

	Menu Selection	Key Ingredients of Main Menu Item	Sesame Free	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal	
Monday	A	Creamy Sun-Dried Tomato Chicken Whole Grain Pasta	Chicken / Tomato / Dairy / Wheat / Gluten		Dairy Free Sauce Chicken Sundried Tomato Penne	Gluten Free Creamy Sundried Tomato Chicken Pasta	Vegan Sauce Chickpea Sundried Tomato Penne	Chickpeas in Creamy Sundried Tomato Sauce	Creamy Sundried Tomato Halal Chicken Penne	
		Sunrise Mix	Green Bean / Carrot / Legume							
	B	Beef Meatballs in Tomato Sauce	Beef / Dairy / Wheat / Gluten / Soy / Tomato		Beef Burger in Tomato Sauce	Gluten Free Beef Burger in Tomato Sauce		Vegetarian Meatballs (Soy) in Tomato Sauce	Vegetarian Meatballs (Soy) in Tomato Sauce	Halal Meatballs in Tomato Sauce
		Brown Rice	Rice							
Tuesday	A	Korean BBQ Beef	Beef / Wheat / Gluten / Sesame / Soy / Rice	Beef in Brown Sauce		Beef in Brown Sauce		Korean BBQ Plant Based Crumble (Soy)	Korean BBQ Plant Based Crumble (Soy)	Halal Korean BBQ Marinated Beef
		Brown Rice	Rice							
		PS: Cucumber Slices	Cucumber							
		IT: Cucumber Slices	Cucumber							
	B	Breaded Fish Patty	Fish / Wheat / Gluten / Soy			Plain Fish		Mushroom Burger (Soy)		
		Hamburger Bun	Wheat / Gluten			Gluten Free Bun				
		Tzatziki Sauce	Cucumber / Dairy		Vegan Mayo		Vegan Mayo			
Carrots and Turnips	Carrot / Turnip									
Wednesday	A	Mini Potato and Cheese Perogies	Dairy / Potato / Gluten / Wheat		Potato Perogies	Roasted Potato	Potato Perogies			
		Sour Cream	Dairy		Tofutti (Soy)		Tofutti (Soy)			
		Marinated Chickpea Salad	Chickpea / Citrus / Legume							
		4 Way Mix	Green Bean / Green Pea / Carrot / Corn / Legume							
	B	Chicken Alfredo	Chicken / Dairy		Chicken in Tomato Sauce			Tofu in Tomato Sauce	Tofu Alfredo	Halal Chicken Alfredo
		Whole Grain Pasta	Wheat / Gluten			Gluten Free Pasta				
4 Way Mix	Green Bean / Green Pea / Carrot / Corn / Legume									
Thursday	A	Cheddar Cheese Omelet	Egg / Dairy		Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		Whole Wheat Bread	Wheat / Gluten			Gluten Free Bread				
		Green Peas	Green Pea / Legume							
	B	Southwest Diced Chicken	Chicken / Black Bean / Corn / Tomato					Southwest Black Beans	Southwest Black Beans	Southwest Halal Diced Chicken
		Corn Bread	Wheat / Gluten / Egg / Corn / Dairy		Noor Roll	Gluten Free Roll	Noor Roll	Noor Roll		
Green Peas	Green Pea / Legume									
Friday	A	PS/SA: Lemon Chicken Drumstick	Chicken / Citrus				Lemon Plant Based Strips (Legume/Soy)	Lemon Plant Based Strips (Legume/Soy)	Halal Lemon Chicken Drumstick	
		IT: Diced Lemon Chicken	Chicken / Citrus / Celery / Carrot				Lemon Plant Based Strips (Legume/Soy)	Lemon Plant Based Strips (Legume/Soy)	Halal Lemon Diced Chicken	
		Veggie Quinoa Blend	Quinoa / Carrot / Green Pea / Celery / Soy / Legume							
		PS/SA: Bell Pepper Sticks	Pepper							
		IT: Blanched Baby Carrots	Carrot							
	B	Spinach and Lentil Daal	Spinach / Lentil / Legume							
		Whole Wheat Mini Naan Dippers	Wheat / Gluten			Gluten Free Bread				
		PS/SA: Bell Pepper Sticks	Pepper							
IT: Blanched Baby Carrots	Carrot									



