

Morning Meal - Apr 2017*

Monday Apr 2	Tuesday Apr 3	Wednesday Apr 4	Thursday Apr 5	Friday Apr 6
Easter Monday No School	Spinach & Cheese Samosas 2% White Milk	Nut-free low-fat Cereal Strawberry Yogourt Apple	Pita Hummous Yellow & Orange Peppers	Crackers Marble & Mozzarella Cheese Pineapple
Monday Apr 9	Tuesday Apr 10	Wednesday Apr 11	Thursday Apr 12	Friday Apr 13
Pita Hummous Yellow & Orange Peppers	Nut-free low-fat Cereal Vanilla Yogourt Strawberries	Crackers/Bread/Buns Marble & Mozzarella Cheese Tomatoes & Broccoli	1 slice baked zucchini bread White Milk Melon	Mini-bagels/Crackers Yogourt Tubes Carrots & Cucumbers
Monday Apr 16	Tuesday Apr 17	Wednesday Apr 18	Thursday Apr 19	Friday Apr 20
Nut-free low-fat Cereal Strawberry Yogourt Pear	Veggie Samosas 2% White Milk	Pita Hummous Peppers & Cucumbers	Crackers Marble & Mozzarella Cheese Melon	English Muffin/Bagel Cream Cheese & Dip Cauliflower & Tomatoes
Monday Apr 23	Tuesday Apr 24	Wednesday Apr 25	Thursday Apr 26	Friday Apr 27
Bun/bagels/Crackers Yogourt Tubes Apple	Pita Hummous Tomatoes & Peppers	Nut-free low-fat Cereal Vanilla Yogourt Strawberries	Crackers/Bread Marble & Mozzarella Cheese Carrots & Cucumbers	Home baked muffin White Milk Strawberries

*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/>