

Morning Meal - February 2019 Kindies*

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