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**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 MARCH 1, 2024**. 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, Sunrise Vegetables **✓** | **☺** Chicken Alfredo Pasta, Sunrise Vegetables **☺** | **✓** Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn **✓** |  **☺** Turkey Alphabet Soup, Whole Wheat Bread, Baby Carrots **☺** | ☺ Cheddar Cheese Omelet, Whole Wheat Mini Bagel, Green Peas ☺ | **☺** Tomato Halal Beef Mac & Cheese, Green Peas **☺** | ✓ Apricot Halal Chicken Drumstick, Whole Grain Pasta, Green Beans ✓ | \*\* Creamy Turkey and Been Chili, Cornbread, Green Beans \*\* | ✓Breaded Fish Sticks, Brown Rice, Carrots & Turnips ✓ | 🏳 Sweet & Sour Halal Beef Strips, Brown Rice, Carrots & Turnips🏳 |
| **Your****Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |
| **WEEK 2** | ☺Beef Meatballs in Gravy, Brown Rice, Diced Carrots ☺ | **\*\*** Hearty Chicken Pot Pie Soup, Whole Wheat Dinner Roll, Baby Carrots **\*\*** | 🏳 Butter Chicken, Naan Bread, Green Beans 🏳 | **☺** Scrambled Eggs, Roasted Potatoes, Shredded Cheddar Cheese, Whole Wheat Bread **☺** | **✓** Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Corn **✓** | **\*\*** Mexican Halal Beef Tacos, Whole Wheat Wrap, Pico de Gallo \*\* | **☺** Hidden Bean Lasagna, Carrots & Turnips **☺** | **✓** Lemon Halal Chicken Drumstick, Whole Wheat Pita Pocket, Carrots & Turnips **✓** | **✓** Breaded Fish, Hamburger Bun, Peas & Corn**✓**  | **🏳** Italian Ground Turkey with Pasta, Leafy Greens, Italian Dressing **🏳** |
| **Your** **Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |
| **WEEK 3** | 🏳 Swedish Turkey Meatballs, Whole Grain Pasta, Vegetable Medley 🏳 | **☺** Ground Halal Beef Sloppy Joe, Hamburger Bun, White Cheese Slice, Vegetable Medley  **☺** | **✓** Breaded Fish Sticks, Whole Wheat Wrap, Broccoli **✓** |  **\*\*** Chicken Tikka Stew, Whole Wheat Naan, Broccoli **\*\*** | ☺BBQ Halal Chicken Drumstick, Brown Rice, Leafy Greens, Balsamic Dressing ☺ | **☺** Halal Beef Bolognese Pasta, Leafy Greens, Balsamic Dressing **☺** | **\*\*** Ground Turkey Taco, Whole Wheat Wrap, Shredded Cheddar Cheese, Corn**\*\*** | **✓** Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Corn **✓** | **☺** Mac & Cheese, Black Bean & Corn Salad, diced Carrots **☺** | **✓** Breaded Chicken, Hamburger Bun, Diced Carrots**✓** |
| **Your** **Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |
| **WEEK 4** | ✓Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Beans ✓ | **☺** Turkey Lasagna, Green Beans **☺** | ☺ Egg Square, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots ☺  | **\*\*** Mini Beef Meatball Soup, Whole Wheat Dinner Roll, Baby Carrots **\*\***  | **✓** Herbed Halal Chicken Drumstick, Brown Rice, Peas & Corn **✓** | **☺** BBQ Diced Turkey, Brown Rice, Peas & Corn **☺** | **✓** Beef Burger, Hamburger Bun, Carrots & Turnips**✓** |  **☺** Whitefish Bowtie Pasta in Rose Sauce, Carrots & Turnips **☺** | **\*\*** Meatless (Pea Protein) Bolognese, Whole Grain Pasta, Leafy Greens, Raspberry Dressing **\*\*** | **☺** Balsamic Halal Chicken Drumstick, Whole Grain Pasta, Leafy Greens, Raspberry Dressing **☺** |
| **Your Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |

