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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 MARCH 1, 2024**. \*\*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 15, 2024.

**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** | Multi Grain Cheerios, Milk | Multi Grain Cheerios, Milk, Fresh Fruit | Whole Wheat Pancake, Apple Butter | Whole Wheat Pancake, Apple Butter, Fresh Fruit | Banana Oatmeal Bar | Banana Oatmeal Bar, Fresh Fruit | Whole Wheat Cocoa Zucchini Muffin | Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit | Rice Krispies Cereal, Milk | Rice Krispies Cereal, Milk, Fresh Fruit |
| **PM** | Spice Snaps, Fresh Fruit  | Spice Snaps, Fresh Fruit, Peach Yogurt | Whole Wheat Pita Pocket, Cheddar Cheese Slice | Whole Wheat Pita Pocket, Cheddar Cheese Slice, Fruity Applesauce | Whole Wheat Digestive Cookies, Fresh Fruit | Whole Wheat Digestive Cookies, Fresh Fruit, Edamame | Whole Wheat Crackers, Cheese Cubes,  | Whole Wheat Crackers, Cheese Cubes, Baby Carrots | Whole Wheat Maple Oat Loaf, Cucumber Slices | Whole Wheat Maple Oat Loaf, Cucumber Slices. Hummus |
| **WEEK 2** | **AM** | Whole Wheat Shreddies Cereal, Milk | Whole Wheat Shreddies Cereal, Milk, Fresh Fruit | Banana Oatmeal Bar | Banana Oatmeal Bar, Fresh Fruit | Strawberry Yogurt, Whole Grain Granola | Strawberry Yogurt, Whole Grain Granola, Fresh Fruit | Whole Wheat Fruit and Fibre Muffin | Whole Wheat Fruit and Fibre Muffin, Fresh Fruit | Corn Flakes Cereal, Milk | Corn Flakes Cereal, Milk, Fresh Fruit |
| **PM** | Organic Gluten Free Whole Grain Mixed Berry Granola Minis, Fresh Fruit | Organic Gluten Free Whole Grain Mixed Berry Granola Minis, Fresh Fruit, Vanilla Yogurt | Whole Wheat Melba Toast, Cheese Curds | Whole Wheat Melba Toast, Cheese Curds, Baby Carrots | Mini Cocoa Snaps, Fruity Applesauce | Mini Cocoa Snaps, Fruity Applesauce, Hardboiled Egg | Whole Wheat Breadsticks, Cheese Cubes | Whole Wheat Breadsticks, Cheese Cubes, Guacamole | Whole Grain Oatmeal Cookie, Fresh Fruit | Whole Grain Oatmeal Cookie, Fresh Fruit, Edamame |
| **WEEK 3** | **AM** | Multi Grain Cheerios, Milk | Multi Grain Cheerios, Milk, Fresh Fruit | Whole Grain Coconut Date Bites | Whole Grain Coconut Date Bites, Fruity Applesauce | Whole Wheat Mini Bagel, Cream Cheese | Whole Wheat Mini Bagel, Cream Cheese, Fresh Fruit | Rice Krispies Cereal, Milk | Rice Krispies Cereal, Milk, Fresh Fruit | Whole Wheat Cocoa Zucchini Muffin | Whole Wheat Cocoa Zucchini Muffin. Fresh Fruit |
| **PM** | Organic Spelt Mini Ginger Snaps, Vanilla Yogurt | Organic Spelt Mini Ginger Snaps, Vanilla Yogurt, Fresh Fruit | Whole Wheat Crackers, Cheddar Cheese Slice | Whole Wheat Crackers, Cheddar Cheese Slice, Baby Carrots | Whole Wheat Lemon Blueberry Loaf, Fresh Fruit | Whole Wheat Lemon Blueberry Loaf, Fresh Fruit, Hardboiled Egg | Banana Oatmeal Bar, Applesauce | Banana Oatmeal Bar, Applesauce, Edamame | Spice Snaps, Cucumber Slices | Spice Snaps, Cucumber Slices, Strawberry Yogurt |
| **WEEK 4** | **AM** | Whole Wheat Shreddies Cereal, Milk | Whole Wheat Shreddies Cereal, Milk, Fresh Fruit | Whole Wheat Mini Apple Cinnamon Bagel, Apple Butter | Whole Wheat Mini Cinnamon Bagel, Apple Butter, Fresh Fruit | Peach Yogurt, Whole Grain Granola | Peach Yogurt, Whole Grain Granola, Fresh Fruit | Whole Wheat Fruit and Fibre Muffin | Whole Wheat Fruit and Fibre Muffin, Fresh Fruit | Corn Flakes Cereal, Milk | Corn Flakes Cereal, Milk, Fresh Fruit |
| **PM** | Whole Grain Raspberry Coconut Date Bites, Fresh Fruit  | Whole Grain Raspberry Coconut Date Bites, Fresh Fruit, Vanilla Yogurt  | Whole Wheat Round Crackers, Cheese Curds | Whole Wheat Round Crackers, Cheese Curds, Grape Tomatoes | Whole Wheat Maple Oat Loaf, Applesauce | Whole Wheat Maple Oat Loaf, Applesauce, Edamame | Whole Wheat Crackers, Cheddar Cheese Slice | Whole Wheat Crackers, Cheddar Cheese Slice, Fresh Fruit | Whole Wheat Digestive Cookies, Strawberry Yogurt | Whole Wheat Digestive Cookies, Strawberry Yogurt Fresh Fruit |

