

# Lunch Order Choice Form

## Fall/Winter 2024-2025

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 AUGUST 30, 2024 (ELECTRONICALLY PREFERRED). 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](mailto:customer.care@wholesomekids.ca)

For all inquiries, please contact us at 905-752-8115 X356.

Centre/School Name \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	✓ Breaded Chicken Pieces, Brown Rice, Plum Sauce, California Mix (Broccoli, Cauliflower, Carrots) ✓ ☺ Beef Lasagna, California Mix (Broccoli, Cauliflower, Carrots) ☺	☺ Scrambled Egg, Whole Wheat Bread, Shredded Cheese, Green Beans ☺ ✓ Chicken Noodle Soup, Whole Wheat Bread, Baby Carrots ✓	✓ Beef Burger, Hamburger Bun, Diced Carrots ✓ ** Crustless Turkey Pot Pie, Mashed Potatoes, Noor Roll and Diced Carrots **	✓ Whitefish Bowtie Pasta in Rose Sauce, Peas & Corn ✓ ☺ Mild Cajun Chicken Drumstick, Brown Rice, Leafy Greens with French Dressing ☺	☺ Turkey Meatballs in Gravy, Brown Rice, Carrots & Turnips ☺ 🌐 Italian Seasoned Beef with Pasta Shells in Tomato Sauce, Carrots & Turnips 🌐
Your Choice	A B	A B	A B	A B	A B
<b>WEEK 2</b>	✓ Breaded Chicken, Brown Rice and Diced Carrots ✓ ☺ Whitefish Mac & Cheese, Diced Carrots ☺	☺ Egg Patty, Cheese Slice, English Muffin, Green & Yellow Beans ☺ ☺ Turkey Lasagna, Green & Yellow Beans ☺	☺ Ground Beef Bolognese with Whole Grain Pasta, Peas & Corn ☺ **Fish Sticks, Ciabatta Bun, Lemon Garlic Sauce, Peas & Corn**	☺ Roasted Apple Chicken Drumstick, Brown Rice, Leafy Greens with Balsamic Dressing ☺ ✓ BBQ Diced Turkey, Brown Rice, Leafy Greens with Balsamic Dressing ✓	✓ Beef burger, Hamburger bun, Green Peas ✓ **Creamy Chicken Whole Grain Noodle Casserole, Green Peas **
Your Choice	A B	A B	A B	A B	A B
<b>WEEK 3</b>	✓ Beef & Tomato Cheesy Pasta, Green Beans ✓ ☺ BBQ Turkey Meatballs, Brown Rice, Green Beans ☺	✓ Breaded Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots ✓ ☺ Mini Cheese Tortellini & White Bean Soup, Whole Wheat Baguette, Baby Carrots ☺	✓ Beef Burger, Hamburger Bun, California Mix ✓ ✓ Classic Mac & Cheese, Black Bean, Corn and Quinoa Salad, California Mix ✓	🌐 Portuguese Chicken Drumstick, Whole Grain Pasta, Green Peas 🌐 ✓ Turkey Sloppy Joe, Hamburger Bun, White Cheese Slice, Green Peas ✓	✓ Fish Sticks, Brown Rice, Diced Carrots ✓ ** Fiesta Mexican Ground Beef, Brown Rice, Diced Carrots **
Your Choice	A B	A B	A B	A B	A B
<b>WEEK 4</b>	☺ Ground Beef Bolognese with Whole Grain Pasta, Broccoli ☺ ✓ Breaded Chicken, Hamburger Bun, Sweet Potatoes ☺	✓ Classic Mac & Cheese, Black Bean, Corn and Quinoa Salad, Green Peas ✓ ☺ Turkey Meatballs in Tomato Sauce, Submarine Bun, Shredded Mozzarella, Green Peas ☺	✓ Fish Sticks, Brown Rice, Vegetable Medley ✓ **Ground Beef and Potato Stew, Brown Rice, Vegetable Medley **	✓ Mini Beef Meatball Soup, Whole Wheat Bread, Baby Carrots ✓ ✓ Turkey Burger, Cheese Slice, Hamburger Bun, Diced Carrots ✓	☺ Hidden Bean Lasagna, Peas and Corn ☺ 🌐 Moroccan Chicken Drumstick, Whole Grain Pasta, Leafy Greens with Italian Dressing 🌐
Your Choice	A B	A B	A B	A B	A B



**Menu Launch Date October 21, 2024**

**Menu is approved by a Registered Dietitian.**

**Milk and/or Water are served with lunch and snacks**

- Please see the allergy guide for the substitution meals for Vegetarian, Vegan and Halal and other dietary replacements. Daily Packing slip will indicate specific replacements by child name.
- Please note that Wholesome Kids operates a facility that is Nut Free, Pork Free, and Shellfish Free at all times. All Lunches are Trans Fat Free (Except for those that are naturally occurring).
- Fresh Fruit will vary depending on seasonal availability. They may include apples, bananas, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, honeydew), plums, nectarines, and peaches.

