**  **

**Please select your snack choices below by circling or highlighting the choice boxes below.**

 \*Please note that **Standard Snack** and **Standard Snack Plus** are priced differently. Please contact Customer Care with any pricing inquiries. \*\*If we do not receive a choice form, your selections for days and snack type will remain from the previous seasonal menu. These snacks are in effect starting Monday, October 31, 2022.

**Email form to:** **customer.care@wholesomekids.ca**For all inquiries, please contact us at 905-752-8115 X356. **Centre/School Name:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  |  | **Standard** | **Standard +** | **Standard** | **Standard +** | **Standard** | **Standard +** | **Standard** | **Standard +** | **Standard** | **Standard +** |
| **WEEK 1** | **AM** | Multi Grain Cheerios, Milk | Multi Grain Cheerios, Milk, Fresh Fruit | Banana Oatmeal Bar | Banana Oatmeal Bar, Fresh Fruit | Whole Wheat English Muffin, Apple Butter | Whole Wheat English Muffin, Apple Butter, Fresh Fruit | Organic Whole Wheat Banana Muffin | Organic Whole Wheat Banana Muffin, Applesauce | Whole Grain Shreddies Cereal, Milk | Whole Grain Shreddies Cereal, Milk, Fresh Fruit |
| **PM** | Organic Oatmeal Cranberry Cookie, Fresh Fruit | Organic Oatmeal Cranberry Cookie, Fresh Fruit, Vanilla Yogurt | Spice Snap Biscuits, Grape Tomatoes | Spice Snap Biscuits, Grape Tomatoes, Edamame | Whole Wheat Mini Pita, Hummus | Whole Wheat Mini Pita, Hummus, Baby Carrots | Whole Wheat Crackers, Cheddar Cheese Cubes | Whole Wheat Crackers, Cheddar Cheese Cubes, Cucumbers | Whole Wheat Oatmeal Raisin Loaf, Fresh Fruit | Whole Wheat Oatmeal Raisin Loaf, Fresh Fruit, Hardboiled Egg |
| **WEEK 2** | **AM** | Corn Flakes Cereal, Milk | Corn Flakes Cereal, Milk, Fresh Fruit | Whole Wheat Mini Bagel, Apple Butter | Whole Wheat Mini Bagel, Apple Butter, Fresh Fruit | Strawberry Yogurt, Whole Grain Granola | Strawberry Yogurt, Whole Grain Granola, Fresh Fruit | Whole Wheat Chunky Apple Muffin | Whole Wheat Chunky Apple Muffin, Fresh Fruit | Rice Krispies Cereal, Milk | Rice Krispies Cereal, Milk, Fresh Fruit |
| **PM** | Organic Spelt Mini Ginger Snaps, Baby Carrots  | Organic Spelt Mini Ginger Snaps, Baby Carrots, Hummus | Banana Oatmeal Bar, Fresh Fruit | Banana Oatmeal Bar, Fresh Fruit, Edamame | Whole Wheat Bread Sticks, Guacamole | Whole Wheat Bread Sticks, Guacamole, Cheese Cubes | Oatmeal Cookie, Applesauce | Oatmeal Cookie, Applesauce, Hardboiled Egg | Whole Wheat Blueberry Bran Loaf, Baby Carrots | Whole Wheat Blueberry Bran Loaf, Baby Carrots, Vanilla Yogurt |
| **WEEK 3** | **AM** | Multi Grain Cheerios, Milk | Multi Grain Cheerios, Milk, Fresh Fruit | Mini Strawberry Crackers | Mini Strawberry Crackers, Applesauce | Whole Grain Shreddies Cereal, Milk | Whole Grain Shreddies Cereal, Milk, Fresh Fruit | Whole Wheat Pancake, Apple Butter | Whole Wheat Pancake, Apple Butter, Fresh Fruit | Organic Whole Wheat Lemon Coconut Muffin | Organic Whole Wheat Lemon Coconut Muffin, Fresh Fruit |
| **PM** | Organic Spelt Mini Lemon Snaps, Fresh Fruit | Organic Spelt Mini Lemon Snaps, Fresh Fruit, Cheese Curds | Spice Snap Biscuits, Cucumber Slices | Spice Snap Biscuits, Cucumber Slices, Hummus | Whole Wheat Lemon Cranberry Loaf, Fresh Fruit | Whole Wheat Lemon Cranberry Loaf,Fresh Fruits, Hardboiled Egg | Banana Oatmeal Cookie, Baby Carrots | Banana Oatmeal Cookie, Baby Carrots, Vanilla Yogurt | Artisan Bread, Bruschetta | Artisan Bread, Bruschetta, Edamame |
| **WEEK 4** | **AM** | Corn Flakes Cereal, Milk | Corn Flakes Cereal, Milk, Fresh Fruit | Peach Yogurt, Whole Grain Granola | Peach Yogurt, Whole Grain Granola, Fresh Fruit | Banana Oat Bite | Banana Oat Bite, Fresh Fruit | Organic Whole Wheat Carrot Zucchini Muffin | Organic Whole Wheat Carrot Zucchini Muffin, Fresh Fruit | Rice Krispies Cereal, Milk | Rice Krispies Cereal, Milk, Fresh Fruit |
| **PM** | Wheat Crackers, Cheese Curds | Wheat Crackers, Cheese Curds, Fresh Fruit | Whole Wheat Mini Pita, Grape Tomatoes | Whole Wheat Mini Pita, Grape Tomatoes, Cheddar Cheese Slice | Cinnamon Scone, Fresh Fruit | Cinnamon Scone, Fresh Fruit, Vanilla Yogurt | Whole Wheat Mini Bagel, Cheddar Cheese Cubes | Whole Wheat Mini Bagel, Cheddar Cheese Cubes, Cucumber Slices | Whole Wheat Oat and Date Loaf, Fresh Fruit | Whole Wheat Oat and Date Loaf, Fresh Fruit, Edamame |

