

### Morning Meal – February 2019 - Grades 1-6\*

<b>Monday Feb 4</b>	<b>Tuesday Feb 5</b>	<b>Wednesday Feb 6</b>	<b>Thursday Feb 7</b>	<b>Friday Feb 8</b>
Crackers/Bread Yogourt Tubes Apple	Crackers/Bread Marble & Mozzarella Cheese Carrots & Tomatoes	Baked Goods Milk Pear	Pita Hummous Snow Peas & Peppers	Crackers/Bread/Buns Cheese Strings Melon
<b>Monday Feb 11</b>	<b>Tuesday Feb 12</b>	<b>Wednesday Feb 13</b>	<b>Thursday Feb 14</b>	<b>Friday Feb 15</b>
Pita Hummous Snow Peas & Carrots	Veggie Samosas Milk	Crackers/Bread Yogourt Tubes Oranges	Crackers/Bread/Buns Marble & Mozzarella Cheese Tomatoes & Peppers	<b>PA DAY No School</b>
<b>Monday Feb 18</b>	<b>Tuesday Feb 19</b>	<b>Wednesday Feb 20</b>	<b>Thursday Feb 21</b>	<b>Friday Feb 22</b>
<b>Family Day No School</b>	Pita Hummous Carrots & Tomatoes	Crackers/Bread Yogourt Tubes Melon	Crackers/Bread/Buns Marble & Mozzarella Cheese Cucumbers & Peppers	Baked Goods Milk Banana
<b>Monday Feb 25</b>	<b>Tuesday Feb 26</b>	<b>Wednesday Feb 27</b>	<b>Thursday Feb 28</b>	<b>Friday Mar 1</b>
Bread/Crackers Marble & Mozzarella Cheese Carrots & Tomatoes	Spinach & Cheese Samosas Milk	Crackers/Bread Yogourt Tubes Apple	Pita Hummous Snow Peas & Cucumbers	English Muffin/Bagel Cream Cheese Melon

\*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/>