






**WHOLESONE  
KIDS  
CATERING**

**Our WHOLESOME  
Menu Includes:**

-  Simple, wholesome ingredients for growing bodies and minds.
-  Meals and snacks using municipal, provincial and national nutritional guidelines.
-  Food kids love to eat.

**FIRST ACADEMY MONTESSORI SCHOOL**

Healthy Choices Fall/Winter 2024/2025

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<b>AM Snack</b> <b>Entrée</b> Beef Lasagna, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Chicken Noodle Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Crustless Turkey Pot Pie, Mashed Potatoes, Nour Rolls, Diced Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Whitefish Bowtie Pasta in Rose Sauce, Peas & Corn, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Italian Seasoned Beef with Pasta Shells in Tomato Sauce, Carrots & Turnips, Fresh Fruit <b>PM Snack</b>
WEEK 2	<b>AM Snack</b> <b>Entrée</b> Breaded Chicken, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Turkey Lasagna, Green & Yellow Beans, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Ground Beef Bolgonese, Whole Grain Pasta, Peas & Corn, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Roasted Apple Chicken Drumstick, Brown Rice, Leafy Greens and Balsamic Dressing , Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Beef Burger, Hamburger Bun, Green Peas, Fresh Fruit <b>PM Snack</b>
WEEK 3	<b>AM Snack</b> <b>Entrée</b> Beef & Tomato Cheesy Pasta, Green Beans, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Classic Mac & Cheese, Black Bean, Corn & Quinoa Salad, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Portuguese Chicken Drumstick, Whole Grain Pasta, Green Peas, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Fish Sticks, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b>
WEEK 4	<b>AM Snack</b> <b>Entrée</b> Ground Beef Bolognese, Whole Grain Pasta, Broccoli, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Classic Mac & Cheese, Black Bean, Corn & Quinoa Salad, Green Peas, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Fish Sticks, Brown Rice, Vegetable Medley, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Mini Beef Meatball Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Moroccan Chicken Drumstick, Whole Grain Pasta, Leafy Greens with Italian Dressing, Fresh Fruit <b>PM Snack</b>



**Menu Launch Date October 28, 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.





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**FIRST ACADEMY MONTESSORI SCHOOL**

Healthy Choices - Infant/Toddler Fall/Winter 2024/2025

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<b>AM Snack</b> <b>Entrée</b> Beef Lasagna, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Chicken Noodle Soup, Whole Wheat Bread, Blanched Baby Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Crustless Turkey Pot Pie, Mashed Potatoes, Nour Rolls, Diced Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Whitefish Bowtie Pasta in Rose Sauce, Peas & Corn, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Italian Seasoned Beef with Pasta Shells in Tomato Sauce, Carrots & Turnips, Fresh Fruit <b>PM Snack</b>
WEEK 2	<b>AM Snack</b> <b>Entrée</b> Breaded Chicken, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Turkey Lasagna, Green & Yellow Beans, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Ground Beef Bolgonese, Whole Grain Pasta, Peas & Corn, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Roasted Apple Diced Chicken, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Beef Burger, Hamburger Bun, Green Peas, Fresh Fruit <b>PM Snack</b>
WEEK 3	<b>AM Snack</b> <b>Entrée</b> Beef & Tomato Cheesy Pasta, Green Beans, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Classic Mac & Cheese, Black Bean, Corn & Quinoa Salad, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Portuguese Diced Chicken, Whole Grain Pasta, Green Peas, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Fish Sticks, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b>
WEEK 4	<b>AM Snack</b> <b>Entrée</b> Ground Beef Bolognese, Whole Grain Pasta, Broccoli, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Classic Mac & Cheese, Black Bean, Corn & Quinoa Salad, Green Peas, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Fish Sticks, Brown Rice, Vegetable Medley, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Mini Beef Meatball Soup, Whole Wheat Bread, Blanched Baby Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Moroccan Diced Chicken, Whole Grain Pasta, Peas & Corn, Fresh Fruit <b>PM Snack</b>



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