

WRDSB Snack Menu Ingredient Lines Fall / Winter 2026-2027 - WEEK 1			
Day		Item	Ingredients
MONDAY	AM Snack	Whole Grain Pancake	Whole Wheat Flour Blend (Whole Wheat Flour, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Buttermilk Solids, Dextrose, Soybean Oil, Egg, Whey Powder. Contains 2% or less of: Baking Powder (Sodium Bicarbonate, Corn Starch, Sodium Acid Pyrophosphate, Mono Calcium Phosphate), Salt, Soy Lecithin.
		Berry Applesauce	Apples, Water, Strawberry Puree Concentrate, Vegetable Juice Concentrate (black carrot, red cabbage) (for colour), Natural Flavour, Ascorbic Acid
	PM Snack	Whole Wheat Blueberry Muffin	Whole Wheat Flour, Sugar, Unbleached Wheat Flour, Applesauce, Wild Blueberries, Canola Oil, Non-Alum Baking Powder, Baking Soda, Lemon Juice, Inulin, Sea Salt
		Apple	Apple
TUESDAY	AM Snack	Trail Mix Snack	Shreddies (Whole Grain Wheat, Sugar, Salt, Barley Malt Extract, Thiamine Mononitrate (B1), Niacinamide, Pyridoxine Hydrochloride (B6), Calcium Pantothenate, Folic Acid, Iron), Multigrain Cheerios (Whole Grain Oats, Whole Grain Corn, Sugar (sugar and/or Golden Sugar, Golden Syrup), Corn Starch, Brown Rice Flour, Whole Sorghum Flour, Salt, Calcium Carbonate, Trisodium Phosphate, Monoglycerides, Caramel and Annatto Color, Tocopherols, Iron, Niacinamide (vitamin B3), Calcium Pantothenate (vitamin B5), Pyridoxine Hydrochloride (vitamin B6), Folate), Granola (Whole Grain Rolled Oats, Sugars (cane sugar, brown rice syrup), Canola Oil, Filtered Water, Cinnamon, Sea Salt)
		Yogurt Cup	Skim Milk, Ultrafiltered Skim Milk and/or Milk Protein Concentrate, Sugars (sugar, carrot, grape, blueberry, cranberry, and black carrot juice (for colour)), Water, Cream, Modified Corn Starch, Natural Flavour, Agar, Active Bacterial Cultures, Lemon Juice Concentrate, Black Carrot Juice (for colour), Carotene (for colour), Vitamin D3. Made with vitamin D fortified skim milk.
	PM SNACK	Whole Wheat Mini Crackers	Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Canola Oil, Wheat Germ, Sugar, Salt, Whey Powder, Ammonium Bicarbonate, Hydrolyzed Soy Protein, Baking Soda, Natural Flavour.
		Individual Cheese Pack	Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Rennet and/or Microbial Enzyme, Colour.
WEDNESDAY	AM Snack	Whole Grain Oatmeal Round	Whole-Grain Oats, Sugars (Sugar, Blackstrap Molasses), Whole Wheat Flour, Filtered Water, Canola Oil, Inulin, Flaxseed, Applesauce, Baking Soda, Rice Flour, Cinnamon, Sea Salt
		Banana	Banana
	PM Snack	Whole Wheat Apple Zucchini Muffin	Whole wheat flour, Sugars (dark brown sugar, unsweetened apple sauce (apples, citric acid, ascorbic acid)), Water, , Shredded zucchini, Canola oil, Ground flax seeds, Citrus fibre, Baking powder, Ground cinnamon powder, Sea salt.
		Clementine	Clementine
THURSDAY	AM Snack	Whole Wheat Apple Currant Breakfast Flat	Whole wheat flour, unbleached wheat flour, filtered water, sunflower oil, organic cane sugar, currants, dried apples, yeast, sea salt, cultured wheat starch, oat fibre, asorbic acid
		Pear	Pear
	PM Snack	Whole Wheat Pita	Whole wheat flour, water, enriched wheat flour, oat fibre, yeast, wheat gluten, salt, canola oil, wheat germ, vegetable monoglycerides, guar gum, calcium propionate, sorbic acid, enzymes.
