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**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. **Please send this form in to update your snack selections by TUESDAY< MARCH 7th, 2023**. \*\*If we do not receive a choice form, your selections for days and snack type will remain from the previous seasonal menu. This menu will be effective as of Monday, April 17, 2023.

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

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **Monday** | | **Tuesday** | | **Wednesday** | | **Thursday** | | **Friday** | |
|  |  | **Standard** | **Standard +** | **Standard** | **Standard +** | **Standard** | **Standard +** | **Standard** | **Standard +** | **Standard** | **Standard +** |
| **WEEK 1** | **AM** | Rice Krispies Cereal, Milk | Rice Krispies Cereal, Milk, Fresh Fruit | Whole Wheat Bagel, Apple Butter | Whole Wheat Bagel, Apple Butter, Applesauce | Banana Oatmeal Bar | Banana Oatmeal Bar, Fresh Fruit | Organic Whole Wheat Summer Berry Muffin | Organic Whole Wheat Summer Berry Muffin, Fresh Fruit | Multi Grain Cheerios, Milk | Multi Grain Cheerios, Milk, Fresh Fruit |
| **PM** | Organic Coconut Chia Snaps, Fresh Fruit | Organic Coconut Chia Snaps, Fresh Fruit, Vanilla Yogurt | Whole Wheat Bread Sticks, Cheese Curds | Whole Wheat Bread Sticks, Cheese Curds, Guacamole | Spice Snap Biscuits, Fresh Fruit | Spice Snap Biscuits, Fresh Fruit, Edamame | Whole Wheat Pita Pocket, Hummus | Whole Wheat Pita Pocket, Hummus, Cucumbers | Whole Wheat Banana Loaf, Applesauce | Whole Wheat Banana Loaf, Applesauce, Cheese Cubes |
| **WEEK 2** | **AM** | Corn Flakes Cereal, Milk | Corn Flakes Cereal, Milk, Fresh Fruit | Raisin Bread, Apple Butter | Raisin Bread, Apple Butter, Fresh Fruit | Strawberry Yogurt, Whole Grain Granola | Strawberry Yogurt, Whole Grain Granola, Fresh Fruit | Whole Wheat Lemon Blueberry Muffin | Whole Wheat Lemon Blueberry Muffin, Fresh Fruit | Whole Wheat Shreddies Cereal, Milk | Whole Wheat Shreddies Cereal, Milk, Fresh Fruit |
| **PM** | Banana Oatmeal Cookie, Baby Carrots | Banana Oatmeal Cookie, Baby Carrots, Vanilla Yogurt | Organic Spelt Mini Ginger Snaps, Fresh Fruit | Organic Spelt Mini Ginger Snaps, Fresh Fruit, Cheese Curds | Whole Wheat Apple Cinnamon Loaf, Cucumber Slices | Whole Wheat Apple Cinnamon Loaf, Cucumber Slices, Hardboiled Egg | Banana Oatmeal Bar, Fresh Fruit | Banana Oatmeal Bar, Fresh Fruit, Edamame | Vanilla Yogurt, Fresh Fruit | Vanilla Yogurt, Fresh Fruit, Whole Wheat Mini Bagel |
| **WEEK 3** | **AM** | Rice Krispies Cereal, Milk | Rice Krispies Cereal, Milk, Fresh Fruit | Banana Oat Bite | Banana Oat Bite, Fresh Fruit | Oatmeal Cookie | Oatmeal Cookie, Applesauce | Multi Grain Cheerios, Milk | Multi Grain Cheerios, Milk, Fresh Fruit | Organic Whole Wheat Summer Berry Muffin | Organic Whole Wheat Summer Berry Muffin, Fresh Fruit |
| **PM** | Whole Wheat Crackers, Cheese Curds | Whole Wheat Crackers, Cheese Curds, Grape Tomatoes | Cinnamon Scone, Fresh Fruit | Cinnamon Scone, Fresh Fruit, Edamame | Whole Wheat Mini Pita, Cheddar Cheese Slice | Whole Wheat Mini Pita, Cheddar Cheese Slice, Cucumbers | Organic Mixed Berry Granola Minis, Baby Carrots | Organic Mixed Berry Granola Minis, Baby Carrots, Vanilla Yogurt | Whole Wheat Wrap, Hardboiled Egg | Whole Wheat Wrap, Hardboiled Egg, Fresh Fruit |
| **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 | Whole Wheat Pancake, Apple Butter | Whole Wheat Pancake, Apple Butter, Fresh Fruit | Whole Wheat Lemon Blueberry Muffin | Whole Wheat Lemon Blueberry Muffin, Fresh Fruit | Whole Wheat Shreddies Cereal, Milk | Whole Wheat Shreddies Cereal, Milk, Fresh Fruit |
| **PM** | Oatmeal Cranberry Cookie, Grape Tomatoes | Oatmeal Cranberry Cookie, Grape Tomatoes, Cheese Curds | Whole Wheat Melba Toast, Cheddar Cheese Slice | Whole Wheat Melba Toast, Cheddar Cheese Slice, Fresh Fruit | Whole Wheat Mini Pita, Hummus | Whole Wheat Mini Pita, Hummus, Cucumber Slices | Spice Snap Biscuits, Vanilla Yogurt | Spice Snap Biscuits, Vanilla Yogurt, Fresh Fruit | Whole Grain Digestive Cookies, Fresh Fruit | Whole Grain Digestive Cookies, Fresh Fruit, Edamame |

