



**PORTION GUIDE - Week 1**  
**Spring / Summer 2025**

No Added Sugar  
Snack Menu

			Menu Selection	Preschool / School Age	Infant / Toddler
Monday	AM	Standard	Plain Yogurt / Fresh Fruit	90 ml	
	PM	Standard	Corn Crackers / Cheese Cubes / Fresh Fruit	2 Crackers / 2-3 cubes	
Tuesday	AM	Standard	Whole Wheat Baguette Slice / Unsweetened Mango Applesauce	1 slice / 4 Tbsp	
	PM	Standard	Plain Yogurt / Ciabatta / Fresh Fruit	90 ml / 1/2 bun	
Wednesday	AM	Standard	Noor Roll / Guacamole	1 Roll / 2 Tbsp	
	PM	Standard	Whole Wheat Pita / Edamame / Fresh Fruit	1/2 Pita / 2 Tbsp	
Thursday	AM	Standard	Vegan Pancake / Fresh Fruit	1 Pancake	
	PM	Standard	Whole Wheat Breadsticks / Hummus / Baby Carrots	8 Sticks / 2 Tbsp / 2-3 Baby Carrots	2-3 Blanched Baby Carrots
Friday	AM	Standard	Plain Yogurt / Fresh Fruit	90 ml	
	PM	Standard	Javaneh Slice / Cheddar Cheese Slice / Cucumber Slices	1 slice / 1 slice / 2-3 Cucumber Slices	2-3 Peeled Cucumber Slices

Effective April 28, 2025  
 Last Revised April 25, 2025

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

**Eat Grow Thrive**



**PORTION GUIDE - Week 2**

**Spring / Summer 2025**

No Added Sugar  
Snack Menu

			Menu Selection	Preschool / School Age	Infant / Toddler
Monday	AM	Standard	Plain Yogurt / Fresh Fruit	90 ml	
	PM	Standard	Javaneh Slice / Cheese Cubes / Fresh Fruit	1 slice / 2-3 cubes	
Tuesday	AM	Standard	Bahar Mini Loaf / Hardboiled Egg	1 Mini Loaf / 1 Egg	
	PM	Standard	Wheat Crackers / Plain Yogurt / Orange	1 pack / 90 ml	
Wednesday	AM	Standard	Plain Yogurt / Raspberry Puree	90 ml / 1 tsp	
	PM	Standard	Noor Roll / Unsweetened Applesauce / Edamame	1 roll / 4 Tbsp / 2 Tbsp	
Thursday	AM	Standard	Overnight Oats / Fresh Fruit	1/3 cup	
	PM	Standard	Baguette Slice / Hummus / Baby Carrots	1 slice / 2 Tbsp / 2-3 Baby Carrots	2-3 Blanched Baby Carrots
Friday	AM	Standard	Ciabatta / Fresh Fruit	1/2 bun	
	PM	Standard	Whole Wheat Pita / Cheddar Cheese Curds / Cucumber Slices	1/2 pita / 2-3 curds / 2-3 Cucumber Slices	2-3 Peeled Cucumber Slices

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**Eat Grow Thrive**



**WHOLESONE  
KIDS  
CATERING**

**PORTION GUIDE - Week 3**

**Spring / Summer 2025**

No Added Sugar  
Snack Menu

			Menu Selection	Preschool / School Age	Infant / Toddler
Monday	AM	Standard	Rice Cake / Fresh Fruit	1 each	
	PM	Standard	Plain Yogurt / Soda Crackers / Fresh Fruit	90 ml / 4 Crackers	
Tuesday	AM	Standard	Baguette Slice / Chopped Egg	1 slice / 1/4 cup	
	PM	Standard	Noor Roll / Unsweetened Berry Applesauce / Edamame	1 each / 4 Tbsp / 2 Tbsp	
Wednesday	AM	Standard	Plain Yogurt / Unsweetened Raspberry Puree	90 ml / 1 tsp	
	PM	Standard	Whole Wheat Pita / Cheddar Cheese Curds / Cucumber Slices	1/2 pita / 2-3 curds / 2-3 Cucumber Slices	2-3 Peeled Cucumber Slices
Thursday	AM	Standard	Ciabatta / Guacamole	1/2 bun / 2 Tbsp	
	PM	Standard	Corn Crackers / Bruschetta / Shredded Cheddar Cheese	2 Crackers / 2 Tbsp / 3 Tbsp	
Friday	AM	Standard	Vegan Pancake / Fresh Fruit	1 Pancake	
	PM	Standard	Javaneh Slice / Mozzarella Slice / Grape Tomatoes	1 Slice / 1 Slice / 3 Grape Tomatoes	

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**WHOLESOME  
KIDS  
CATERING**

**PORTION GUIDE - Week 4**

**Spring / Summer 2025**

No Added Sugar  
Snack Menu

			Menu Selection	Preschool / School Age	Infant / Toddler
Monday	AM	Standard	Bahar Mini Loaf / Guacamole	1 Mini Loaf / 2 Tbsp	
	PM	Standard	Plain Yogurt / Baguette Slice / Fresh Fruit	90 ml / 1 slice	
Tuesday	AM	Standard	Rice Cake / Unsweetened Applesauce	1 each / 4 Tbsp	
	PM	Standard	Wheat Crackers / Guacamole / Cheddar Cheese Curds	1 pack / 2 Tbsp / 2-3 curds	
Wednesday	AM	Standard	Vegan Pancake / Mango Fruit Puree / Fresh Fruit	1 pancake / 1 Tsp	
	PM	Standard	Ciabatta / Chopped Egg / Fresh Fruit	1/2 bun / 1/4 cup	
Thursday	AM	Standard	Plain Yogurt / Fresh Fruit	90 ml	
	PM	Standard	Javaneh Slice / Mozzarella Slice / Cucumber Slices	1 Slice / 1 Slice / 2-3 Cucumber Slices	2-3 Peeled Cucumber Slices
Friday	AM	Standard	Whole Wheat Pita / Fresh Fruit	1/2 pita	
	PM	Standard	Whole Wheat Breadsticks / Hummus / Baby Carrots	8 Sticks / 2 Tbsp / 2-3 Baby Carrots	2-3 Blanched Baby Carrots

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