		Hardboiled Egg	Egg
FRIDAY	AM Snack	Organic Mixed Berry Granola Minis	Organic Pure Gluten Free Oats, Organic Sugar (organic cane sugar, organic invert cane syrup, organic agave syrup, organic brown rice syrup), Organic Sunflower Oil, Organic Raisins, Organic Appled Pieces, Organic Sweetened Dried Cranberries (organic apple juice concentrate, organic cranberries, organic sunflower oil), Organic Brown Rice Crisps, Organic Inulin, Organic Freeze-Dried Raspberries, Organic Tapioca Starch, Vegetable Extracts (spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms), Organic Natural Flavour, Salt
		Kiwi	Kiwi
	PM Snack	Whole Grain Oatmeal Cranberry Round	Sugars (Sugar, Blackstrap Molasses), Whole-Grain Oats, Whole Wheat Flour, Filtered Water, Canola Oil, Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Inulin, Flaxseed, Applesauce, Baking Soda, Rice Flour, Cinnamon, Sea Salt.
		Baby Carrots	Carrot

Ingredients are subject to change

Fresh Fruit may vary based on seasonality and availability

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WRDSB Snack Menu Ingredient Lines Fall / Winter 2026-2027 - WEEK 2			
Day		Item	Ingredients
MONDAY	AM Snack	Whole Wheat Mini Lemon Cranberry Loaf	Whole Wheat Flour, Evaporated Cane Juice, Unbleached Wheat Flour, Applesauce, Unsweetened Cranberries, Canola Oil, Baking Powder, Baking Soda, Lemon Juice, Inulin, Sea Salt, Pure Lemon Oil
		Apple	Apple
	PM Snack	Whole Wheat Blueberry Scone	Whole Wheat Flour, Organic Soy Beverage, Unbleached Wheat Flour, Organic Coconut Oil, Sugar, Blueberries, Rice Flour, Vinegar, Inulin, Baking Soda, Non-alum Baking Powder, Sea Salt
		Butter	Cream
		Clementine	Clementine
TUESDAY	AM Snack		
		Yogurt Cup	Skim Milk, Ultrafiltered Skim Milk and/or Milk Protein Concentrate, Sugars (sugar, carrot, grape, blueberry, cranberry, and black carrot juice (for colour)), Water, Cream, Modified Corn Starch, Natural Flavour, Agar, Active Bacterial Cultures, Lemon Juice Concentrate, Black Carrot Juice (for colour), Carotene (for colour), Vitamin D3. Made with vitamin D fortified skim milk.
	PM SNACK	Pear	Pear
		Whole Wheat Mini Veggie Crackers	Whole grain whole wheat flour, Wheat flour, Vegetable oil, Sugars (sugar, dextrose, maltodextrin), Dried vegetables (carrot, onion, celery, tomato, red and green pepper, garlic, broccoli and spinach), Salt, Tapioca starch, Whey powder, Ammonium bicarbonate, Baking soda, Yeast extract, Silica, Spices, Natural flavour.
		Applesauce	Apples, Glucose-Fructose, Water, Ascorbic Acid
WEDNESDAY	AM Snack		
		Trail Mix Snack	Shreddies (Whole Grain Wheat, Sugar, Salt, Barley Malt Extract, Thiamine Mononitrate (B1), Niacinamide, Pyridoxine Hydrochloride (B6), Calcium Pantothenate, Folic Acid, Iron), Multigrain Cheerios (Whole Grain Oats, Whole Grain Corn, Sugar (sugar and/or Golden Sugar, Golden Syrup), Corn Starch, Brown Rice Flour, Whole Sorghum Flour, Salt, Calcium Carbonate, Trisodium Phosphate, Monoglycerides, Caramel and Annatto Color, Tocopherols, Iron, Niacinamide (vitamin B3), Calcium Pantothenate (vitamin B5), Pyridoxine Hydrochloride (vitamin B6), Folate), Granola (Whole Grain Rolled Oats, Sugars (cane sugar, brown rice syrup), Canola Oil, Filtered Water, Cinnamon, Sea Salt)
		Banana	Banana
	PM Snack	Whole Grain Blueberry Superfood Bar	Whole grain oats, Sugars (Tapioca syrup, Blackstrap molasses, Brown sugar), Canola oil, Crispy rice, Curants, Soluble tapioca fibre, Organic coconut oil, Unsweetened desiccated coconut, Dried blueberries, Tapioca flour, Flax seeds, Pea protein, Hemp seeds, Glycerin, Natural flavour, Chia seeds, Rosemary extract.
		Cantaloupe Chunks	Cantaloupe
THURSDAY	AM Snack	Whole Grain Oatmeal Round	Whole-Grain Oats, Sugars (Sugar, Blackstrap Molasses), Whole Wheat Flour, Filtered Water, Canola Oil, Inulin, Flaxseed, Applesauce, Baking Soda, Rice Flour, Cinnamon, Sea Salt
		Orange	Orange
	PM Snack	Noor Roll	Wheat Flour, Water, Yeast, Salt
		Cheese Curds	Pasteurized Milk, Modified Milk Ingredients, Pasteurized Cream, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme
FRIDAY	AM Snack		
		Whole Wheat Apple Cinnamon Bagel	Whole Wheat Flour, Filtered Water, Unbleached Wheat Flour, Applesauce, Cane Sugar, Canola Oil, Dried Apples, Yeast, Sea Salt, Cinnamon
		Cream Cheese	Modified Milk Ingredients, Salt, Bacterial Culture, Lactic Acid, Carob Bean Gum, Potassium Sorbate, Sorbic Acid
	PM Snack	Apple	Apple
		Whole Wheat Pumpkin Muffin	Whole wheat flour, Sugars (cane sugar, blackstrap molasses), Pumpkin Puree, Filtered Water, Unbleached Wheat Flour, Canola Oil, Applesauce, Flax Seeds, Glycerin, Non-alum Baking Powder, Dried Vinegar, Baking Soda, Cinnamon, Inulin, Sea Salt, Ginger, Allspice, Nutmeg.
		Baby Carrots	Carrot

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WRDSB Snack Menu Ingredient Lines Fall / Winter 2026-2027 - WEEK 3			
Day		Item	Ingredients
MONDAY	AM Snack	Trail Mix Snack	Shreddies (Whole Grain Wheat, Sugar, Salt, Barley Malt Extract, Thiamine Mononitrate (B1), Niacinamide, Pyridoxine Hydrochloride (B6), Calcium Pantothenate, Folic Acid, Iron), Multigrain Cheerios (Whole Grain Oats, Whole Grain Corn, Sugar (sugar and/or Golden Sugar, Golden Syrup), Corn Starch, Brown Rice Flour, Whole Sorghum Flour, Salt, Calcium Carbonate, Trisodium Phosphate, Monoglycerides, Caramel and Annatto Color, Tocopherols, Iron, Niacinamide (vitamin B3), Calcium Pantothenate (vitamin B5), Pyridoxine Hydrochloride (vitamin B6), Folate), Granola (Whole Grain Rolled Oats, Sugars (cane sugar, brown rice syrup), Canola Oil, Filtered Water, Cinnamon, Sea Salt)
		Yogurt Cup	Skim Milk, Ultrafiltered Skim Milk and/or Milk Protein Concentrate, Sugars (sugar, carrot, grape, blueberry, cranberry, and black carrot juice (for colour)), Water, Cream, Modified Corn Starch, Natural Flavour, Agar, Active Bacterial Cultures, Lemon Juice Concentrate, Black Carrot Juice (for colour), Carotene (for colour), Vitamin D3. Made with vitamin D fortified skim milk.
	PM Snack	Garlic Naan	Enriched Wheat Flour, Water, Minced Garlic (Garlic, Soybean oil, Water, Citric acid, Potassium Sorbate), Canola Oil, Yeast, Salt, Guar Gum, Monoglycerides, Sugar, Wheat Gluten, Baking Powder, Calcium Propionate, Enzymes, Sorbic Acid, Cilantro.
