






**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.

**TRAIL RIDGE MONTESSORI**

Healthy Choices Fall/Winter 2024/2025

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> Rice Krispies Cereal, Milk  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit  <b>PM Snack</b> Ginger Snaps, Vanilla Yogurt</p>	<p><b>AM Snack</b> Whole Wheat Bagel, Cream Cheese  <b>Entrée</b> Scrambled Eggs, Whole Wheat Bread, Shredded Cheese, Green Beans, Fresh Fruit  <b>PM Snack</b> Whole Wheat Breadsticks, Cheese Curds</p>	<p><b>AM Snack</b> Whole Wheat Pancake, Strawberry Jam  <b>Entrée</b> Beef Burger, Hamburger Bun, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Spice Snaps, Applesauce</p>	<p><b>AM Snack</b> Whole Wheat Apple Zucchini Muffin  <b>Entrée</b> Mild Cajun Chicken Drumstick, Brown Rice, Leafy Greens with French Dressing, Fresh Fruit  <b>PM Snack</b> Soda Crackers, Cheese Slice</p>	<p><b>AM Snack</b> Multigrain Cheerios Cereal, Milk  <b>Entrée</b> Turkey Meatballs in Gravy, Brown Rice, Carrots &amp; Turnips, Fresh Fruit  <b>PM Snack</b> Whole Wheat Banana Oat Loaf, Cucumber Slices</p>
WEEK 2	<p><b>AM Snack</b> Corn Flakes Cereal, Milk  <b>Entrée</b> Breaded Chicken, Brown Rice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Digestive Cookies, Fresh Fruit</p>	<p><b>AM Snack</b> Banana Oat Bar  <b>Entrée</b> Egg Patty, Cheese Slice, English Muffin, Green &amp; Yellow Beans, Fresh Fruit  <b>PM Snack</b> Round Crackers, Cheese Curds</p>	<p><b>AM Snack</b> Strawberry Yogurt, Whole Grain Granola  <b>Entrée</b> Ground Beef Bolgonese, Whole Grain Pasta, Peas &amp; Corn, Fresh Fruit  <b>PM Snack</b> Oatmeal Cookie, Fruity Applesauce</p>	<p><b>AM Snack</b> Whole Wheat Carrot Muffin  <b>Entrée</b> Roasted Apple Chicken Drumstick, Brown Rice, Leafy Greens and Balsamic Dressing , Fresh Fruit  <b>PM Snack</b> Whole Wheat Flat Crackers, Hummus</p>	<p><b>AM Snack</b> Shreddies Cereal, Milk  <b>Entrée</b> Beef Burger, Hamburger Bun, Green Peas, Fresh Fruit  <b>PM Snack</b> Cocoa Snaps, Fresh Fruit</p>
WEEK 3	<p><b>AM Snack</b> Rice Krispies Cereal, Milk  <b>Entrée</b> BBQ Turkey Meatballs, Brown Rice, Green Beans, Fresh Fruit  <b>PM Snack</b> Organic Mixed Berry Granola Minis, Fresh Fruit</p>	<p><b>AM Snack</b> Half English Muffin, Apple Butter  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Spice Snaps, Vanilla Yogurt</p>	<p><b>AM Snack</b> Banana Oat Bar  <b>Entrée</b> Beef Burger, Hamburger Bun, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit  <b>PM Snack</b> Whole Wheat Banana Loaf, Blanched Carrots</p>	<p><b>AM Snack</b> Multigrain cheerios with Milk  <b>Entrée</b> Portuguese Chicken Drumstick, Whole Grain Pasta, Green Peas, Fresh Fruit  <b>PM Snack</b> Melba toast, Cheese Cubes</p>	<p><b>AM Snack</b> Whole Wheat Apple Zucchini Muffin  <b>Entrée</b> Fish Sticks, Brown Rice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Oatmeal Cranberry Crisp, Cheese Cubes</p>
WEEK 4	<p><b>AM Snack</b> Corn Flakes Cereal with milk  <b>Entrée</b> Breaded Chicken, Hamburger Bun, Sweet Potato, Fresh Fruit  <b>PM Snack</b> Digestive cookies, Fruit</p>	<p><b>AM Snack</b> Banana Oat Bite  <b>Entrée</b> Turkey Meatballs in Tomato Sauce, Submarine Bun, Shredded Mozzarella, Green Peas, Fresh Fruit  <b>PM Snack</b> Whole Wheat Flat Crackers, Cheese Curds</p>	<p><b>AM Snack</b> Peach Yogurt with Whole Grain Granola  <b>Entrée</b> Fish Sticks, Brown Rice, Vegetable Medley, Fresh Fruit  <b>PM Snack</b> Whole Wheat Pumpkin Loaf, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Carrot Muffin  <b>Entrée</b> Turkey Burger, Half Cheese Slice, Bun, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Banana Oat Bar, Cucumbers</p>	<p><b>AM Snack</b> Shreddies Cereal with Milk  <b>Entrée</b> Moroccan Chicken Drumstick, Whole Grain Pasta, Leafy Greens with Italian Dressing, Fresh Fruit  <b>PM Snack</b> Half Pretzel Bun, White Cheese Slice</p>



