

FALL/WINTER Portion Guide- Effective October 5th

Substitutions will be made for all dietary restrictions & allergies as needed to provide a meal that closely resembles the menu.
Fresh fruits and vegetables are purchased locally whenver available.
Fresh fruit is available daily. Milk and water are offered at mealtimes.
We are a Nut-Free, Pork-Free, Gelatin-Free facility and are Halal-friendly.
** Ours meals comply with ODPH, Ontario Dietitians Public Health & Canada's Food Guide**

PORTIONS LISTED ARE INTENDED AS A GUIDELINE FOR INFANT, TODDLER & PRESCHOOL GROUPS.
PORTIONS FOR KINDER AND SCHOOLAGE ARE INCREASED TO MEET THIER NEEDS

89 Hartzel Road - Rear of Building
St. Catharines, ON L2P 1N2
905-682-0575 905-394-0575
catering@littleoneslunches.ca

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Cereal Fruit Bar *(1)* *Orange Slices (1/2 cup)*	Waffles *(1)* Fruit *(1/2 cup)*	English Muffin *(1/2)* Hard Boiled Egg *(1)* *(sub Cheese for Egg Free Centres)*	Whole Wheat Toast (1) Fruit Jam *(1 for 2)*	Fresh Baked Breakfast Muffin *(1)*
LUNCH	BBQ Chicken *(2.5 oz)* Tortilla Wrap *(2)* Mixed Veg *(1/2 cup)* Fruit Serving *(1/2 cup)*	Meatballs *(2.5 oz)* Penne Pasta *(3/4 cup)* Garden Salad or Cooked Veg *(1/2 cup)* Fruit Serving *(1/2 cup)*	Chicken Fingers *(2.5 oz)* Diced Potatoes *(1/2 cup)* Peas *(1/2 cup)* Fruit Serving *(1/2 cup)*	Our Chef's Chicken Noodle Soup *(full 1 cup)* *(chicken,noodles,vegs)* *Crackers (4)* Fruit Serving *(1/2 cup)*	All Beef Burger *(1)* Bun *(1)* Corn *(1/2 cup)* Fruit Serving *(1/2 cup)*
PM SNACK	Traditional Hummus *(1 oz)* Pretzels *(4-6)*	Arrowroot Biscuits *(2-3)* Yogurt Cup *(1)*	Garlic Parm Sticks (1) Salsa (1 oz)	Tracy's Trail Mix (1/2 cup)	Digestive Cookies *(2-3)* Cucumber Coins (4-6)



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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Fruit Morning Rounds (1)	Buttermilk Pancakes *(2)*	Cereal with 2% Milk Cereal *(1 cup)*	Bagels *(1/2)* Cream Cheese *(1 for 2)*	Yogurt *(1/2 cup)* Bran-Buds *(1 Tbsp)* Fruit *(1/4 cup)*
LUNCH	Fish Sticks *(2.5 oz)* Baked Potato Fries *(1/2 cup)* Peas *(1/2 cup)* Fruit Serving *(1/2 cup)*	Mini Meatballs *(2.5 oz)* Scoobi - do Pasta *(3/4 cup)* California Mix *(1/2 cup)* Fruit Serving *(1/2 cup)*	Turkey Patty *(2.5 oz)* Whole Grain Rice (1/2 cup) Mixed Vegetable *(1/2 cup)* Fruit Serving *(1/2 cup)*	Seasoned Chicken Burger *(1)* Bun *(1)* Mixed Veg *(1/2 cup)* Fruit Serving *(1/2 cup)*	Lean Ground Meat *(2.5 oz)* Bowtie Pasta *(3/4 cup)* *Shredded cheese (1/2 oz)* Cucumber Coins (4-6) Fruit Serving *(1/2 cup)*
PM SNACK	Goldfish Crackers *(1/2 cup)* Unsweetened Applesauce *(1)*	Rice Cakes (1) *No Nut Butter (1 tsp)* *Fruit Jam (1 for 2)*	Salsa *(1 oz)* Naan Dippers *(3-4)*	Apple Slices *(1/2 cup)* Cheese Squares (2oz)	*Mini Crossiant (1)* Cheese String (1)



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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Cereal Fruit Bar *(1)* *Orange Slices (1/2 cup)*	Whole Wheat Texas Toast *(1)* Fruit Jam *(1 for 2 children)*	English Muffin *(1/2)* Hard Boiled Egg *(1)* *(sub Cheese for Egg Free Centres)*	Cereal with 2% Milk Cereal *(1 cup)*	Fresh Baked Breakfast Muffin *(1)*
LUNCH	Sweet 'n Sour Chicken *(2.5)* Whole Grain Rice *(1/2 cup)* Carrot Slices *(1/2 cup)* Fruit Serving *(1/2 cup)*	Mac'n Cheese *(3/4 cup)* Chicken Sausage Bites *(2.5 oz)* Cucumber Coins *(4-6)* Fruit Serving *(1/2 cup)*	Beef Ribette (1) Bun (1) Corn Niblets (1/2 cup) Fruit Serving (1/2 cup)	Vegetarian Minestrone Soup *(full 1 cup)* *(Cheese Tortellini, beans, vegetables)* *Crackers (4 Saltines)* Fruit Serving *(1/2 cup)*	Chicken Fingers *(2.5 oz)* Diced Potatoes *(1/2 cup)* Peas *(1/2 cup)* Fruit Serving *(1/2 cup)*
PM SNACK	Apple Slices *(1/2 cup)* Digestive Cookies *(2-4)*	Traditional Hummus*(1 oz)* Pretzels *(4-6)*	No Nut Butter *(1 tsp)* Ritz *(2-4)*	Tracy's Trail Mix (1/2 cup)	English Muffins (1/2) Shredded Cheese (1/2 oz) *Pizza Sauce (1 oz)*



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AM SNACK	Whole Wheat Texas Toast *(1)* Fruit Jam *(1 for 2 children)*	Buttermilk Pancakes *(2)*	Cereal with 2% Milk Cereal *(1 cup)*	Raisin Bread *(1)*	Yogurt *(1/2 cup)* Bran-Buds *(1 Tbsp)* Fruit *(1/4 cup)*
LUNCH	Fish Sticks *(2.5 oz)* Baked Potato Fries *(1/2 cup)* Peas *(1/2 cup)* Fruit Serving *(1/2 cup)*	Mini Meatballs *(2.5 oz)* Scoobi - do Pasta *(3/4 cup)* California Mix *(1/2 cup)* Fruit Serving *(1/2 cup)*	Seasoned Chicken Burger *(1)* Bun *(1)* Mixed Veg *(1/2 cup)* Fruit Serving *(1/2 cup)*	Turkey Patty *(2.5 oz)* Whole Grain Rice (1/2 cup) Mixed Vegetable *(1/2 cup)* Fruit Serving *(1/2 cup)*	*Soft Tortilla Wraps (2)* *Seasoned Ground Beef (2.5 oz)* *Taco Toppings: (1/2oz each)* *Shredded lettuce (1/4 cup)* Kernel Corn *(1/2 cup)* Fruit Serving *(1/2 cup)*
PM SNACK	Homemade Dip *(1 oz)* Naan Dippers *(3-4)*	Goldfish Crackers *(1/2 cup)* Unsweetened Applesauce *(1)*	Soft Tortilla Wrap (2) Cream Cheese (1) Fruit Jam (1)	*Mini Crossiant (1)* Cheese String (1)	Salsa *(1 oz)* Nachos *(4-6)*