

Morning Meal - June 2019 - Kindies*

Monday June 3	Tuesday June 4	Wednesday June 5	Thursday June 6	Friday June 7
Pita Hummous Carrots & Tomatoes	Nut-free low-fat Cereal Strawberry Yogourt Strawberries	Crackers/Bread Marble & Mozzarella Cheese Snow Peas & Cucumbers	Baked Goods Milk Melons	PA Day (No school)
Monday June 10	Tuesday June 11	Wednesday June 12	Thursday June 13	Friday June 14
Crackers/Bread Marble & Mozzarella Cheese Snow Peas & Peppers	Veggie Samosas Milk	Nut-free low-fat Cereal Vanilla Yogourt Strawberries	Pita Hummous Carrots & Broccoli	Crackers/Bread(mini bagels) Yogourt Tubes Oranges
Monday June 17	Tuesday June 18	Wednesday June 19	Thursday June 20	Friday June 21
Pita Hummous Tomatoes & Carrots	Nut-free low-fat Cereal Strawberry Yogourt Strawberries	Crackers/Bread Marble & Mozzarella Cheese Peppers and Snow Peas	Baked Goods Milk Melons	English Muffin/Bagel Cream Cheese & Dip Cucumbers and Cauliflower
Monday June 24	Tuesday June 25	Wednesday June 26	Thursday June 27	Friday June 28
Nut-free low-fat Cereal Vanilla Yogourt Plums	Spinach & Cheese Samosas Milk	Pita Hummous Carrots & Tomatoes	Crackers/Bread Marble & Mozzarella Cheese Melons	Enjoy your Summer! See you in September!

*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/>

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