



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.

WRDSB Extended Day Program Menu

Sept 2026-Feb 2027: Week 1 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Whole Grain Pancake Berry Applesauce	Trail Mix Snack** Yogurt Cup	Whole Grain Oatmeal Round Banana	Whole Wheat Apple Currant Breakfast Flat Pear	Organic Mixed Berry Granola Minis Kiwi
PM SNACK	Whole Wheat Blueberry Muffin Apple	Whole Wheat Mini Crackers IND Cheese Pack	Whole Wheat Apple Zucchini Muffin Clementine	Whole Wheat Pita Hard Boiled Egg	Whole Grain Oatmeal Cranberry Round Baby Carrots**

Sept 2026-Feb 2027: Week 2 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Whole Wheat Mini Lemon Cranberry Loaf Apple	Yogurt Cup Pear	Trail Mix Snack** Banana	Whole Grain Oatmeal Round Orange	Whole Wheat Apple Cinnamon Bagel IND Cream Cheese Apple
PM SNACK	Whole Wheat Blueberry Scone IND Butter Clementine	Whole Wheat Mini Veggie Crackers Applesauce	Whole Grain Blueberry Superfood Bar Cantaloupe Chunks**	Noor Roll Cheese Curds**	Whole Wheat Pumpkin Muffin Baby Carrots**

** Requires portioning, sent in bulk format; IND = Individually packed

PPM1 V2 - LAST UPDATED: August 2026



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Sept 2026-Feb 2027: Week 3 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Trail Mix Snack** Yogurt Cup	Whole Wheat Mini Blueberry Bran Loaf Clementine	Yogurt Tube Cantaloupe Chunks**	Multigrain Morning Round Applesauce	Whole Wheat Summer Berry Muffin Kiwi
PM SNACK	Garlic Naan Pear	Whole Grain Oatmeal Round Apple	Whole Grain Mixed Berry Granola Bar Cucumber Slices**	Whole Wheat Bagel IND Butter Hard Boiled Egg	Whole Grain Apple Cinnamon Superfood Bar Orange

Sept 2026-Feb 2027: Week 4 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Organic Strawberry Granola Bar Pear	Whole Grain Oatmeal Cranberry Round Orange	Whole Wheat Bread Apple Butter Banana	Whole Grain Pancake Peach Applesauce	Whole Wheat Banana Muffin Clementine
PM SNACK	Melba Toast IND Cheese Pack	Whole Wheat Mini Veggie Crackers Kiwi	IND Javaneh Slice Berry Jam Honeydew Chunks**	Whole Wheat Cranberry Scone IND Butter Baby Carrots**	Yogurt Cup Kiwi

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PPM1 V2 - LAST UPDATED: August 2026