  
Plus Snack Menu

			Menu Selection	Preschool / School Age	Infant / Toddler
Monday	AM	Standard	Rice Krispies Cereal / Milk	1/2 Cup / 90 ml	
		Plus	Rice Krispies Cereal / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Spice Snaps / Fresh Fruit	3 Biscuits	
		Plus	Spice Snaps / Fresh Fruit / Peach Yogurt	3 Biscuits / 90 ml	
Tuesday	AM	Standard	Banana Oatmeal Bar	1 Bar	
		Plus	Banana Oatmeal Bar / Fresh Fruit	1 Bar	
	PM	Standard	Whole Wheat Melba Toast / Cheddar Cheese Slice	1 Package / 1 Slice	4 Whole Wheat Soda Crackers
		Plus	Whole Wheat Melba Toast / Cheddar Cheese Slice / Fresh Fruit	1 Package / 1 Slice	4 Whole Wheat Soda Crackers
Wednesday	AM	Standard	Whole Wheat Pancake / Apple Butter	1 Pancake / 1 Tbsp	
		Plus	Whole Wheat Pancake / Apple Butter / Fresh Fruit	1 Pancake / 1 Tbsp	
	PM	Standard	Whole Wheat Oatmeal Cookie / Applesauce	1 Cookie / 3 Tbsp	
		Plus	Whole Wheat Oatmeal Cookie / Applesauce / Edamame	1 Cookie / 3 Tbsp / 2 Tbsp	
Thursday	AM	Standard	Organic Whole Wheat Carrot Muffin	1 Muffin	
		Plus	Organic Whole Wheat Carrot Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	Whole Wheat Breadsticks / Hummus	8 Sticks / 2 Tbsp	10 Whole Wheat Crackers
		Plus	Whole Wheat Breadsticks / Hummus / Cucumber Slices	8 Sticks / 2 Tbsp / 2-3 Slices	10 Whole Wheat Crackers / 2-3 Peeled Slices
Friday	AM	Standard	Multigrain Cheerios Cereal / Milk	1/2 Cup / 90 ml	
		Plus	Multigrain Cheerios Cereal / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Whole Wheat Apple Cranberry Loaf / Baby Carrots	1 Slice (1 loaf = 10 portions) / 2-3 Baby Carrots	2-3 Blanched Baby Carrots
		Plus	Whole Wheat Apple Cranberry Loaf / Baby Carrots / Cheddar Cheese Cubes	1 Slice (1 loaf = 10 portions) / 2-3 Baby Carrots / 2-3 Cubes	2-3 Blanched Baby Carrots

Effective October 30, 2023  
Last Revised December 8, 2023

If Space is Blank please refer to the Preschool / School Age portion

**Eat Grow Thrive**



**PORTION GUIDE - Week 2**

**Fall / Winter 2023-2024**

Standard Snack Menu  
Plus Snack Menu

		Menu Selection	Preschool / School Age	Infant / Toddler	
Monday	AM	Standard	Corn Flakes Cereal / Milk	1/2 Cup / 90 ml	
		Plus	Corn Flakes Cereal / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Organic Spelt Mini Ginger Snaps / Baby Carrots	8 Snaps / 2-3 Baby Carrots	2 - 3 Blanched Baby Carrots
		Plus	Organic Spelt Mini Ginger Snaps / Baby Carrots / Vanilla Yogurt	8 Snaps / 2-3 Baby Carrots / 90 mL	2 - 3 Blanched Baby Carrots
Tuesday	AM	Standard	Whole Wheat Mini Bagel / Apple Butter	1 Bagel / 1 Tbsp	
		Plus	Whole Wheat Mini Bagel / Apple Butter / Fresh Fruit	1 Bagel / 1 Tbsp	
	PM	Standard	Whole Wheat Crackers / Cheese Curds	10 Crackers / 2-3 Curds	
		Plus	Whole Wheat Crackers / Cheese Curds / Guacamole	10 Crackers / 2-3 Curds / 2 Tbsp	
Wednesday	AM	Standard	Peach Yogurt / Whole Grain Granola	90 ml / 1 Tbsp	2 Social Tea Biscuits
		Plus	Peach Yogurt / Whole Grain Granola / Fresh Fruit	90 ml / 1 Tbsp	2 Social Tea Biscuits
	PM	Standard	Whole Wheat Raspberry Loaf / Cucumber Slices	1 Slice (1 loaf = 10 portions) / 2-3 Slices	2-3 Peeled Slices
		Plus	Whole Wheat Raspberry Loaf / Cucumber Slices / Hardboiled Egg	1 Slice (1 loaf = 10 portions) / 2-3 Slices / 1 Egg	2-3 Peeled Slices
Thursday	AM	Standard	Organic Whole Wheat Banana Muffin	1 Muffin	
		Plus	Organic Whole Wheat Banana Muffin / Applesauce	1 Muffin / 3 Tbsp	
	PM	Standard	Banana Oatmeal Bar / Fresh Fruit	1 Bar	
		Plus	Banana Oatmeal Bar / Fresh Fruit / Edamame	1 Bar / 2 Tbsp	
Friday	AM	Standard	Whole Wheat Shreddies Cereal / Milk	1/2 Cup / 90 ml	
		Plus	Whole Wheat Shreddies Cereal / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Vanilla Yogurt / Fresh Fruit	90 ml	
		Plus	Vanilla Yogurt / Fresh Fruit / Whole Wheat Digestive Cookies	90 ml / 2 Cookies	

