

Breakfast Program 2017-2018

Breakfast starts week of September 11, 2017

Hours: 8:00 a.m. – 8:30 a.m.

Monday	Tuesday	Wednesday	Thursday	Friday
Grilled Cheese*	Egg on whole wheat English Muffin*	Pancakes with added wheat bran*	Scrambled Eggs, Whole Wheat Bread*	Pizza on Whole Wheat English Muffin*
50 g cheese 2 slices whole wheat bread**	1 egg ½ English muffin** Optional: with cheese	1 whole grain pancake syrup	2 eggs ½ whole wheat toast** Yogourt smoothies	½ English muffin** 50 g cheese ½ cup tomato sauce Orange & apple juice

*in addition to the regular menu, white milk & water are always available, as are 3 fresh fruits plus approved cereals (Rice Krispies, Cornflakes, Cheerios and Shreddies)

**all grain products served meet a minimum of 2 stars (out of 3) of the Guiding Stars program. For more information see www.guidingstars.ca