

## Morning Meal – January 2023

| Monday Jan 2                                     | Tuesday Jan 3  | Wednesday Jan 4                              | Thursday Jan 5                                      | Friday Jan 6                        |
|--|--|--|---|-------------------------------------|
| <b>B</b>   | <b>R</b>   | <b>E</b>                                     | <b>A</b>  | <b>K</b>                            |
| <b>Monday Jan 9</b>                              | <b>Tuesday Jan 10</b>                                | <b>Wednesday Jan 11</b>                      | <b>Thursday Jan 12</b>                              | <b>Friday Jan 13</b>                |
| Bread Stick<br>Yogurt<br>AppleSauce              | MadeGood Granola<br>Mozzarella Cheese<br>Cucumbers** | Crackers***<br>Cream Cheese<br>Pear          | Breton Veggie Crackers<br>Yogurt<br>Banana          | <b>P.A Day<br/>- no school -</b>    |
| <b>Monday Jan 16</b>                             | <b>Tuesday Jan 17</b>                                | <b>Wednesday Jan 18</b>                      | <b>Thursday Jan 19</b>                              | <b>Friday Jan 20</b>                |
| Melba Toast<br>Cheese<br>Apple                   | MadeGood Granola<br>Yogurt Cup<br>Baby Carrots       | Bread Sticks<br>Cream Cheese Wedge<br>Grapes | Goldfish Crackers<br>Mozzarella Cheese<br>Cucumbers | MadeGood Granola<br>Milk*<br>Banana |
| <b>Monday Jan 23</b>                             | <b>Tuesday Jan 24</b>                                | <b>Wednesday Jan 25</b>                      | <b>Thursday Jan 26</b>                              | <b>Friday Jan 27</b>                |
| Melba Toast<br>Mozzarella Cheese<br>Baby Carrots | Crackers<br>Yogurt Tube<br>Clementine                | MadeGood Granola<br>Yogurt Cup<br>Pear       | Breton Veggie Crackers<br>Hummus<br>Cucumbers       | SFTE Baked Good<br>Milk<br>Banana   |
| <b>Monday Jan 30</b>                             | <b>Tuesday Jan 31</b>                                |  |   |                                     |
| Bread Stick<br>Cream Cheese<br>Apple Sauce       | Melba Toast<br>Hummus<br>Cucumbers                   |  |   |                                     |

\*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/>