

Shopping List - Week A

4 boxes of Triscuit Thins or another whole grain cracker
2 bars of 475 gr (long bar) of Marble Cheese
12 - 14 apples
6 bags mini whole grain Pitas preferably or 4 pkg large whole grain pita
2 tub hummus (classic - no fancy flavours please)
18 individual cups unsweetened applesauce (6 packages with 6 cups in each)
4 pkgs of whole grain Pepperidge Farm Fish Crackers
2 bags - 1 lb mini carrots (454grams)
1 big bag of 2 percent milk (3 bags inside one bag)

During the weeks where there is a holiday, please buy only the food for the two days the children will be at school. Please see the Menu. For example, Thanksgiving Monday you would not need to buy the things for the Monday snack. Depending which week that is A or B will determine what to delete from your list. Other days will be Good Friday, Easter Monday, Victoria day, ect.

Week A : Images of preferred products. If they are unavailable please choose the next best thing! (Must be Peanut Free)



(4) or (4) or (4) or combination



+ (2) + (12-14) = Monday's Snack



(4) OR (4) OR (6) OR (4) +



(2) + (2) + (1) = Wednesday's Snack



(x6) + (4) or (4) = Fridays Snack

Need 36 total cups

Shopping List - Week B

4 boxes of Breton MultiGrain crackers or another whole grain cracker
2 bar 454 gram of marble cheese
2 English cucumbers
1 bag 2 percent milk (1 bag with 3 bags inside)
2 Box of Multigrain or Plain Cheerios
16-20 unripe bananas or 10 cups seedless grapes
4 packs of whole grain bagels or whole grain English muffins or WW buns
2 bags of 1 lb mini carrots
1 lb of butter sticks

During the weeks where there is a holiday, please buy only the food for the two days the children will be at school. Please see the Menu. For example, Thanksgiving Monday, you would not need to buy the things for the Monday snack. Depending which week is A or B will determine what to delete from your list. Other days will be Good Friday, Easter Monday, Victoria day, ect.

Week B: Images of preferred products. If they are unavailable please choose the next best thing! (Must be Peanut Free)



= Monday's Snack




