

Morning Meal - January 2018*

Monday Jan 8	Tuesday Jan 9	Wednesday Jan 10	Thursday Jan 11	Friday Jan 12
Nut-free low-fat Cereal Vanilla Yogourt Apples	Spinach & Cheese Samosas 2% White Milk	Crackers/Bread Marble & Mozzarella Cheese Oranges	Pita Hummous Carrots & Tomatoes	English Muffins/Bagels Cream Cheese Melon
Monday Jan 15	Tuesday Jan 16	Wednesday Jan 17	Thursday Jan 18	Friday Jan 19
Whole Wheat Pita Hummous Tomatoes & Carrots	Nut-free low-fat Cereal Strawberry Yogourt Apples	Crackers/Bread Marble & Mozzarella Cheese Cucumbers & Peppers	Mini-Bagels/Bread/Bun Yogourt Tube Oranges	PA Day No School
Monday Jan 22	Tuesday Jan 23	Wednesday Jan 24	Thursday Jan 25	Friday Jan 26
Whole Wheat Pita/Tortilla Hummous Cucumbers & Carrots	Veggie Samosas 2% White Milk	Nut-free low-fat Cereal Vanilla Yogourt Pears	English Muffins/Bagels Cream Cheese Tomatoes & Peppers	Crackers/Bread Marble & Mozzarella Cheese Melon
Monday Jan 29	Tuesday Jan 30	Wednesday Jan 31	Thursday Feb 1	Friday Feb 2
Bagels/Bun/crackers Yogourt Tube Tomatoes & Carrots	Nut-free low-fat Cereal Strawberry Yogourt Apples	Crackers/Bread Marble & Mozzarella Cheese Cucumbers & Snow Peas	1 slice baked goods 2% White Milk Melon	Pita/Tortilla Hummous Peppers & Broccoli

*Fruits/vegetables subject to change due to supply

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