



# Fall/Winter 2024-2025 Snack **Plus** Menu

**WEEK 1**

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

\*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, Fresh Fruit	Banana Oat Bar, Fresh Fruit	Strawberry Yogurt, Whole Grain Granola, Fresh Fruit	Whole Wheat Carrot Muffin, Fresh Fruit	Shreddies Cereal, Milk, Fresh Fruit
PM Snack	Digestive Cookies, Fresh Fruit, Peach Yogurt	Round Crackers, Cheese Curds, Grape Tomatoes	Oatmeal Cookie, Fruity Applesauce, Edamame	Whole Wheat Flat Crackers, Hummus and Cucumbers	Cocoa Snaps, Fresh Fruit, Cheese Slice

\*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.



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

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

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

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

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



### Our WHOLESOME 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.