

Morning Meal - Kindies*

Monday Apr 1	Tuesday Apr 2	Wednesday Apr 3	Thursday Apr 4	Friday Apr 5
Pita Hummous Carrots & Tomatoes	Spinach & Cheese Samosas Milk	Nut-free low-fat Cereal Vanilla Yogourt Strawberries	Crackers/Bread Marble & Mozzarella Cheese Snow Peas & Peppers	Crackers/Bread Cheese Strings Oranges
Monday Apr 8	Tuesday Apr 9	Wednesday Apr 10	Thursday Apr 11	Friday Apr 12
Crackers/Bread Marble & Mozzarella Cheese Snow Peas & Peppers	Nut-free low-fat Cereal Strawberry Yogourt Pear	Pita Hummous Carrots & Broccoli	Baked Good Milk Melon	Crackers/Bread Yogourt Tubes Cucumbers & Tomatoes
Monday Apr 15	Tuesday Apr 16	Wednesday Apr 17	Thursday Apr 18	Friday Apr 19
Nut-free low-fat Cereal Vanilla Yogourt Plum	Veggie Samosas Milk	Crackers/Bread Marble & Mozzarella Cheese Melon	Pita Hummous Tomatoes & Carrots	Good Friday (no school)
Monday Apr 22	Tuesday Apr 23	Wednesday Apr 24	Thursday Apr 25	Friday Apr 26
Easter Monday (no school)	Nut-free low-fat Cereal Strawberry Yogourt Apple	Pita Hummous Carrots & Tomatoes	Baked Goods Milk Pear	Crackers/Bread Marble & Mozzarella Cheese Snow Peas & Peppers.

*Milk served is always 2% white milk

**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/>