**WHOLESOME
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PORTION GUIDE - Week 1

Spring / Summer 2026

Standard Snack Menu
Plus Snack Menu

		Menu Selection	Preschool / School Age	Infant / Toddler	
Monday	AM	Standard	All Bran / Milk	1/2 Cup / 90 ml	
		Plus	All Bran / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Whole Wheat Mini Veggie Crackers / Cheese Slice	1 Pack / 1 Slice	
		Plus	Whole Wheat Mini Veggie Crackers / Cheese Slice / Guacamole	1 Pack / 1 Slice / 2 Tbsp	
Tuesday	AM	Standard	Banana Oatmeal Bar	1 Bar	
		Plus	Banana Oatmeal Bar / Unsweetened Applesauce	1 Bar / 4 Tbsp	
	PM	Standard	Melba Toast / Strawberry Jam / Fresh Fruit	1 Pack / 1 Tbsp	2 Corn Crackers
		Plus	Melba Toast / Strawberry Jam / Fresh Fruit / Edamame	1 Pack / 1 Tbsp / 2 Tbsp	2 Corn Crackers
Wednesday	AM	Standard	Rice Krispies / Milk	1/2 Cup / 90 ml	
		Plus	Rice Krispies / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Pretzel Bun / Cheese Slice	1/2 Bun / 1 Slice	
		Plus	Pretzel Bun / Cheese Slice / Fresh Fruit	1/2 Bun / 1 Slice	
Thursday	AM	Standard	Whole Wheat Bagel / Apple Butter	1 Bagel / 1 Tbsp	
		Plus	Whole Wheat Bagel / Apple Butter / Fresh Fruit	1 Bagel / 1 Tbsp	
	PM	Standard	Whole Wheat Breadsticks / Sesame-Free Hummus	8 Sticks / 2 Tbsp	4 Wheat Crackers
		Plus	Whole Wheat Breadsticks / Sesame-Free Hummus / Grape Tomatoes	8 Sticks / 2 Tbsp / 2-3 Grape Tomatoes	4 Wheat Crackers
Friday	AM	Standard	Waffle / Strawberry Jam	1 Waffle / 1 Tbsp	
		Plus	Waffle / Strawberry Jam / Fresh Fruit	1 Waffle / 1 Tbsp	
	PM	Standard	Whole Wheat Cocoa Zucchini Muffin / Fresh Fruit	1 Muffin	
		Plus	Whole Wheat Cocoa Zucchini Muffin / Fresh Fruit / Hard Boiled Egg	1 Muffin / 1 Egg	

Effective April 13, 2026
Last Revised May 27, 2026

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PORTION GUIDE - Week 2

Spring / Summer 2026

Standard Snack Menu
Plus Snack Menu

			Menu Selection	Preschool / School Age	Infant / Toddler
Monday	AM	Standard	Special K Cereal / Milk	1/2 Cup / 90 ml	
		Plus	Special K Cereal / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Babybel Cheese / Fresh Fruit	1 Each	
		Plus	Babybel Cheese / Fresh Fruit / Whole Grain Cranberry Oatmeal Cookie	1 Each / 1 Cookie	
Tuesday	AM	Standard	Multigrain Muesli Morning Round / Apple Butter	1 Round / 1 Tbsp	
		Plus	Multigrain Muesli Morning Round / Apple Butter / Fresh Fruit	1 Round / 1 Tbsp	
	PM	Standard	Whole Wheat Vanilla Snaps / Unsweetened Applesauce	8 Snaps / 4 Tbsp	
		Plus	Whole Wheat Vanilla Snaps / Unsweetened Applesauce / Cheese Curds	8 Snaps / 4 Tbsp / 2-3 Curds	
Wednesday	AM	Standard	Multigrain Cheerios / Milk	1/2 Cup / 90 ml	
		Plus	Multigrain Cheerios / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Whole Wheat Pita / Bruschetta	1/2 Pita / 2 Tbsp	
		Plus	Whole Wheat Pita / Bruschetta / Shredded Cheese	1/2 Pita / 2 Tbsp / 1 Tbsp	
Thursday	AM	Standard	Peach Yogurt / Whole Grain Granola	90 ml / 1 Tbsp	1 Tbsp Cereal Topping
		Plus	Peach Yogurt / Whole Grain Granola / Fresh Fruit	90 ml / 1 Tbsp	1 Tbsp Cereal Topping
	PM	Standard	Hard Boiled Egg / Fresh Fruit	1 Egg	
		Plus	Hard Boiled Egg / Fresh Fruit / Whole Wheat Lemon Blueberry Loaf	1 Egg / 1 Slice (1 loaf = 10 portions)	
Friday	AM	Standard	Whole Wheat Summer Berry Muffin	1 Muffin	
		Plus	Whole Wheat Summer Berry Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	Organic Strawberry Granola Bar / Baby Carrots	1 Bar / 2-3 Baby Carrots	2-3 Blanched Baby Carrots
		Plus	Organic Strawberry Granola Bar / Baby Carrots / Edamame	1 Bar / 2-3 Baby Carrots / 2 Tbsp	2-3 Blanched Baby Carrots

