

Spring/Summer 2025 Snack Menu

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Special K Cereal with Milk	Morning Breakfast Round with Apple Butter	Multigrain Cheerios with Milk	Whole Wheat Cocoa Zucchini Muffin	Vanilla Yogurt, Whole Grain Granola
PM Snack	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
AM Snack	Rice Krispies Cereal with Milk	Banana Oatmeal Bar	Corn Flakes Cereal with Milk	Morning Round	Whole Wheat Summer Berry Muffin
PM Snack	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.

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WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	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
PM Snack	Mixed Berry Granola Minis, Fresh Fruit	Banana Oatmeal Bar, Berry Applesauce	Digestive Biscuits, Fresh Fruit	Whole Wheat Lemon Blueberry Loaf, Cucumber Slices	English Muffin, Mozzarella Slice

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WEEK 4

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

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