

## Snack Order Choice Form Spring/Summer 2026

\*Please note that **Standard Snack** and **Standard Snack Plus** are priced differently. Please contact Customer Care with any pricing inquiries. **Please send this form in to update your snack selections by Tuesday March 2, 2026.** \*\*If we do not receive a choice form, your selections for days and snack type will remain from the previous seasonal menu. This menu will be effective as of **Monday April 13, 2026.**

Email form to: [customer.care@wholesomekids.ca](mailto:customer.care@wholesomekids.ca)

For all inquiries, please contact us at 905-752-8115 X356.

Centre/School Name \_\_\_\_\_

		Monday		Tuesday		Wednesday		Thursday		Friday	
		Regular	Snack +	Regular	Snack +	Regular	Snack +	Regular	Snack +	Regular	Snack +
WEEK 1	AM	All Bran with Milk	All Bran with Milk, Fresh Fruit	Banana Oat Bar	Banana Oat Bar, Unsweetened Applesauce	Rice Krispies with Milk	Rice Krispies with Milk & fresh fruit	Whole Wheat Bagel, Apple Butter	Whole Wheat Bagel, Apple Butter, Fresh Fruit	Waffle Strawberry Jam	Waffle, Strawberry Jam, Fresh Fruit
	PM	Whole wheat Mini Bites, Cheese Slice	Whole Wheat Mini Bites, Cheese Slice, Guacamole	Melba Toast Fresh Fruit	Melba Toast Fresh Fruit Edamame	Pretzel Bun, Cheese Slice	Pretzel Bun, Cheese Slice Grape Tomato	Whole Wheat Breadsticks Sesame-Free Hummus	Whole Wheat Breadsticks Sesame-Free Hummus Grape Tomato	Whole Wheat Muffin, Fresh Fruit	Whole Wheat Muffin, Fresh Fruit, Hard Boiled Egg
WEEK 2	AM	Special K with Milk	Special K with Milk Fresh Fruit	Multigrain Muesli Morning Round, Apple Butter	Multigrain Muesli Morning Round, Apple Butter, Fresh Fruit	Multigrain Cheerios with Milk	Multigrain Cheerios with Milk, Fresh Fruit	Peach Yogurt, Whole Grain Granola	Peach Yogurt, Whole Grain Granola Fresh Fruit	Whole Wheat Muffin	Whole Wheat Muffin, Fresh Fruit
	PM	Babybel Cheese, Fresh Fruit	Babybel Cheese, Fresh Fruit, Whole Grain Cranberry Oatmeal Cookie	Whole Wheat Vanilla Heart Snaps, Unsweetened Applesauce	Whole Wheat Vanilla Heart Snaps, Unsweetened Applesauce, Cheese Curds	Whole Wheat Pita Bruschetta	Whole Wheat Pita Bruschetta, Shredded Cheese	Hard Boiled Egg, Fresh Fruit	Hard Boiled Egg, Fresh Fruit, Organic Whole Wheat Lemon Blueberry Loaf	Organic Strawberry Granola Bar, Baby Carrots IT: Blanched Baby Carrots	Organic Strawberry Granola Bar, Baby Carrots, Edamame
WEEK 3	AM	Corn Flakes with Milk	Corn Flakes with Milk, Fresh Fruit	Whole Wheat Carrot Zucchini Loaf	Whole Wheat Carrot Zucchini Loaf, Unsweetened Applesauce	Whole Wheat Pancake, Strawberry Chia Seed Jam	Whole Wheat Pancake, Strawberry Chia Seed Jam, Fresh Fruit	Rice Chex with Milk	Rice Chex with Milk, Fresh Fruit	Whole Wheat Muffin	Whole Wheat Muffin, Fresh Fruit
	PM	Whole Wheat Muffin, Fresh Fruit	Whole Wheat Muffin, Fresh Fruit, Cheese Curds	Cucumber Slices Red Pepper Cheese Dip	Cucumber Slices Red Pepper Cheese Dip, Whole Wheat Mini Bites	Mini Naan Dippers, Sesame-free Hummus	Mini Naan Dippers, Sesame-free Hummus, Baby Carrots	Cornbread, Unsweetened Applesauce	Cornbread, Unsweetened Applesauce, Edamame	Mini Maple Shaped Biscuits, Fresh Fruit	Mini Maple Shaped Biscuits, Fresh Fruit, Cheese Cubes
WEEK 4	AM	Special K with Milk	Special K with Milk, Fresh Fruit	Multigrain Muesli Morning Round, Apple Butter	Multigrain Muesli Morning Round, Apple Butter, Fresh Fruit	Whole Wheat Muffin	Whole Wheat Muffin, Fresh Fruit	Whole Wheat Bread, Cheese Slice	Whole Wheat Bread, Cheese Slice, Fresh Fruit	Cheerios with Milk	Cheerios with Milk, fresh Fruit
	PM	Banana Oat Bar, Unsweetened Applesauce	Banana Oat Bar, Unsweetened Applesauce, Edamame	Cheese Cubes, Baby Carrots	Cheese Cubes, Baby Carrots WW Oatmeal Cookie	Whole Wheat Breadsticks Grape Tomatoes	WW Breadsticks Grape Tomatoes, Sesame-free Hummus	Babybel Cheese, Fresh Fruit	Babybel Cheese, Fresh Fruit, Melba Toast	Whole Wheat English Muffin, Cheese Slice	Whole Wheat English Muffin, Cheese Slice, Fresh Fruit

