**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 Cereal  Strawberry Yogourt  Strawberries | Pita/Tortilla  Hummous  Tomatoes & Carrots | Crackers/Bread  Marble & Mozzarella Cheese  Oranges | English Muffin/Bagel  Cream Cheese  Cucumbers |
| **Monday Sept 12** | **Tuesday Sept 13** | **Wednesday Sept 14** | **Thursday Sept 15** | **Friday Sept 16** |
| Crackers/Bread  Marble & Mozzarella Cheese  Melon | Pita/Tortilla  Hummous  Carrots | Crackers/Bread  Yogourt Tube  Pears | Bagel/Bun  2% Chocolate Milk  Tomatoes & Peppers | Nut-free low-fat Cereal  Vanilla Yogourt  Bananas |
| **Monday Sept 19** | **Tuesday Sept 20** | **Wednesday Sept 21** | **Thursday Sept 22** | **Friday Sept 23** |
| Crackers/Bread  Marble & Mozzarella Cheese  Melon | Nut-free low-fat Cereal  Strawberry Yogourt  Carrots & Cucumbers | English Muffin/Bagel  Cream Cheese  Peppers & Zucchini | 1 slice baked goods  2% White Milk  Banana | Pita/Tortilla  Hummous  Tomatoes & Carrots |
| **Monday Sept 26** | **Tuesday Sept 27** | **Wednesday Sept 28** | **Thursday Sept 29** | **Friday Sept 30** |
| Nut-free low-fat Cereal  Vanilla Yogourt  Ontario Grapes | Crackers/Bread  Marble & Mozzarella Cheese  Tomatoes & Peppers | 1 slice baked goods  2% Chocolate Milk  Apples | Pita/Tortilla  Hummous  Carrots & Cucumbers | Bagel/Bun  Yogourt Tube  Melon |

\*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/