



Fall/Winter 2025-2026 Snack **Plus** Menu

WEEK 1

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

*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, Fresh Fruit	Whole Wheat Pancake, Strawberry Jam, Fresh Fruit	Corn Flakes Cereal with Milk, Fresh Fruit	Whole Wheat Apple Cinnamon Bagel, Cream Cheese, Fresh Fruit	Peach Yogurt, Whole Grain Granola, Fresh Fruit
PM Snack	Whole Wheat Oatmeal Round, Applesauce, Edamame	Spice Snaps, Fresh Fruit, Cheese Cubes	Whole Wheat Owl Snaps, Vanilla Yogurt, Fresh Fruit	Wheat Crackers, Mozzarella Cheese Slice, Grape Tomatoes	Whole Wheat Banana Loaf, Fresh Fruit

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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	Corn Chex Cereal with Milk, Fresh Fruit	Apple Cinnamon Morning Round, Fresh Fruit	Whole Wheat Bagel, Cream Cheese, Fresh Fruit	Rice Krispies Cereal with Milk, Fresh Fruit	Whole Wheat Carrot Muffin, Fresh Fruit
PM Snack	Pretzel Bun, Mozzarella Cheese Slice, Fresh Fruit	Whole Wheat Pumpkin Loaf, Fresh Fruit, Edamame	Banana Oat Bar, Applesauce, Hard Boiled Egg	Whole Wheat Pita, Hummus, Blanched Snow Peas	Wheat Crackers, Cheese Curds, Baby Carrots

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WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Rice Chex Cereal with Milk, Fresh Fruit	Multigrain Muesli Morning Round, Strawberry Jam, Fresh Fruit	Vanilla Yogurt, Whole Grain Granola, Fresh Fruit	Whole Wheat Summer Berry Muffin, Fresh Fruit	Multigrain Cheerios with Milk, Fresh Fruit
PM Snack	Strawberry Yogurt, Fresh Fruit, Mixed Berry Granola Minis	Whole Wheat Owl Snaps, Berry Applesauce, Cheese Curds	Whole Wheat Pita, Cheddar Cheese Slice, Cucumber Slices	Javaneh Slice, Hummus, Grape Tomatoes	Melba Toast, Cheese Cubes, Guacamole

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