

Morning Meal – January 2019 Grade 1-6

Monday Jan 7	Tuesday Jan 8	Wednesday Jan 9	Thursday Jan 10	Friday Jan 11
Crackers/Bread Yogourt Tubes Apples	Crackers/Bread Marble & Mozzarella Cheese Carrots & Tomatoes	Baked Goods Milk Bananas	Pita Hummous Snow Peas & Peppers	Crackers/Bread Yogourt Tubes Melons
Monday Jan 14	Tuesday Jan 15	Wednesday Jan 16	Thursday Jan 17	Friday Jan 18
Pita Hummous Snow Peas & Carrots	Veggie Samosas Milk	Crackers/Bread Yogourt Tubes Oranges	Crackers/Bread/Buns Marble & Mozzarella Cheese Tomatoes & Peppers	PA DAY
Monday Jan 21	Tuesday Jan 22	Wednesday Jan 23	Thursday Jan 24	Friday Jan 25
Crackers/Bread Yogourt Tubes Oranges	Crackers/Bread/Buns Marble & Mozzarella Cheese Carrots & Peppers	Baked Goods Milk Melons	Pita Hummous Cucumbers & Carrots	Crackers/Bread/Buns Cheese Strings Bananas
Monday Jan 28	Tuesday Jan 29	Wednesday Jan 30	Thursday Jan 31	Friday Feb 1
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 Melons

*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/>