

### Morning Meal – February 2023

Monday Jan 30	Tuesday Jan 31	Wednesday Feb 1	Thursday Feb 2	Friday Feb 3
Bread Stick Cream Cheese Applesauce	Melba Toast Hummus Cucumbers**	Breton Veggie Cracker Yogurt cup Grapes	WW*** Crackers Mozzarella Cheese Banana	MadeGood Granola Drinkable Yogurt Clementine
Monday Feb 6	Tuesday Feb 7	Wednesday Feb 8	Thursday Feb 9	Friday Feb 10
Breton Veggie Cracker Drinkable Yogurt Applesauce	Goldfish crackers Marble Cheese Baby Carrots	Oat Box Oat Bar Yogurt Tube Grapes	MadeGood granola Mozzarella Cheese Banana	SFTE Muffin Yogurt Cup Cucumbers
Monday Feb 13	Tuesday Feb 14	Wednesday Feb 15	Thursday Feb 16	Friday Feb 17
Crackers Cheese strings Applesauce	Breton veggie crackers Yogurt Cup Baby Carrots	MadeGood granola Mozzarella Cheese Clementine	Melba Toast Laughing Cow cheese wedge Hummus Cucumbers	<b>P.A Day - no school -</b>
Monday Feb 20	Tuesday Feb 21	Wednesday Feb 22	Thursday Feb 23	Friday Feb 24
<b>P.A Day - no school -</b>	Oat Box Oat Bar Bar Yogurt Cup Applesauce	Pita Hummus Cucumbers	Bread sticks Mozzarella Cheese Banana	WW Crackers Yogurt Tube Grapes

\*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/>