

### Morning Meal - November 2017\*

<b>Monday Oct 30</b>	<b>Tuesday Oct 31</b>	<b>Wednesday Nov 1</b>	<b>Thursday Nov 2</b>	<b>Friday Nov 3</b>
Whole Wheat Pita Hummus Carrots & Tomatoes	Spinach & Cheese Samosas 2% White Milk	Nut-free low-fat Cereal Strawberry Yoghurt Strawberries	Bagels/English Muffins Cream Cheese Cucumbers & Peppers	Crackers/Bread Marble & Mozzarella Cheese Melons
<b>Monday Nov 6</b>	<b>Tuesday Nov 7</b>	<b>Wednesday Nov 8</b>	<b>Thursday Nov 9</b>	<b>Friday Nov 10</b>
Crackers/Bread Yoghurt Tube Carrots & Tomatoes	Nut-free low-fat Cereal Vanilla Yoghurt Apples	Crackers/Bread Marble & Mozzarella Cheese Peppers and Cucumbers	1 slice baked goods White Milk Melons	Whole Wheat Pita Hummus Peppers & Cucumbers
<b>Monday Nov 13</b>	<b>Tuesday Nov 14</b>	<b>Wednesday Nov 15</b>	<b>Thursday Nov 16</b>	<b>Friday Nov 17</b>
Nut-free low-fat Cereal Strawberry Yoghurt Pears	Veggie Samosa 2% White Milk	Crackers/Bread Marble & Mozzarella Cheese Melons	Whole Wheat Pita Hummus Carrots & Snow Peas	<b>PA DAY</b> No School
<b>Monday Nov 20</b>	<b>Tuesday Nov 21</b>	<b>Wednesday Nov 22</b>	<b>Thursday Nov 23</b>	<b>Friday Nov 24</b>
Nut-free low-fat Cereal White Milk Apples	Whole Wheat Pita Hummus Snow peas & Tomatoes	Crackers/Bread Yoghurt Tube Pears	Whole Wheat Wrap Cream Cheese Shredded Carrots & Peppers	Crackers/Bread Marble & Mozzarella Cheese Melons

\*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/>