## Morning Meal - January 2019 Grade 1-6

Monday Jan 7	Tuesday Jan 8	Wednesday Jan 9	Thursday Jan 10	Friday Jan11
Crackers/Bread	Crackers/Bread	Baked Goods	Pita	Crackers/Bread
Yogourt Tubes	Marble & Mozzarella Cheese	Milk	Hummous	Yogourt Tubes
Apples	Carrots & Tomatoes	Bananas	Snow Peas & Peppers	Melons
Monday Jan 14	Tuesday Jan 15	Wednesday Jan 16	Thursday Jan 17	Friday Jan 18
Pita	Veggie Samosas	Crackers/Bread	Crackers/Bread/Buns	
Hummous	Milk	Yogourt Tubes	Marble & Mozzarella Cheese	PA DAY
Snow Peas & Carrots		Oranges	Tomatoes & Peppers	
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Monday Jan 21	Tuesday Jan 22	Wednesday Jan 23	Thursday Jan 24	Friday Jan 25
Monday Jan 21 Crackers/Bread	Tuesday Jan 22 Crackers/Bread/Buns	Wednesday Jan 23 Baked Goods	Thursday Jan 24 Pita	Friday Jan 25 Crackers/Bread/Buns
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Crackers/Bread	Crackers/Bread/Buns	Baked Goods	Pita	Crackers/Bread/Buns
Crackers/Bread Yogourt Tubes Oranges	Crackers/Bread/Buns Marble & Mozzarella Cheese Carrots & Peppers	Baked Goods Milk Melons	Pita Hummous	Crackers/Bread/Buns Cheese Strings Bananas
Crackers/Bread Yogourt Tubes	Crackers/Bread/Buns Marble & Mozzarella Cheese	Baked Goods Milk	Pita Hummous	Crackers/Bread/Buns Cheese Strings
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
Crackers/Bread Yogourt Tubes Oranges Monday Jan 28	Crackers/Bread/Buns Marble & Mozzarella Cheese Carrots & Peppers  Tuesday Jan 29  Spinach & Cheese Samosas	Baked Goods Milk Melons <b>Wednesday Jan 30</b>	Pita Hummous Cucumbers & Carrots Thursday Jan 31	Crackers/Bread/Buns Cheese Strings Bananas Friday Feb 1
Crackers/Bread Yogourt Tubes Oranges  Monday Jan 28 Bread/Crackers	Crackers/Bread/Buns Marble & Mozzarella Cheese Carrots & Peppers  Tuesday Jan 29  Spinach & Cheese	Baked Goods Milk Melons  Wednesday Jan 30 Crackers/Bread	Pita Hummous Cucumbers & Carrots  Thursday Jan 31 Pita	Crackers/Bread/Buns Cheese Strings Bananas  Friday Feb 1 English Muffin/Bagel
Crackers/Bread Yogourt Tubes Oranges  Monday Jan 28 Bread/Crackers Marble & Mozzarella Cheese	Crackers/Bread/Buns Marble & Mozzarella Cheese Carrots & Peppers  Tuesday Jan 29  Spinach & Cheese Samosas	Baked Goods Milk Melons  Wednesday Jan 30  Crackers/Bread Yogourt Tubes	Pita Hummous Cucumbers & Carrots  Thursday Jan 31  Pita Hummous	Crackers/Bread/Buns Cheese Strings Bananas  Friday Feb 1 English Muffin/Bagel Cream Cheese

<sup>\*</sup>Milk served is always 2% white milk

<sup>\*\*</sup>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 <a href="http://guidingstars.ca/">http://guidingstars.ca/</a>