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**Eat Grow Thrive**



**PORTION GUIDE - Week 3**

**Fall / Winter 2023-2024**

Standard Snack Menu  
Plus Snack Menu

		Menu Selection	Preschool / School Age	Infant / Toddler	
Monday	AM	Standard	Rice Krispies Cereal / Milk	1/2 Cup / 90 ml	
		Plus	Rice Krispies Cereal / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Whole Wheat Soda Crackers / Cheese Curds	4 Crackers / 2-3 Curds	
		Plus	Whole Wheat Soda Crackers / Cheese Curds / Grape Tomatoes	4 Crackers / 2-3 Curds / 2-3 Tomatoes	
Tuesday	AM	Standard	Whole Wheat Blueberry Scone	1 Scone	
		Plus	Whole Wheat Blueberry Scone / Fresh Fruit	1 Scone	
	PM	Standard	Whole Wheat Banana Oat Bite / Fresh Fruit	1 Bite	
		Plus	Whole Wheat Banana Oat Bite / Fresh Fruit / Edamame	1 Bite / 2 Tbsp	
Wednesday	AM	Standard	Whole Wheat Oatmeal Cranberry Cookie	1 Cookie	
		Plus	Whole Wheat Oatmeal Cranberry Cookie / Applesauce	1 Cookie / 3 Tbsp	
	PM	Standard	Whole Wheat Breadsticks / Cheddar Cheese Slice	8 Sticks / 1 Slice	10 Whole Wheat Crackers
		Plus	Whole Wheat Breadsticks / Cheddar Cheese Slice / Cucumber Slices	8 Sticks / 1 Slice / 2-3 Slices	10 Whole Wheat Crackers / 2-3 Peeled Slices
Thursday	AM	Standard	Multigrain Cheerios Cereal / Milk	1/2 Cup / 90 ml	
		Plus	Multigrain Cheerios Cereal / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Spice Snaps / Fresh Fruit	3 Biscuits	
		Plus	Spice Snaps / Fresh Fruit / Hardboiled Egg	3 Biscuits / 1 Egg	
Friday	AM	Standard	Organic Whole Wheat Carrot Muffin	1 Muffin	
		Plus	Organic Whole Wheat Carrot Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	Organic Whole Grain Strawberry Granola Bar / Baby Carrots	1 Bar / 2-3 Baby Carrots	2-3 Blanched Baby Carrots
		Plus	Organic Whole Grain Strawberry Granola Bar / Baby Carrots / Vanilla Yogurt	1 Bar / 2-3 Baby Carrots / 90 mL	2-3 Blanched Baby Carrots

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**Eat Grow Thrive**



PORTION GUIDE - Week 4

Fall / Winter 2023-2024

Standard Snack Menu  
Plus Snack Menu

		Menu Selection	Preschool / School Age	Infant / Toddler
Monday	AM	Standard	Corn Flakes Cereal / Milk	1/2 Cup / 90 ml
		Plus	Corn Flakes Cereal / Milk / Fresh Fruit	1/2 Cup / 90 ml
	PM	Standard	Mini Cocoa Snaps / Fresh Fruit	8 Snaps
		Plus	Mini Cocoa Snaps / Fresh Fruit / Cheese Curds	8 Snaps / 2-3 Curds
Tuesday	AM	Standard	Whole Wheat Mini Cinnamon Raisin Bagel / Apple Butter	1 Bagel / 1 Tbsp
		Plus	Whole Wheat Mini Cinnamon Raisin Bagel / Apple Butter / Fresh Fruit	1 Bagel / 1 Tbsp
	PM	Standard	Whole Wheat Pita Pocket / Cheddar Cheese Slice	1/2 Pita / 1 Slice
		Plus	Whole Wheat Pita Pocket / Cheddar Cheese Slice / Fresh Fruit	1/2 Pita / 1 Slice
Wednesday	AM	Standard	Strawberry Yogurt / Whole Grain Granola	90 mL / 1 Tbsp
		Plus	Strawberry Yogurt / Whole Grain Granola / Fresh Fruit	90 mL / 1 Tbsp
	PM	Standard	Whole Wheat Raspberry Loaf / Fresh Fruit	1 Slice (1 loaf = 10 portions)
		Plus	Whole Wheat Raspberry Loaf / Fresh Fruit / Edamame	1 Slice (1 loaf = 10 portions) / 2 Tbsp
Thursday	AM	Standard	Organic Whole Wheat Banana Muffin	1 Muffin
		Plus	Organic Whole Wheat Banana Muffin / Fresh Fruit	1 Muffin
	PM	Standard	Whole Wheat Round Crackers / Grape Tomatoes	2 Crackers / 2-3 Tomatoes
		Plus	Whole Wheat Round Crackers / Grape Tomatoes / Cheddar Cheese Cubes	2 Crackers / 2-3 Tomatoes / 2-3 Cubes
Friday	AM	Standard	Whole Wheat Shreddies Cereal / Milk	1/2 Cup / 90 ml
		Plus	Whole Wheat Shreddies Cereal / Milk / Fresh Fruit	1/2 Cup / 90 ml
	PM	Standard	Whole Wheat Digestive Cookies / Vanilla Yogurt	2 Cookies / 90 mL
		Plus	Whole Wheat Digestive Cookies / Vanilla Yogurt / Cucumber Slices	2 Cookies / 90 mL / 2-3 Slices

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