

# Spring/Summer 2026

|                 | Monday   | Tuesday                           | Wednesday                         | Thursday                          | Friday                                  |
|-----------------|--|-----------------------------------|-----------------------------------|-----------------------------------|---|
| <b>Week One</b> | Multigrain Cheerios Cereal, Yogurt                 | Cinnamon Raisin Bread, Applesauce | Banana Bread, Fresh Fruit         | Granola Minis, Yogurt             | Multigrain Cheerios Cereal, Fresh Fruit |
| <b>Week Two</b> | Organic Whole Grain Mini Ginger Snaps, Fresh Fruit | Granola Minis, Yogurt             | Cinnamon Raisin Bread, Applesauce | Lemon Cranberry Loaf, Fresh Fruit | Wheat Crackers, Yogurt, Fresh Fruit     |

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

# Fall/Winter 2026

|                 | Monday                              | Tuesday   | Wednesday                     | Thursday                          | Friday                      |
|-----------------|-------------------------------------|---|-------------------------------|-----------------------------------|-----------------------------|
| <b>Week One</b> | Wheat Crackers, Yogurt, Fresh Fruit | Granola Minis, Applesauce                         | Banana Bread, Fresh Fruit     | Cinnamon Raisin Bread, Applesauce | Multigrain Cheerios. Yogurt |
| <b>Week Two</b> | Cinnamon Raisin Bread, Yogurt       | Organic Whole Grain Mini Ginger Snaps, Applesauce | Cinnamon Raisin Bread, Yogurt | Multigrain Cheerios, Fresh Fruit  | Fresh Fruit, Yogurt         |

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

## Our 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.