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Last Revised May 27, 2026

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PORTION GUIDE - Week 3

Spring / Summer 2026

**Standard Snack Menu
Plus Snack Menu**

		Menu Selection	Preschool / School Age	Infant / Toddler	
Monday	AM	Standard	Corn Flakes / Milk	1/2 Cup / 90 ml	
		Plus	Corn Flakes / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Whole Wheat Banana Muffin / Fresh Fruit	1 Muffin	
		Plus	Whole Wheat Banana Muffin / Fresh Fruit / Cheese Curds	1 Muffin / 2-3 Curds	
Tuesday	AM	Standard	Whole Wheat Carrot Zucchini Loaf	1 Slice (1 loaf = 10 portions)	
		Plus	Whole Wheat Carrot Zucchini Loaf / Unsweetened Applesauce	1 Slice (1 loaf = 10 portions) / 4 Tbsp	
	PM	Standard	Cucumber Slices / Red Pepper Cheese Dip	4-5 Cucumber Slices / 1-2 Tbsp	4-5 Peeled Cucumber Slices
		Plus	Cucumber Slices / Red Pepper Cheese Dip / Whole Wheat Mini Veggie Crackers	4-5 Cucumber Slices / 1-2 Tbsp / 1 Pack	4-5 Peeled Cucumber Slices
Wednesday	AM	Standard	Whole Wheat Pancake / Strawberry Chia Seed Jam	1 Pancake/ 2 Teaspoons	
		Plus	Whole Wheat Pancake / Strawberry Chia Seed Jam / Fresh Fruit	1 Pancake/ 2 Teaspoons	
	PM	Standard	Mini Naan Dippers / Sesame-Free Hummus	2 Naan Dippers / 2 Tbsp	
		Plus	Mini Naan Dippers / Sesame-Free Hummus / Baby Carrots	2 Nan Dippers / 2 Tbsp / 2-3 Baby Carrots	2-3 Blanched Baby Carrots
Thursday	AM	Standard	Rice Chex / Milk	1/2 Cup / 90 ml	
		Plus	Rice Krispies / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Cornbread / Unsweetened Applesauce	1 Square / 4 Tbsp	
		Plus	Cornbread / Unsweetened Applesauce / Edamame	1 Square / 4 Tbsp / 2 Tbsp	
Friday	AM	Standard	Whole Wheat Pineapple Coconut Muffin	1 Muffin	
		Plus	Whole Wheat Pineapple Coconut Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	Mini Maple Biscuits / Fresh Fruit	1 Pack	
		Plus	Mini Maple Biscuits / Fresh Fruit / Cheese Cubes	1 Pack / 2-3 Cubes	2-3 Blanched Baby Carrots

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Last Revised May 27, 2026

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PORTION GUIDE - Week 4

Spring / Summer 2026

Standard Snack Menu
Plus Snack Menu

		Menu Selection	Preschool / School Age	Infant / Toddler	
Monday	AM	Standard	Special K / Milk	1/2 Cup / 90 ml	
		Plus	Special K / Milk / Fresh fruit	1/2 Cup / 90 ml	
	PM	Standard	Banana Oat Bar / Unsweetened Applesauce	1 Bar / 4 Tbsp	
		Plus	Banana Oat Bar / Unsweetened Applesauce / Edamame	1 Bar / 4 Tbsp / 2 Tbsp	
Tuesday	AM	Standard	Multigrain Muesli Morning Round / Apple Butter	1 Round / 1 Tbsp	
		Plus	Multigrain Muesli Morning Round / Apple Butter / Fresh Fruit	1 Round / 1 Tbsp	
	PM	Standard	Cheese Cubes / Baby Carrots	2-3 Cubes / 2-3 Baby Carrots	2-3 Blanched Baby Carrots
		Plus	Cheese Cubes / Baby Carrots / Whole Wheat Oatmeal Cookie	2-3 Cubes / 2-3 Baby Carrots / 1 Cookie	2-3 Blanched Baby Carrots
Wednesday	AM	Standard	Whole Grain Banana Cookie	1 Cookie	
		Plus	Whole Grain Banana Cookie / Fresh Fruit	1 Cookie	
	PM	Standard	Whole Wheat Breadsticks / Grape Tomatoes	8 Sticks / 2-3 Grape Tomatoes	4 Wheat Crackers
		Plus	Whole Wheat Breadsticks / Grape Tomatoes / Sesame-Free Hummus	8 Sticks / 2-3 Grape Tomatoes / 2 Tbsp	4 Wheat Crackers
Thursday	AM	Standard	Whole Wheat Bread / Cheese Slice	1 Bread Slice / 1 Cheese Slice	
		Plus	Whole Wheat Bread / Cheese Slice / Fresh Fruit	1 Bread Slice / 1 Cheese Slice	
	PM	Standard	Babybel Cheese / Fresh Fruit	1 Each	
		Plus	Babybel Cheese / Fresh Fruit / Melba Toast	1 Each / 1 Pack	2 Corn Crackers
Friday	AM	Standard	Multigrain Cheerios / Milk	1/2 Cup / 90 ml	
		Plus	Multigrain Cheerios / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Whole Wheat English Muffin / Cheese Slice	1/2 Muffin / 1 Slice	
		Plus	Whole Wheat English Muffin / Cheese Slice / Fresh Fruit	1/2 Muffin / 1 Slice	

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