

## Spring/Summer 2025 Snack Menu

**WEEK 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Special K Cereal with Milk	Morning Breakfast Round	Multigrain Cheerios with Milk	Whole Wheat Cocoa Zucchini Muffin	Vanilla Yogurt, Whole Grain Granola
<b>PM Snack</b>	Whole Wheat Round Crackers, Cheese Cubes	Spice Snaps, Peach Yogurt	Whole Wheat Lemon Blueberry Loaf, Fresh Fruit	Whole Wheat Breadsticks, Hummus	Whole Wheat Bread, Cheddar Cheese Slice

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

**WEEK 2**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Rice Krispies Cereal with Milk	Banana Oatmeal Bar	Corn Flakes Cereal with Milk	Overnight Oats	Whole Wheat Summer Berry Muffin
<b>PM Snack</b>	Javaneh Bread Slice, Cheese Cubes	Digestive Biscuits, Fresh Fruit	Whole Wheat Banana Loaf, Applesauce	Cocoa Snaps, Baby Carrots	Oatmeal Round, Cucumber Slices

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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.

## Spring/Summer 2025 Snack Menu

**WEEK 3**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Special K Cereal with Milk	Whole Wheat Bagel, Cream Cheese	Strawberry Yogurt, Whole Grain Granola	Multigrain Cheerios Cereal with Milk	Whole Wheat Cocoa Zucchini Muffin
<b>PM Snack</b>	Mixed Berry Granola Minis, Fresh Fruit	Banana Oatmeal Bar, Berry Applesauce	Whole Wheat Lemon Blueberry Loaf, Cucumber Slices	Digestive Biscuits, Fresh Fruit	English Muffin, Mozzarella Slice

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**WEEK 4**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Rice Krispies Cereal with Milk	Banana Oatmeal Bar	Whole Wheat Pancake, Mango Fruit Puree	Whole Wheat Summer Berry Muffin	Corn Chex Cereal with Milk
<b>PM Snack</b>	Vanilla Owl Cookies, Fresh Fruit	Wheat Square Crackers, Guacamole	Oatmeal Cranberry Round, Fresh Fruit	Pretzel Bun, White Cheese Slice	Whole Wheat Banana Loaf, Baby Carrots

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