



Fall/Winter 2025-2026 Snack Menu

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Multigrain Cheerios with Milk	Banana Oat Bar	Rice Chex Cereal with Milk	Whole Wheat Cocoa Zucchini Muffin	Multigrain Muesli Morning Round, Apple Butter
PM Snack	Whole Wheat Maple Round, Fresh Fruit	Whole Wheat Breadsticks, Hummus	Whole Wheat Oatmeal Cranberry Round, Fresh Fruit	Vanilla Yogurt, Fresh Fruit	Round Crackers, Cheese Curds

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

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Special K Cereal with Milk	Whole Wheat Pancake, Strawberry Jam	Corn Flakes Cereal with Milk	Whole Wheat Apple Cinnamon Bagel, Cream Cheese	Peach Yogurt, Whole Grain Granola
PM Snack	Whole Wheat Oatmeal Round, Applesauce	Spice Snaps, Fresh Fruit	Whole Wheat Owl Snaps, Vanilla Yogurt	Wheat Crackers, Mozzarella Cheese Slice	Whole Wheat Banana Loaf, Fresh Fruit

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We have developed our healthiest most **WHOLESOME** menu yet!



Our WHOLESOME 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	Corn Chex Cereal with Milk	Apple Cinnamon Morning Round	Whole Wheat Bagel, Cream Cheese	Rice Krispies Cereal with Milk	Whole Wheat Carrot Muffin
PM Snack	Pretzel Bun, Mozzarella Cheese Slice	Whole Wheat Pumpkin Loaf, Fresh Fruit	Banana Oat Bar, Applesauce	Whole Wheat Pita, Hummus	Wheat Crackers, Cheese Curds

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WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Rice Chex Cereal with Milk	Multigrain Muesli Morning Round, Strawberry Jam	Vanilla Yogurt, Whole Grain Granola	Whole Wheat Cocoa Zucchini Muffin	Multigrain Cheerios with Milk
PM Snack	Strawberry Yogurt, Fresh Fruit	Whole Wheat Owl Snaps, Berry Applesauce	Whole Wheat Pita, Cheddar Cheese Slice	Javaneh Slice, Hummus	Melba Toast, Cheese Cubes

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