

**Morning Meal – February 2018\***

<b>Monday Feb 5</b>	<b>Tuesday Feb 6</b>	<b>Wednesday Feb 7</b>	<b>Thursday Feb 8</b>	<b>Friday Feb 9</b>
Nut-free low-fat Cereal Vanilla Yogourt Apples	Spinach & Cheese Samosas 2% White Milk	Crackers/Bread Marble & Mozzarella Cheese Melons	Pita Hummous Carrots & Tomatoes	English Muffins/Bagels Cream Cheese Oranges
<b>Monday Feb 12</b>	<b>Tuesday Feb 13</b>	<b>Wednesday Feb 14</b>	<b>Thursday Feb 15</b>	<b>Friday Feb 16</b>
Whole Wheat Pita Hummous Tomatoes & Carrots	Nut-free low-fat Cereal Strawberry Yogourt Apples	Crackers/Bread Marble & Mozzarella Cheese Cucumbers & Peppers	Mini-Bagels/Bread/Bun Yogourt Tube Oranges	<b>PA DAY NO SCHOOL</b>
<b>Monday Feb 19</b>	<b>Tuesday Feb 20</b>	<b>Wednesday Feb 21</b>	<b>Thursday Feb 22</b>	<b>Friday Feb 23</b>
<b>FAMILY DAY NO SCHOOL</b>	Veggie Samosas 2% White Milk	Nut-free low-fat Cereal Vanilla Yogourt Melons	Whole Wheat Pita Hummous Cucumbers & Peppers	Crackers/Bread Marble & Mozzarella Cheese Bananas
<b>Monday Feb 26</b>	<b>Tuesday Feb 27</b>	<b>Wednesday Feb 28</b>	<b>Thursday Mar 1</b>	<b>Friday Mar 2</b>
Pita/Tortilla Hummous Tomatoes & Carrots	Nut-free low-fat Cereal Strawberry Yogourt Apples	Crackers/Bread Marble & Mozzarella Cheese Peppers & Broccoli	1 slice baked goods White Milk Melons	Bagel/Bun/Crackers Yogourt Tube Cucumbers & Snow Peas

\*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/>