



PORTION GUIDE - Week 1

Spring / Summer 2024

Standard Snack Menu  
Plus Snack Menu

		Menu Selection	Preschool / School Age	Infant / Toddler	
Monday	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 / Peach Yogurt	3 Biscuits / 90 ml	
Tuesday	AM	Standard	Whole Wheat Pancake / Strawberry Jam	1 Pancake / 1 Tbsp	
		Plus	Whole Wheat Pancake / Strawberry Jam / Fresh Fruit	1 Pancake / 1 Tbsp	
	PM	Standard	Whole Wheat Pita Pocket / Cheddar Cheese Slice	1/2 Pita / 1 Slice	
		Plus	Whole Wheat Pita Pocket / Cheddar Cheese Slice / Fruity Applesauce	1/2 Pita / 1 Slice / 3 Tbsp	
Wednesday	AM	Standard	Banana Oatmeal Bar	1 Bar	
		Plus	Banana Oatmeal Bar / Fresh Fruit	1 Bar	
	PM	Standard	Whole Wheat Digestive Cookies / Fresh Fruit	2 Cookies	
		Plus	Whole Wheat Digestive Cookies / Fresh Fruit / Edamame	2 Cookies / 2 Tbsp	
Thursday	AM	Standard	Whole Wheat Cocoa Zucchini Muffin	1 Muffin	
		Plus	Whole Wheat Cocoa Zucchini Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	Whole Wheat Crackers / Cheese Cubes	10 Crackers / 2-3 Cubes	
		Plus	Whole Wheat Crackers / Cheese Cubes / Baby Carrots	10 Crackers / 2-3 Cubes / 2-3 Carrots	2-3 Blanched Baby Carrots
Friday	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 Maple Oat Loaf / Cucumber Slices	1 Slice (1 loaf = 10 portions) / 2-3 Cucumber Slices	2-3 Peeled Slices
		Plus	Whole Wheat Maple Oat Loaf / Cucumber Slices / Hummus	1 Slice (1 loaf = 10 portions) / 2-3 Cucumber Slices / 2 Tbsp	2-3 Peeled Slices

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

**Eat Grow Thrive**



PORTION GUIDE - Week 2

Spring / Summer 2024

Standard Snack Menu  
Plus Snack Menu

			Menu Selection	Preschool / School Age	Infant / Toddler
Monday	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	Organic Gluten-Free Whole Grain Mixed Berry Granola Minis / Fresh Fruit	1 Pack	
		Plus	Organic Gluten-Free Whole Grain Mixed Berry Granola Minis / Fresh Fruit / Vanilla Yogurt	1 Pack / 90 mL	
Tuesday	AM	Standard	Whole Wheat Banana Oat Bite	1 Bite	
		Plus	Whole Wheat Banana Oat Bite / Fresh Fruit	1 Bite	
	PM	Standard	Whole Wheat Melba Toast / Cheese Curds	1 Pack / 2-3 Curds	4 Square Wheat Crackers
		Plus	Whole Wheat Melba Toast / Cheese Curds / Baby Carrots	1 Pack / 2-3 Curds / 2-3 Carrots	4 Square Wheat Crackers / 2-3 Blanched Baby Carrots
Wednesday	AM	Standard	Strawberry Yogurt / Whole Grain Granola	90 ml / 1 Tbsp	2 Tea Biscuits
		Plus	Strawberry Yogurt / Whole Grain Granola / Fresh Fruit	90 ml / 1 Tbsp	2 Tea Biscuits
	PM	Standard	Mini Cocoa Snaps / Fruity Applesauce	8 Snaps / 3 Tbsp	
		Plus	Mini Cocoa Snaps / Fruity Applesauce / Hardboiled Egg	8 Snaps / 3 Tbsp / 1 Egg	
Thursday	AM	Standard	Whole Wheat Fruit and Fibre Muffin	1 Muffin	
		Plus	Whole Wheat Fruit and Fibre Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	Whole Wheat Breadsticks / Cheese Cubes	8 Sticks / 2-3 Cubes	10 Whole Wheat Crackers
		Plus	Whole Wheat Breadsticks / Cheese Cubes / Guacamole	8 Sticks / 2-3 Cubes / 2 Tbsp	10 Whole Wheat Crackers
Friday	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	Whole Grain Oatmeal Cookie / Fresh Fruit	1 Cookie	
		Plus	Whole Grain Oatmeal Cookie / Fresh Fruit / Edamame	1 Cookie / 2 Tbsp	

