



## KIDS EAT SMART CLUBS

All KES Clubs must comply with all Public Health directives related to Covid-19.

| CEREALS                               | GRANOLA BARS                                     | CRACKERS   | BREAD                                  | BAGELS                        | ENGLISH MUFFINS               | PANCAKES & WAFFLES   |
|---------------------------------------|--|--|--|-------------------------------|-------------------------------|--|
| Cheerios<br>General Mills             | Seven Grain & Quinoa Honey Oat Flax<br>Kashi     | Whole Wheat Goldfish<br>Pepperidge Farm            | Wonder 100% Whole Wheat                | PC Blue Menu 100% Whole Wheat | PC Blue Menu 100% Whole Wheat | PC Blue Menu Whole Grain Pancake and Waffle Mix                  |
| Multigrain Cheerios<br>General Mills  | All Made Good Granola Bars                       | Wheat Thins 100% Whole Grain Cracker<br>Christie   | Ben's Holsum Fresh 100% Whole Grain    | Compliments 100% Whole Wheat  | Ben's Whole Wheat             | Compliments Balance Whole Wheat Waffles                          |
| Wheaties Cereal,<br>General Mills     | Soft and Chewy<br>Kirkland                       | Triscuit Original Whole Grain Crackers<br>Christie | Dempster's 100% Whole Grain 12 Grains  | Dempster's 100% Whole Wheat   | Dempster's Whole Wheat        | Kellogg's Eggo Nutri-grain Low Fat Made with Whole Wheat Waffles |
| Red Berries Cereal Special K          | Chocolate Chip Quaker                            | Chi and Quinoa Baked Pita Crackers<br>PC           | Dempster's 100% Whole Grain Multigrain | Weston Bakeries Whole Wheat   | Great Value 100% Whole Wheat  |  |
| Instant Oatmeal Original<br>Quaker    | Banana Chocolate Chip Quaker                     | Crisp & Thin Whole Grain Crackers<br>PC            | Villaggio 100% Whole Wheat             |                               |                               |  |
| Life Cereal Quaker                    | Chocolate Chip Nature's Path Organic -Envirokidz | Breton Veggie Bites<br>Dare                        | Great Value 100% Whole Wheat           |                               |                               |  |
| Shredded Wheat Post                   | Strawberry Nature's Path Organic -Envirokidz     |  |  |                               |                               |  |
| Rice Cereal Chex                      | Chocolate Chip Great Value                       |  |  |                               |                               |  |
| Mini Wheats Kellogg's                 | Chocolate Chip Nature Valley Lunchbox            |  |  |                               |                               |  |
| All Bran Multi-grain Crunch Kellogg's | Very Berry Nature Valley Lunchbox                |  |  |                               |                               |  |
| Two Scoops Raisin Bran Kellogg's      | Raspberry Fruit Crumble Quaker                   |  |  |                               |                               |  |
| Shreddies Post                        | Apple Fruit Crumble Quaker                       |  |  |                               |                               |  |
|                                       | Peach Fruit Crumble Quaker                       |  |  |                               |                               |  |

