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\*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**](mailto: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** | |
|  |  | **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 Cocoa Zucchini Muffin | Whole Wheat Cocoa Zucchini 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 Cocoa Zucchini Muffin | Whole Wheat Cocoa Zucchini 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 | Whole Wheat Banana Loaf, Cucumber Slices | Whole Wheat Banana Loaf Bar, Cucumber Slices, Hummus | Pretzel Bun, White Cheese Slice | Pretzel Bun, White Cheese Slice, Baby Carrots |

A child with arms out and a child with arms out

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