WHOLESOME KIDS CATERING

PORTION GUIDE - Week 1

Fall / Winter 2026-2027

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 Grain Banana Granola Bar / Cheese Curds	1 Bar / 2-3 Curds	
		Plus	Whole Grain Banana Granola Bar / Cheese Curds / Fresh Fruit	1 Bar / 2-3 Curds	
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 Vanilla Snaps / Unsweetened Applesauce	8 Snaps / 4 Tbsp	
		Plus	Whole Wheat Vanilla Snaps / Unsweetened Applesauce / Hard Boiled Egg	8 Snaps / 4 Tbsp / 1 Egg	
Wednesday	AM	Standard	Rice Chex / Milk	1/2 Cup / 90 ml	
		Plus	Rice Chex / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Fresh Fruit / Maple Cinnamon Greek Yogurt Dip	2 Tbsp	
		Plus	Fresh Fruit / Maple Cinnamon Greek Yogurt Dip / Pretzel Bun	2 Tbsp / 1/2 Pretzel Bun	
Thursday	AM	Standard	Whole Grain Pancake / Strawberry Chia Jam	1 Pancake / 2 Teaspoons	
		Plus	Whole Grain Pancake / Strawberry Chia Jam / Fresh Fruit	1 Pancake / 2 Teaspoons	
	PM	Standard	Baby Carrots / Edamame Spread	2-3 Baby Carrots / 2 Tbsp	2-3 Blanched Baby Carrots
		Plus	Baby Carrots / Edamame Spread / Whole Wheat Veggie Crackers	2-3 Baby Carrots / 2 Tbsp / 1 Pack	2-3 Blanched Baby Carrots
Friday	AM	Standard	Blueberry Morning Round	1/2 Round	
		Plus	Blueberry Morning Round / Fresh Fruit	1/2 Round	
	PM	Standard	Whole Wheat Apple Zucchini Muffin / Fresh Fruit	1 Muffin	
		Plus	Whole Wheat Apple Zucchini Muffin / Fresh Fruit / Edamame	1 Muffin / 2 Tbsp	

Effective Nov 23, 2026 **Reference Menu: v1**

If Space is Blank please refer to the Preschool / School Age portion.
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Eat Grow Thrive

WHOLESOME KIDS CATERING

PORTION GUIDE - Week 2

Fall / Winter 2026-2027

Standard Snack Menu

Plus Snack Menu

			Menu Selection	Preschool / School Age	Infant / Toddler
Monday	AM	Standard	Multigrain Cheerios / Milk	1/2 Cup / 90 ml	
		Plus	Multigrain Cheerios / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Whole Grain Banana Oatmeal Cookie / Fresh Fruit	1 Cookie	
		Plus	Whole Grain Banana Oatmeal Cookie / Fresh Fruit / Hard Boiled Egg	1 Cookie / 1 Egg	
Tuesday	AM	Standard	Whole Wheat Apple Cinnamon Bagel / Cream Cheese	1 Bagel / 1 Tbsp	
		Plus	Whole Wheat Apple Cinnamon Bagel / Cream Cheese / Fresh Fruit	1 Bagel / 1 Tbsp	
	PM	Standard	Whole Wheat Vanilla Snaps / Vanilla Yogurt	8 snaps / 90 ml	
		Plus	Whole Wheat Vanilla Snaps / Vanilla Yogurt / Mango Puree	8 snaps / 90 ml / 1 Tbsp	
Wednesday	AM	Standard	Special K / Milk	1/2 Cup / 90 ml	
		Plus	Special K / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Whole Grain Pita / Sesame-Free Hummus	1/2 Pita / 2 Tbsp	
		Plus	Whole Grain Pita / Sesame-Free Hummus / Cucumber Slices	1/2 Pita / 2 Tbsp / 4-5 Cucumber Slices	4-5 Peeled Cucumber Slices
Thursday	AM	Standard	Whole Wheat Carrot Muffin	1 Muffin	
		Plus	Whole Wheat Carrot Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	Whole Wheat Mini Crackers / Fresh Fruit	1 Pack	
		Plus	Whole Wheat Mini Crackers / Fresh Fruit / White Bean Dip	1 Pack / 2 Tbsp	
Friday	AM	Standard	Peach Yogurt / Waffle Crisp	90 ml / 1 Waffle Crisp	
		Plus	Peach Yogurt / Waffle Crisp / Fresh Fruit	90 ml / 1 Waffle Crisp	
	PM	Standard	Organic Mixed Berry Granola Minis / Edamame	1 Pack / 2 Tbsp	1 Berry Bar
		Plus	Mixed Berry Granola Minis / Edamame / Fresh Fruit	1 Pack / 2 Tbsp	1 Berry Bar

