



Fall/Winter 2024-2025 Snack Menu

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Rice Krispies Cereal, Milk	Whole Wheat Bagel, Cream Cheese	Whole Wheat Pancake, Strawberry Jam	Whole Wheat Apple Zucchini Muffin	Multigrain Cheerio Cereal, Milk
PM Snack	Ginger Snaps, Vanilla Yogurt	Whole Wheat Breadsticks, Cheese Curds	Spice Snaps, Applesauce	Soda Crackers, Cheese Slice	Whole Wheat Banana Oat Loaf, Cucumber Slices

*All meals and snacks are 100% nut-free, shellfish-free and pork-free

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Corn Flakes Cereal, Milk	Banana Oat Bar	Strawberry Yogurt, Whole Grain Granola	Whole Wheat Carrot Muffin	Shreddies Cereal, Milk
PM Snack	Digestive Cookies, Fresh Fruit	Round Crackers, Cheese Curds	Oatmeal Cookie, Fruity Applesauce	Whole Wheat Flat Crackers, Hummus	Cocoa Snaps, Fresh Fruit

*All meals and snacks are 100% nut-free, shellfish-free and pork-free

We have developed our healthiest most **WHOLESONE** menu yet!



Our WHOLESONE Menu Includes:



Simple, wholesome ingredients for growing bodies and minds.



Meals and snacks using municipal, provincial and national nutritional guidelines.



Food kids love to eat.





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WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Rice Krispies Cereal, Milk	Half English Muffin, Apple Butter	Banana Oat Bar	Multigrain Cheerios Cereal, Milk	Whole Wheat Apple Zucchini Muffin
PM Snack	Organic Mixed Berry Granola Minis, Fresh Fruit	Spice Snaps, Vanilla Yogurt	Whole Wheat Banana Loaf, Baby Carrots	Melba toast, Cheese Cubes, Cucumber Slices	Oatmeal Cranberry Crisp, Cheese Cubes

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WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Corn Flakes Cereal with milk	Banana Oat Bite	Peach Yogurt with Whole Grain Granola	Whole Wheat Carrot Muffin	Shreddies Cereal, Milk
PM Snack	Digestive Cookies, Fruit, Strawberry Yogurt	Whole Wheat Flat Crackers, Cheese Curds	Whole Wheat Pumpkin Loaf, Fresh Fruit	Banana Oat Bar, Cucumbers	Half Pretzel Bun, White Cheese Slice

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