

Snack Order Choice Form

Fall/Winter 2024-2025

*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 August 30, 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 October 28, 2024.**

Email form to: customer.care@wholesomekids.ca

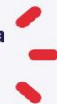
For all inquiries, please contact us at 905-752-8115 X356.

Centre/School Name _____

		Monday		Tuesday		Wednesday		Thursday		Friday	
		Regular	Snack +	Regular	Snack +	Regular	Snack +	Regular	Snack +	Regular	Snack +
WEEK 1	AM	Rice Krispies Cereal, Milk	Rice Krispies Cereal, Milk, Fresh Fruit	Whole Wheat Mini Bagel, Cream Cheese	Whole Wheat Mini Bagel, Cream Cheese, Fresh Fruit	Whole Wheat Pancake, Strawberry Jam	Whole Wheat Pancake, Strawberry Jam, Fresh Fruit	Whole Wheat Apple Zucchini Muffin	Whole Wheat Apple Zucchini Muffin, Fresh Fruit	Multigrain Cheerios Cereal, Milk	Multigrain Cheerios Cereal, Milk, Fresh Fruit
	PM	Organic Spelt Mini Ginger Snaps, Vanilla Yogurt	Organic Spelt Mini Ginger Snaps, Vanilla Yogurt, Fresh Fruit	Whole Wheat Breadsticks, Cheese Curds	Whole Wheat Breadsticks, Cheese Curds, Guacamole	Spice Snaps, Applesauce	Spice Snaps, Applesauce, Edamame	Square Wheat Crackers, Cheese Slice	Square Wheat Crackers, Cheese Slice, Baby Carrots	Whole Wheat Banana Loaf, Cucumber Slices	Whole Wheat Banana Loaf, Cucumber Slices, Hard Boiled Egg
WEEK 2	AM	Corn Flakes Cereal, Milk	Corn Flakes Cereal, Milk, Fresh Fruit	Banana Oat Bar	Banana Oat Bar, Fresh Fruit	Strawberry Yogurt, Whole Grain Granola	Strawberry Yogurt, Whole Grain Granola, Fresh Fruit	Whole Wheat Carrot Muffin	Whole Wheat Carrot Muffin, Fresh Fruit	Whole Wheat Shreddies Cereal, Milk	Whole Wheat Shreddies Cereal, Milk, Fresh Fruit
	PM	Whole Wheat Digestive Cookies, Fresh Fruit	Whole Wheat Digestive Cookies, Fresh Fruit, Peach Yogurt	Whole Wheat Round Crackers, Cheese Curds	Whole Wheat Round Crackers, Cheese Curds, Grape Tomatoes	Whole Grain Oatmeal Cookie, Fruity Applesauce	Whole Grain Oatmeal Cookie, Fruity Applesauce, Edamame	Whole Wheat Crackers, Hummus	Whole Wheat Crackers, Hummus, Cucumbers	Mini Cocoa Snaps, Fresh Fruit	Mini Cocoa Snaps, Fresh Fruit, Cheese Slice
WEEK 3	AM	Rice Krispies Cereal, Milk	Rice Krispies Cereal, Milk, Fresh Fruit	English Muffin, Apple Butter	English Muffin, Apple Butter, White Cheese Slice	Banana Oatmeal Bar	Banana Oatmeal Bar, Fruity Applesauce	Multigrain Cheerios Cereal, Milk	Multigrain Cheerios Cereal, Milk, Fresh Fruit	Whole Wheat Apple Zucchini Muffin	Whole Wheat Apple Zucchini Muffin, 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, Cheese Curds.	Spice Snaps, Vanilla Yogurt	Spice Snaps, Vanilla Yogurt, Fresh Fruit	Whole Wheat Banana Loaf, Baby Carrots	Whole Wheat Banana Loaf, Baby Carrots, Hard Boiled Egg	Whole Wheat Melba Toast, Cheese Cubes	Whole Wheat Melba Toast, Cheese Cubes, Cucumber Slices	Whole Grain Oatmeal Cranberry Cookie, Fresh Fruit.	Whole Grain Oatmeal Cranberry Cookie, Fresh Fruit, Edamame
WEEK 4	AM	Corn Flakes Cereal, Milk	Corn Flakes Cereal, Milk, Fresh Fruit	Whole Wheat Banana Oat Bite	Whole Wheat Banana Oat Bite, Fresh Fruit	Peach Yogurt, Whole Grain Granola	Peach Yogurt, Whole Grain Granola, Fresh Fruit	Whole Wheat Carrot Muffin	Whole Wheat Carrot Muffin, Fresh Fruit	Whole Wheat Shreddies Cereal, Milk	Whole Wheat Shreddies Cereal, Milk, Fresh Fruit
	PM	Whole Wheat Digestive Cookie, Fresh Fruit	Whole Wheat Digestive Cookie, Fresh Fruit, Strawberry Yogurt	Whole Wheat Flat Crackers, Cheese Curds	Whole Wheat Crackers, Cheese Curds, Fresh Fruit	Whole Wheat Pumpkin Loaf, Fresh Fruit	Whole Wheat Pumpkin Loaf, Fresh Fruit, Edamame	Banana Oat Bar, Cucumber Slices	Banana Oat Bar, Cucumber Slices, Hummus	Pretzel Bun, White Cheese Slice	Pretzel Bun, White Cheese Slice, Baby Carrots



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Grow
Thrive**

