

## Morning Meal – October 2017\*

<b>Monday Oct 2</b>	<b>Tuesday Oct 3</b>	<b>Wednesday Oct 4</b>	<b>Thursday Oct 5</b>	<b>Friday Oct 6</b>
Pita/Tortilla Hummus Carrots & Cucumbers(tomatoes instead)	Spinach & Cheese Samosas 2% White Milk	Nut-free low-fat Cereal Strawberry Yoghurt Melons	Crackers/Bread Marble & Mozzarella Cheese Banana	<b>PA Day No school</b>
<b>Monday Oct 9</b>	<b>Tuesday Oct 10</b>	<b>Wednesday Oct 11</b>	<b>Thursday Oct 12</b>	<b>Friday Oct 13</b>
<b>Thanksgiving Day No school</b>	Pita/Tortilla Hummus Carrots & Tomatoes	Nut-free low-fat Cereal Vanilla Yoghurt Apples	Crackers/Bread Marble & Mozzarella Cheese Peppers & Snowpeas	Crackers/Bread Yoghurt Tube Melon
<b>Monday Oct 16</b>	<b>Tuesday Oct 17</b>	<b>Wednesday Oct 18</b>	<b>Thursday Oct 19</b>	<b>Friday Oct 20</b>
Pita/Tortilla Hummus Snowpeas & Tomatoes	Veggie Samosas 2% White Milk	Nut-free low-fat Cereal Strawberry Yoghurt Melon	Bagels/Wrap Cream Cheese Shredded Carrots & Peppers	Crackers/Bread Marble & Mozzarella Cheese Pears
<b>Monday Oct 23</b>	<b>Tuesday Oct 24</b>	<b>Wednesday Oct 25</b>	<b>Thursday Oct 26</b>	<b>Friday Oct 27</b>
Nut-free low-fat Cereal Vanilla Yoghurt Apples	Crackers/Bread/Buns Marble & Mozzarella Cheese Carrots & Cucumbers	Crackers/Bread Yoghurt Tube Strawberries	Pita/Tortilla Hummus Broccoli & Peppers	1 slice baked goods(muffins) 2% White Milk Bananas

\*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

[www.guidingstars.ca](http://www.guidingstars.ca)