		Pear	Pear
TUESDAY	AM Snack	Whole Wheat Mini Blueberry Bran Loaf	Organic Unbleached Wheat Flour, Filtered Water, Organic Evaporated Cane Juice, Wild Blueberries, Canola Oil, Wheat Bran, Applesauce, Organic Banana Puree, Organic Molasses, Tapioca Flour, Baking Powder, Sea Salt, Vinegar, Baking Soda
		Clementine	Clementine
	PM SNACK	Whole Grain Oatmeal Round	Whole Grain Oats, Sugars (Sugar, Blackstrap Molasses), Whole Wheat Flour, Filtered Water, Canola Oil, Inulin, Flaxseeds, Applesauce, Baking Soda, Rice Flour, Cinnamon, Sea Salt
		Apple	Apple
WEDNESDAY	AM Snack	Yogurt Tube	Vanilla: Skim Milk, Cane Sugar, Cream, Modified Corn Starch, Water, Whey Protein Concentrate, Natural Flavour, Agar, Guar Gum, Carrageenan, Locust Bean Gum, Concentrated Lemon Juice, Active Bacterial Culture, Vitamin D3 Strawberry-Banana: Skim Milk, Cane Sugar, Cream, Modified Corn Starch, Whey Protein Concentrate, Water, Fruit Puree (strawberry, banana), Agar, Guar Gum, Carrageenan, Locust Bean Gum, Natural Flavour, Concentrated Lemon Juice, Active Bacterial Culture, Vitamin D3
		Cantaloupe Chunks	Cantaloupe
	PM Snack	Whole Grain Mixed Berry Granola Bar	Gluten-free Oats, Tapioca fibre, Sunflower seeds, Brown rice, Vegetable glycerin, Rice Syrup, Rice Protein, Rice flour, currant, Sunflower oil, Apple Juice Concentrate, Cranberry, Blueberry, Natural flavour, Fruit and vegetable blend (apple, onion, broccoli, kale, cranberry, raspberry), Agar, Sugar, Salt.
		Cucumber Slices	Cucumber
THURSDAY	AM Snack	Multigrain Morning Round	Unbleached wheat flour, wheat flour, ascorbic acid, natural dough conditioner, niacin, iron, vitamin B1, riboflavin, folic acid, filtered water, antioxidant containing rasin (raisins, vegetable oil), organic evaporated cane syrup, flax seeds, multigrain mix (cracked wheat, cracked rye, crushed flax seeds, millet meal, cracked triticale, barley frits, sunflower seeds, rolled oats, durum semolina, sunflower seeds, wheat bran), rolled oats, natural apples, yeast, sunflower oil, sea salt, cultured wheat starch, citric acid, enzymes
		Applesauce	Apples, Glucose-Fructose, Water, Ascorbic Acid
	PM Snack	Whole Wheat Bagel	Whole Wheat Flour, Filtered Water, Unbleached Wheat Flour, Canola Oil, Cane sugar, Sea Salt, Yeast, Rice flour.
		Butter	Cream
		Hardboiled Egg	Egg
FRIDAY	AM Snack	Whole Wheat Summer Berry Muffin	Organic Whole Wheat Flour, Organic Evaporated Cane Juice, Organic Unbleached Wheat Flour, Canola Oil, Applesauce, Blueberries, Strawberries, Cranberries, Flaxseed, Inulin, Baking Powder, Sea Salt
		Kiwi	Kiwi
	PM Snack	Whole Grain Apple Cinnamon Superfood Bar	Whole Grain Oats, Tapioca Syrup, Whole Grain Brown Rice Crisps, Canola Oil, Dried Apples (unsulphured and unsweetened), Blackstrap Molasses, Coconut, Coconut Oil, Cane Sugar, Tapioca Starch, Flax Seeds, Pea Protein, Hemp Seeds, Oat Fibre, Natural Flavour, Chia Seeds
		Orange	Orange

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WRDSB Snack Menu Ingredient Lines Fall / Winter 2026-2027 - WEEK 4			
Day		Item	Ingredients
MONDAY	AM Snack	Organic Strawberry Granola Bar	Pure gluten free oats, Sugars (agave syrup, brown rice syrup, invert cane syrup), Strawberry flavoured pieces (apple juice concentrate, apple puree concentrate, rice flour, strawberry puree, cocoa butter, pectin, cherry juice concentrate, natural flavour), Sunflower oil, Brown rice crisps, Zante currants, Gluten free oat flour, Vegetable extracts (spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms), Natural flavour, Agar, Salt.