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**Eat Grow Thrive**



**WHOLESONE  
KIDS  
CATERING**

**PORTION GUIDE - Week 3**

**Spring / Summer 2024**

Standard Snack Menu  
Plus Snack Menu

		Menu Selection	Preschool / School Age	Infant / Toddler	
Monday	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	Organic Spelt Mini Ginger Snaps / Vanilla Yogurt	8 Snaps / 90 ml	
		Plus	Organic Spelt Mini Ginger Snaps / Vanilla Yogurt / Fresh Fruit	8 Snaps / 90 ml	
Tuesday	AM	Standard	Whole Grain Oatmeal Cranberry Round	1 Cookie	
		Plus	Whole Wheat Oatmeal Cranberry Round / Fruity Applesauce	1 Cookie / 3 Tbsp	
	PM	Standard	Whole Wheat Crackers / Cheddar Cheese Slice	10 Crackers / 1 Slice	
		Plus	Whole Wheat Crackers / Cheddar Cheese Slice / Baby Carrots	10 Crackers / 1 Slice / 2-3 Carrots	2-3 Blanched Baby Carrots
Wednesday	AM	Standard	Whole Wheat Mini Bagel / Cream Cheese	1 Bagel / 1 Tbsp	
		Plus	Whole Wheat Mini Bagel / Cream Cheese / Fresh Fruit	1 Bagel / 1 Tbsp	
	PM	Standard	Whole Wheat Lemon Blueberry Loaf / Fresh Fruit	1 Slice (1 loaf = 10 portions)	
		Plus	Whole Wheat Lemon Blueberry Loaf / Fresh Fruit / Hardboiled Egg	1 Slice (1 loaf = 10 portions) / 1 Egg	
Thursday	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	Banana Oatmeal Bar / Applesauce	1 Bar / 3 Tbsp	
		Plus	Banana Oatmeal Bar / Applesauce / Edamame	1 Bar / 3 Tbsp / 2 Tbsp	
Friday	AM	Standard	Whole Wheat Cocoa Zucchini Muffin	1 Muffin	
		Plus	Whole Wheat Cocoa Zucchini Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	Spice Snaps / Cucumber Slices	3 Biscuits / 2-3 Slices	2-3 Peeled Slices
		Plus	Spice Snaps / Cucumber Slices / Strawberry Yogurt	3 Biscuits / 2-3 Slices / 90 ml	2-3 Peeled Slices

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**Eat Grow Thrive**



PORTION GUIDE - Week 4

Spring / Summer 2024

Standard Snack Menu  
Plus Snack Menu

		Menu Selection	Preschool / School Age	Infant / Toddler
Monday	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	Organic Gluten-Free Whole Grain Strawberry Granola Bar / Fresh Fruit	1 Bar
		Plus	Organic Gluten-Free Whole Grain Strawberry Granola Bar / Fresh Fruit / Vanilla Yogurt	1 Bar / 90 ml
Tuesday	AM	Standard	Whole Wheat Mini Apple Cinnamon Bagel / Apple Butter	1 Bagel / 1 Tbsp
		Plus	Whole Wheat Mini Apple Cinnamon Bagel / Apple Butter / Fresh Fruit	1 Bagel / 1 Tbsp
	PM	Standard	Whole Wheat Round Crackres / Cheese Curds	2 Crackers / 2-3 Curds
		Plus	Whole Wheat Round Crackres / Cheese Curds / Grape Tomatoes	2 Crackers / 2-3 Curds / 2-3 Tomatoes
Wednesday	AM	Standard	Peach Yogurt / Whole Grain Granola	90 mL / 1 Tbsp
		Plus	Peach Yogurt / Whole Grain Granola / Fresh Fruit	90 mL / 1 Tbsp
	PM	Standard	Whole Wheat Maple Oat Loaf / Applesauce	1 Slice (1 loaf = 10 portions) / 3 Tbsp
		Plus	Whole Wheat Maple Oat Loaf / Applesauce / Edamame	1 Slice (1 loaf = 10 portions) / 3 Tbsp / 2 Tbsp
Thursday	AM	Standard	Whole Wheat Fruit and Fibre Muffin	1 Muffin
		Plus	Whole Wheat Fruit and Fibre Muffin / Fresh Fruit	1 Muffin
	PM	Standard	Square Wheat Crackers / Cheddar Cheese Slice	4 Crackers / 1 Slice
		Plus	Square Wheat Crackers / Cheddar Cheese Slice / Fresh Fruit	4 Crackers / 1 Slice
Friday	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	Whole Wheat Digestive Cookies / Strawberry Yogurt	2 Cookies / 90 mL
		Plus	Whole Wheat Digestive Cookies / Strawberry Yogurt / Fresh Fruit	2 Cookies / 90 mL

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