**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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**TRAIL RIDGE MONTESSORI**

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

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> Rice Krispies Cereal, Milk  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit  <b>PM Snack</b> Ginger Snaps, Vanilla Yogurt</p>	<p><b>AM Snack</b> Whole Wheat Bagel, Cream Cheese  <b>Entrée</b> Scrambled Eggs, Whole Wheat Bread, Shredded Cheese, Green Beans, Fresh Fruit  <b>PM Snack</b> Whole Wheat Flat Crackers, Cheese Curds</p>	<p><b>AM Snack</b> Whole Wheat Pancake, Strawberry Jam  <b>Entrée</b> Beef Burger, Hamburger Bun, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Spice Snaps, Applesauce</p>	<p><b>AM Snack</b> Whole Wheat Apple Zucchini Muffin  <b>Entrée</b> Mild Cajun Diced Chicken, Brown Rice, Peas &amp; Corn, Fresh Fruit  <b>PM Snack</b> Soda Crackers, Cheese Slice</p>	<p><b>AM Snack</b> Multigrain Cheerios Cereal, Milk  <b>Entrée</b> Turkey Meatballs in Gravy, Brown Rice, Carrots &amp; Turnips, Fresh Fruit  <b>PM Snack</b> Whole Wheat Banana Oat Loaf, Peeled Cucumbers</p>
WEEK 2	<p><b>AM Snack</b> Corn Flakes Cereal, Milk  <b>Entrée</b> Breaded Chicken, Brown Rice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Digestive Cookies, Fresh Fruit</p>	<p><b>AM Snack</b> Banana Oat Bar  <b>Entrée</b> Egg Patty, Cheese Slice, English Muffin, Green &amp; Yellow Beans, Fresh Fruit  <b>PM Snack</b> Round Crackers, Cheese Curds</p>	<p><b>AM Snack</b> Strawberry Yogurt, Social Tea Biscuits  <b>Entrée</b> Ground Beef Bolgonese, Whole Grain Pasta, Peas &amp; Corn, Fresh Fruit  <b>PM Snack</b> Oatmeal Cookie, Fruity Applesauce</p>	<p><b>AM Snack</b> Whole Wheat Carrot Muffin  <b>Entrée</b> Roasted Apple Diced Chicken, Brown Rice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Whole Wheat Flat Crackers, Hummus</p>	<p><b>AM Snack</b> Shreddies Cereal, Milk  <b>Entrée</b> Beef Burger, Hamburger Bun, Green Peas, Fresh Fruit  <b>PM Snack</b> Cocoa Snaps, Fresh Fruit</p>
WEEK 3	<p><b>AM Snack</b> Rice Krispies Cereal, Milk  <b>Entrée</b> BBQ Turkey Meatballs, Brown Rice, Green Beans, Fresh Fruit  <b>PM Snack</b> Strawberry Granola Bar, Fresh Fruit</p>	<p><b>AM Snack</b> Half English Muffin, Apple Butter  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Spice Snaps, Vanilla Yogurt</p>	<p><b>AM Snack</b> Banana Oat Bar  <b>Entrée</b> Beef Burger, Hamburger Bun, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit  <b>PM Snack</b> Whole Wheat Banana Loaf, Baby Carrots</p>	<p><b>AM Snack</b> Multigrain cheerios with Milk  <b>Entrée</b> Portuguese Diced Chicken, Whole Grain Pasta, Green Peas, Fresh Fruit  <b>PM Snack</b> Melba toast, Cheese Cubes</p>	<p><b>AM Snack</b> Whole Wheat Apple Zucchini Muffin  <b>Entrée</b> Fish Sticks, Brown Rice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Oatmeal Cranberry Crisp, Cheese Cubes</p>
WEEK 4	<p><b>AM Snack</b> Corn Flakes Cereal with milk  <b>Entrée</b> Breaded Chicken, Hamburger Bun, Sweet Potato, Fresh Fruit  <b>PM Snack</b> Strawberry Granola Bar, Fruit</p>	<p><b>AM Snack</b> Banana Oat Bite  <b>Entrée</b> Turkey Meatballs in Tomato Sauce, Submarine Bun, Shredded Mozzarella, Green Peas, Fresh Fruit  <b>PM Snack</b> Whole Wheat Flat Crackers, Cheese Curds</p>	<p><b>AM Snack</b> Peach Yogurt with Social Tea Biscuits  <b>Entrée</b> Fish Sticks, Brown Rice, Vegetable Medley, Fresh Fruit  <b>PM Snack</b> Whole Wheat Pumpkin Loaf, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Carrot Muffin  <b>Entrée</b> Turkey Burger, Half Cheese Slice, Bun, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Banana Oat Bar, Peeled Cucumbers</p>	<p><b>AM Snack</b> Shreddies Cereal with Milk  <b>Entrée</b> Moroccan Diced Chicken, Whole Grain Pasta, Peas &amp; Corn, Fresh Fruit  <b>PM Snack</b> Half Pretzel Bun, White Cheese Slice</p>



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