**Morning Meal – September 2016\***

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| **Monday Sept 5** | **Tuesday Sept 6** | **Wednesday Sept 7** | **Thursday Sept 8** | **Friday Sept 9** |
| **Labour Day****No School** | Nut-free low-fat CerealStrawberry YogourtStrawberries | Pita/TortillaHummousTomatoes & Carrots | Crackers/BreadMarble & Mozzarella CheeseOranges | English Muffin/BagelCream CheeseCucumbers |
| **Monday Sept 12** | **Tuesday Sept 13** | **Wednesday Sept 14** | **Thursday Sept 15** | **Friday Sept 16** |
| Crackers/BreadMarble & Mozzarella CheeseMelon | Pita/TortillaHummousCarrots | Crackers/BreadYogourt TubePears | Bagel/Bun2% Chocolate MilkTomatoes & Peppers  | Nut-free low-fat CerealVanilla YogourtBananas |
| **Monday Sept 19** | **Tuesday Sept 20** | **Wednesday Sept 21** | **Thursday Sept 22** | **Friday Sept 23** |
| Crackers/BreadMarble & Mozzarella CheeseMelon | Nut-free low-fat CerealStrawberry YogourtCarrots & Cucumbers | English Muffin/BagelCream CheesePeppers & Zucchini | 1 slice baked goods2% White MilkBanana | Pita/TortillaHummousTomatoes & Carrots |
| **Monday Sept 26** | **Tuesday Sept 27** | **Wednesday Sept 28** | **Thursday Sept 29** | **Friday Sept 30** |
| Nut-free low-fat CerealVanilla YogourtOntario Grapes | Crackers/BreadMarble & Mozzarella CheeseTomatoes & Peppers | 1 slice baked goods2% Chocolate MilkApples | Pita/TortillaHummousCarrots & Cucumbers | Bagel/BunYogourt TubeMelon |

\*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/