

Spring/Summer 2025 Snack **Plus** Menu

WEEK 1

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

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

WEEK 2

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

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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.

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WEEK 3

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

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WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Rice Krispies Cereal with Milk, Fresh Fruit	Banana Oatmeal Bar, Applesauce	Whole Wheat Pancake, Mango Fruit Puree, Fresh Fruit	Whole Wheat Summer Berry Muffin, Fresh Fruit	Corn Chex Cereal with Milk, Fresh Fruit
PM Snack	Vanilla Owl Cookie, Fresh Fruit, Peach Yogurt	Wheat Square Crackers, Guacamole, Cheese Curds	Oatmeal Cranberry Round, Fresh Fruit, Hardboiled Egg	Pretzel Bun, Mozza Cheese Slice, Cucumber Slices	Whole Wheat Banana Loaf, Baby Carrots, Hummus

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