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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 FRIDAY, September 15, 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 October 30, 2023.

**Email form to:** **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 | Banana Oatmeal Bar | Banana Oatmeal Bar, Fresh Fruit  | Whole Wheat Pancake, Apple Butter | Whole Wheat Pancake, Apple Butter, Fresh Fruit | Organic Whole Wheat Carrot Muffin | Organic Whole Wheat Carrot Muffin, Fresh Fruit | Multi Grain Cheerios, Milk | Multi Grain Cheerios, Milk, Fresh Fruit |
| **PM** | Spice Snaps, Fresh Fruit  | Spice Snaps, Fresh Fruit, Peach Yogurt | Whole Wheat Melba Toast, Cheddar Cheese Slice | Whole Wheat Melba Toast, Cheddar Cheese Slice, Fresh Fruit | Whole Grain Oatmeal Cookie, Applesauce | Whole Grain Oatmeal Cookie, Applesauce, Edamame | Whole Wheat Breadsticks, Hummus | Whole Wheat Breadsticks, Hummus, Cucumbers | Whole Wheat Apple Cranberry Loaf, Baby Carrots | Whole Wheat Apple Cranberry Loaf, Baby Carrots, Cheese Cubes |
| **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 | Peach Yogurt, Whole Grain Granola | Peach Yogurt, Whole Grain Granola, Fresh Fruit | Organic Whole Wheat Banana Muffin | Organic Whole Wheat Banana Muffin, Fresh Fruit | Whole Wheat Shreddies Cereal, Milk | Whole Wheat Shreddies Cereal, Milk, Fresh Fruit |
| **PM** | Organic Spelt Mini Ginger Snaps, Baby Carrots | Organic Spelt Mini Ginger Snaps, Baby Carrots, Vanilla Yogurt | Whole Wheat Crackers, Cheese Curds | Whole Wheat Crackers, Cheese Curds, Guacamole | Whole Wheat Oat and Date Loaf, Cucumber Slices | Whole Wheat Oat and Date 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 Digestive Cookies |
| **WEEK 3** | **AM** | Rice Krispies Cereal, Milk | Rice Krispies Cereal, Milk, Fresh Fruit | Whole Wheat Cinnamon Scone | Whole Wheat Cinnamon Scone, Fresh Fruit | Whole Wheat Oatmeal Cranberry Cookie | Whole Wheat Oatmeal Cranberry Cookie, Applesauce | Multi Grain Cheerios, Milk | Multi Grain Cheerios, Milk, Fresh Fruit | Organic Whole Wheat Carrot Muffin | Organic Whole Wheat Carrot Muffin, Fresh Fruit |
| **PM** | Whole Wheat Soda Crackers, Cheese Curds | Whole Wheat Soda Crackers, Cheese Curds, Grape Tomatoes | Whole Wheat Banana Oat Bite, Fresh Fruit | Whole Wheat Banana Oat Bite, Fresh Fruit, Edamame | Whole Wheat Breadsticks, Cheddar Cheese Slice | Whole Wheat Breadsticks, Cheddar Cheese Slice, Cucumbers | Spice Snaps, Fresh Fruit | Spice Snaps, Fresh Fruit, Hardboiled Egg | Organic Whole Grain Strawberry Granola Bar, Baby Carrots | Organic Whole Grain Strawberry Granola Bar, Baby Carrots, Vanilla Yogurt |
| **WEEK 4** | **AM** | Corn Flakes Cereal, Milk | Corn Flakes Cereal, Milk, Fresh Fruit | Whole Wheat Mini Cinnamon Raisin Bagel, Apple Butter | Whole Wheat Mini Cinnamon Raisin Bagel, Apple Butter, Fresh Fruit | Strawberry Yogurt, Whole Grain Granola | Strawberry Yogurt, Whole Grain Granola, Fresh Fruit | Organic Whole Wheat Banana Muffin | Organic Whole Wheat Banana Muffin, Fresh Fruit | Whole Wheat Shreddies Cereal, Milk | Whole Wheat Shreddies Cereal, Milk, Fresh Fruit |
| **PM** | Mini Cocoa Snaps, Fresh Fruit,  | Mini Cocoa Snaps, Fresh Fruit, Cheese Curds | Whole Wheat Pita Pocket, Cheddar Cheese Slice | Whole Wheat Pita Pocket, Cheddar Cheese Slice, Fresh Fruit | Whole Wheat Oat and Date Loaf, Fresh Fruit | Whole Wheat Oat and Date Loaf, Fresh Fruit, Edamame | Whole Wheat Round Crackers, Grape Tomatoes | Whole Wheat Round Crackers, Grape Tomatoes, Cheddar Cheese Cubes | Whole Wheat Digestive Cookies, Vanilla Yogurt | Whole Wheat Digestive Cookies, Vanilla Yogurt, Cucumber Slices |

