



PORTION GUIDE - Week 1

Fall / Winter 2024-2025

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	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 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 Breadsticks / Cheese Curds	8 Sticks / 2-3 Curds	10 Whole Wheat Crackers
		Plus	Whole Wheat Breadsticks / Cheese Curds / Guacamole	8 Sticks / 2-3 Curds / 2 Tbsp	10 Whole Wheat Crackers
Wednesday	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	Spice Snaps / Applesauce	3 Biscuits / 4 Tbsp	
		Plus	Spice Snaps / Applesauce / Edamame	3 Biscuits / 4 Tbsp / 2 Tbsp	
Thursday	AM	Standard	Whole Wheat Apple Zucchini Muffin	1 Muffin	
		Plus	Whole Wheat Apple Zucchini Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	Square Wheat Crackers / Cheese Slice	4 Crackers / 1 Slice	
		Plus	Square Wheat Crackers / Cheese Slice / Baby Carrots	4 Crackers / 1 Slice / 2-3 Carrots	2-3 Blanched Baby Carrots
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 Banana Loaf / Cucumber Slices	1 Slice (1 loaf = 10 portions) / 2-3 Cucumber Slices	2-3 Peeled Slices
		Plus	Whole Wheat Banana Loaf / Cucumber Slices / Hardboiled Egg	1 Slice (1 loaf = 10 portions) / 2-3 Cucumber Slices / 1 Egg	2-3 Peeled Slices

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

**Eat Grow Thrive**



**WHOLESOME  
KIDS  
CATERING**

**PORTION GUIDE - Week 2**

**Fall / Winter 2024-2025**

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	Whole Wheat Digestive Cookies / Fresh Fruit	2 Cookies	
		Plus	Whole Wheat Digestive Cookies / Fresh Fruit / Peach Yogurt	2 Cookies / 90 ml	
Tuesday	AM	Standard	Banana Oatmeal Bar	1 Bar	
		Plus	Banana Oatmeal Bar / Fresh Fruit	1 Bar	
	PM	Standard	Whole Wheat Round Crackers / Cheese Curds	2 Crackers / 2-3 Curds	
		Plus	Whole Wheat Round Crackers / Cheese Curds / Grape Tomatoes	2 Crackers / 2-3 Curds / 2-3 Tomatoes	
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	Whole Grain Oatmeal Cookie / Fruity Applesauce	1 Cookie / 4 Tbsp	
		Plus	Whole Grain Oatmeal Cookie / Fruity Applesauce / Edamame	1 Cookie / 4 Tbsp / 2 Tbsp	
Thursday	AM	Standard	Whole Wheat Carrot Muffin	1 Muffin	
		Plus	Whole Wheat Carrot Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	Whole Wheat Crackers / Hummus	10 Crackers / 2 Tbsp	
		Plus	Whole Wheat Crackers / Hummus / Cucumbers Slices	10 Crackers / 2 Tbsp / 2-3 Slices	2-3 Peeled Slices
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	Mini Cocoa Snaps / Fresh Fruit	8 Snaps	
		Plus	Mini Cocoa Snaps / Fresh Fruit / Cheese Slice	8 Snaps / 1 Slice	

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**Eat Grow Thrive**



PORTION GUIDE - Week 3

Fall / Winter 2024-2025

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	Organic Gluten-Free Whole Grain Mixed Berry Granola Minis / Fresh Fruit	1 Pack	Organic Gluten-Free Whole Grain Strawberry Granola Bar
		Plus	Organic Gluten-Free Whole Grain Mixed Berry Granola Minis / Fresh Fruit / Cheese Curds	1 Pack / 2-3 Curds	Organic Gluten-Free Whole Grain Strawberry Granola Bar
Tuesday	AM	Standard	English Muffin / Apple Butter	1/2 English Muffin / 1 Tbsp	
		Plus	English Muffin / Apple Butter / White Cheese Slice	1/2 English Muffin / 1 Tbsp / 1 Slice	
	PM	Standard	Spice Snaps / Vanilla Yogurt	3 Biscuits / 90 ml	
		Plus	Spice Snaps / Vanilla Yogurt / Fresh Fruit	3 Biscuits / 90 ml	
Wednesday	AM	Standard	Banana Oatmeal Bar	1 Bar	
		Plus	Banana Oatmeal Bar / Fruity Applesauce	1 Bar / 4 Tbsp	
	PM	Standard	Whole Wheat Banana Loaf / Baby Carrots	1 Slice (1 loaf = 10 portions) / 2-3 Baby Carrots	2-3 Blanched Baby Carrots
		Plus	Whole Wheat Banana Loaf / Baby Carrots / Hardboiled Egg	1 Slice (1 loaf = 10 portions) / 2-3 Baby Carrots / 1 Egg	2-3 Blanched Baby Carrots
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	Whole Wheat Melba Toast / Cheese Cubes	1 Pack / 2-3 Cubes	
		Plus	Whole Wheat Melba Toast / Cheese Cubes / Cucumber Slices	1 Pack / 2-3 Cubes / 2-3 Slices	2-3 Peeled Slices
Friday	AM	Standard	Whole Wheat Apple Zucchini Muffin	1 Muffin	
		Plus	Whole Wheat Apple Zucchini Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	Whole Grain Oatmeal Cranberry Cookie / Fresh Fruit	1 Cookie	
		Plus	Whole Grain Oatmeal Cranberry Cookie / Fresh Fruit / Edamame	1 Cookie / 2 Tbsp	

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**Eat Grow Thrive**



PORTION GUIDE - Week 4

Fall / Winter 2024-2025

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	Whole Wheat Digestive Cookie / Fresh Fruit	2 Cookies
		Plus	Whole Wheat Digestive Cookie / Fresh Fruit / Strawberry Yogurt	2 Cookies / 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 Crackers / Cheese Curds	10 Crackers / 2-3 Curds
		Plus	Whole Wheat Crackers / Cheese Curds / Fresh Fruit	10 Crackers / 2-3 Curds
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 Pumpkin Loaf / Fresh Fruit	1 Slice (1 loaf = 10 portions)
		Plus	Whole Wheat Pumpkin Loaf / Fresh Fruit / Edamame	1 Slice (1 loaf = 10 portions) / 2 Tbsp
Thursday	AM	Standard	Whole Wheat Carrot Muffin	1 Muffin
		Plus	Whole Wheat Carrot Muffin / Fresh Fruit	1 Muffin
	PM	Standard	Banana Oat Bar / Cucumber Slices	1 Bar / 2-3 Slices
		Plus	Banana Oat Bar / Cucumber Slices / Hummus	1 Bar / 2-3 Slices / 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	Pretzel Bun / White Cheese Slice	1/2 Bun / 1 Slice
		Plus	Pretzel Bun / White Cheese Slice / Baby Carrots	1/2 Bun / 1 Slice / 2-3 Baby Carrots

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