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Eat Grow Thrive

WHOLESOME KIDS CATERING

PORTION GUIDE - Week 3

Fall / Winter 2026-2027

Standard Snack Menu

Plus Snack Menu

			Menu Selection	Preschool / School Age	Infant / Toddler
Monday	AM	Standard	Rice Krispies / Milk	1/2 Cup / 90 ml	
		Plus	Rice Krispies / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Whole Grain Oatmeal Cookie / Unsweetened Applesauce	1 Cookie / 4 Tbsp	
		Plus	Whole Grain Oatmeal Cookie / Unsweetened Applesauce / Edamame	1 Cookie / 4 Tbsp / 2 Tbsp	
Tuesday	AM	Standard	Whole Wheat Lemon Cranberry Loaf	1 Slice (1 loaf = 10 portions)	
		Plus	Whole Wheat Lemon Cranberry Loaf / Fresh Fruit	1 Slice (1 loaf = 10 portions)	
	PM	Standard	Baby Carrots / Roasted Red Pepper Bean Dip	2-3 Baby Carrots / 2 Tbsp	2-3 Blanched Baby Carrots
		Plus	Baby Carrots / Roasted Red Pepper Bean Dip / Rice Cake	2-3 Baby Carrots / 2 Tbsp / 1 Rice Cake	2-3 Blanched Baby Carrots
Wednesday	AM	Standard	Corn Flakes / Milk	1/2 Cup / 90 ml	
		Plus	Corn Flakes / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Banana Oatmeal Bar / Fresh Fruit	1 Bar	
		Plus	Banana Oatmeal Bar / Fresh Fruit / Cheese Curds	1 Bar / 2-3 Curds	
Thursday	AM	Standard	Multigrain Morning Round / Strawberry Jam	1 Each / 1 Tbsp	
		Plus	Multigrain Morning Round / Strawberry Jam / Fresh Fruit	1 Each / 1 Tbsp	
	PM	Standard	Whole Wheat Mini Naan Dippers / Cucumber Slices	2 Naan Dippers / 4-5 Cucumber Slices	4-5 Peeled Cucumber Slices
		Plus	Whole Wheat Mini Naan Dippers / Cucumber Slices / Greek Yogurt Spinach Dip	2 Naan Dippers / 4-5 Cucumber Slices / 2 Tbsp	4-5 Peeled Cucumber Slices
Friday	AM	Standard	Whole Wheat Cocoa Zucchini Muffin	1 Muffin	
		Plus	Whole Wheat Cocoa Zucchini Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	Pretzel Bun / Cheese Slice	1/2 Pretzel Bun / 1 Cheese Slice	
		Plus	Pretzel Bun / Cheese Slice / Grape Tomatoes	1/2 Pretzel Bun / 1 Cheese Slice / 2-3 Grape Tomatoes	

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Eat Grow Thrive

WHOLESOME KIDS CATERING

PORTION GUIDE - Week 4

Fall / Winter 2026-2027

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	Whole Grain Apple Granola Bar / Unsweetened Applesauce	1 Bar / 4 Tbsp	
		Plus	Whole Grain Apple Granola Bar / Unsweetened Applesauce / Edamame	1 Bar / 4 Tbsp / 2 Tbsp	
Tuesday	AM	Standard	Vanilla Yogurt / Whole Grain Granola	90 ml / 1 Tbsp	1 Tbsp Cereal Topping
		Plus	Vanilla Yogurt / Whole Grain Granola / Fresh Fruit	90 ml / 1 Tbsp	1 Tbsp Cereal Topping
	PM	Standard	Whole Wheat Veggie Crackers / Guacamole	1 Pack / 2 Tbsp	
		Plus	Whole Wheat Veggie Crackers / Guacamole / Marinated Chickpea Salad	1 Pack / 2 Tbsp / 2 Tbsp	
Wednesday	AM	Standard	Apple Cinnamon Morning Round	1/2 Round	
		Plus	Apple Cinnamon Morning Round / Fresh Fruit	1/2 Round	
	PM	Standard	Baby Carrots / White Bean Dip	2-3 Baby Carrots / 2 Tbsp	2-3 Blanched Baby Carrots
		Plus	Baby Carrots / White Bean Dip / Corn Crackers	2-3 Baby Carrots / 2 Tbsp / 2 Crackers	2-3 Blanched Baby Carrots
Thursday	AM	Standard	Whole Wheat Carrot Zucchini Loaf	1 Slice (1 loaf = 10 portions)	
		Plus	Whole Wheat Carrot Zucchini Loaf / Fresh Fruit	1 Slice (1 loaf = 10 portions)	
	PM	Standard	Whole Wheat Banana Muffin / Hard Boiled Egg	1 Muffin / 1 Egg	
		Plus	Whole Wheat Banana Muffin / Hard Boiled Egg / Fresh Fruit	1 Muffin / 1 Egg	
Friday	AM	Standard	Multigrain Cheerios / Milk	1/2 Cup / 90 ml	
		Plus	Multigrain Cheerios / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Javaneh Slice / Cheese Slice	1 Slice / 1 Slice	
		Plus	Javaneh Slice / Cheese Slice / Grape Tomatoes	1 Slice / 1 Slice / 2-3 Grape Tomatoes	

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