

Morning Meal – December 2023

Monday Dec 4	Tuesday Dec 5	Wednesday Dec 6	Thursday Dec 7	Friday Dec 8
Bread Sticks Babybel Cheese Applesauce	BretonWW*** crackers Yogurt cup Cherry Tomatoes**	Melba Toast Marble Cheese Grapes	WW Crackers Yogurt tube Baby Carrots	P. A Day
Monday Dec 11	Tuesday Dec 12	Wednesday Dec 13	Thursday Dec 14	Friday Dec 15
MadeGood granola Yogurt cup Applesauce	Melba Toast BabyBel Cheese Cherry Tomatoes	Breton WW Cracker Boiled Egg Grapes	Bread Sticks Yogurt Tube Cucumber	Baked Good 2% Milk* Banana
Monday Dec 18	Tuesday Dec 19	Wednesday Dec 20	Thursday Dec 21	Friday Dec 22
Melba Toast Cheese String AppleSauce	Breton Cracker Boiled Egg whatever available	Bread Sticks Yogurt Tube Whatever available	Breton WW Crackers Babybel Cheese Whatever Available	Triscuit crackers Yogurt cup Whatever Available
Monday Dec25	Tuesday Dec 26	Wednesday Dec 27	Thursday Dec 28	Friday Dec 29
W	I	N	T	E R
B	R	E	A	K

*Milk served is always 2% white milk

**Fruits/vegetables subject to change due to supply

***WW= whole wheat

More info on MadeGood products can be found here: <https://www.madegoodfoods.ca>

More info on Sweets from the Earth (SFTE) can be found here: <https://sweetsfromtheearth.com/schools-and-camps/>