		Pear	Pear
	PM Snack	Melba Toast	Wheat flour, Cane Sugar, Sunflower Oil with High Oleic Acid Content, Salt, Yeast
		Individual Cheese Pack	Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Rennet and/or Microbial Enzyme, Colour.
TUESDAY	AM Snack	Whole Grain Oatmeal Cranberry Round	Sugars (Sugar, Blackstrap Molasses), Whole-Grain Oats, Whole Wheat Flour, Filtered Water, Canola Oil, Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Inulin, Flaxseed, Applesauce, Baking Soda, Rice Flour, Cinnamon, Sea Salt.
		Orange	Orange
	PM SNACK	Whole Wheat Mini Veggie Crackers	Whole grain whole wheat flour, Wheat flour, Vegetable oil, Sugars (sugar, dextrose, maltodextrin), Dried vegetables (carrot, onion, celery, tomato, red and green pepper, garlic, broccoli and spinach), Salt, Tapioca starch, Whey powder, Ammonium bicarbonate, Baking soda, Yeast extract, Silica, Spices, Natural flavour.
		Kiwi	Kiwi
WEDNESDAY	AM Snack	Whole Wheat Bread	Whole Grain Whole Wheat Flour Including the Germ, Water, Yeast, Wheat Gluten, Sugar, Vegetable Oil (canola or soybean), Vinegar, Salt, Calcium Propionate, Soybean Lecithin, Sorbic Acid
		Apple Butter	Apple Juice, Apple Sauce, Bicarbonate of Soda, Cinnamon
		Banana	Banana
	PM Snack	Javaneh Slice	Wheat Flour, Water, Salt, Yeast, Extra Virgin Olive Oil
		Berry Jam	Sugar/Glucose-Fructose, Strawberries, Water, Fruit Pectin, Citric Acid (helps pectin set jam), Mono- and Diglycerides (to reduce foaming)
		Honeydew Chunks	Honeydew
THURSDAY	AM Snack	Whole Grain Pancake	Whole Wheat Flour Blend (Whole Wheat Flour, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Buttermilk Solids, Dextrose, Soybean Oil, Egg, Whey Powder. Contains 2% or less of: Baking Powder (Sodium Bicarbonate, Corn Starch, Sodium Acid Pyrophosphate, Mono Calcium Phosphate), Salt, Soy Lecithin.
		Peach Applesauce	Apples, Water, Peach Puree Concentrate, Natural Flavour, Ascorbic Acid, Carotene
	PM Snack	Whole Wheat Cranberry Scone	Whole Wheat Flour, Organic Soy Beverage, Unbleached Wheat Flour, Organic Coconut Oil, Cane Sugar, Dried Cranberries, Rice Flour, Vinegar, Inulin, Baking Soda, Non-alum Baking Powder, Sea Salt.
		Butter	Cream
		Baby Carrots	Carrot
FRIDAY	AM Snack	Whole Wheat Banana Muffin	Whole wheat flour, Sugars (dark brown sugar, banana puree [bananas, citric acid, ascorbic acid], unsweetened apple sauce [apples, citric acid, ascorbic acid]), Water, Canola oil, Citrus Fibre, Baking powder, Sea salt, Natural flavour, Sunflower Lecithin.
		Clementine	Clementine
	PM Snack	Yogurt Cup	Skim Milk, Ultrafiltered Skim Milk and/or Milk Protein Concentrate, Sugars (sugar, carrot, grape, blueberry, cranberry, and black carrot juice (for colour)), Water, Cream, Modified Corn Starch, Natural Flavour, Agar, Active Bacterial Cultures, Lemon Juice Concentrate, Black Carrot Juice (for colour), Carotene (for colour), Vitamin D3. Made with vitamin D fortified skim milk.
		Kiwi	Kiwi

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