

## Morning Meal – March 2023

<b>Monday Feb 27</b>	<b>Tuesday Feb 28</b>	<b>Wednesday March 1</b>	<b>Thursday March 2</b>	<b>Friday March 3</b>
Bread Sticks*** Drinkable Yogurt Applesauce	Pita Hummus Cucumbers**	Crackers Marble Cheese Grapes	Melba Toast Yogurt Cup Banana	Oat Bar Mozzarella Cheese Baby Carrots
<b>Monday March 6</b>	<b>Tuesday March 7</b>	<b>Wednesday March 8</b>	<b>Thursday March 9</b>	<b>Friday March 10</b>
Granola Yogurt Tube Applesauce	Crackers Marble Cheese Cucumbers	Breton crackers Yogurt cup Pear	Oat Bar Yogurt Cup Banana	SFTE Muffin Drinkable Yogurt Available fruit/veggie
<b>Monday March 13</b>	<b>Tuesday March 14</b>	<b>Wednesday March 15</b>	<b>Thursday March 16</b>	<b>Friday March 17</b>
<b>M B</b>	<b>A R</b>	<b>R E</b>	<b>C A</b>	<b>H K</b>
<b>Monday March 20</b>	<b>Tuesday March 21</b>	<b>Wednesday March 22</b>	<b>Thursday March 23</b>	<b>Friday March 24</b>
Melba Toast Drinkable Yogurt Applesauce	Breton crackers Cheese Clementine	Granola Yogurt Cup Cucumbers	Cracker Mozzarella cheese Banana	Bread Stick Milk* Cherry Tomatoes
<b>Monday March 27</b>	<b>Tuesday March 28</b>	<b>Wednesday March 29</b>	<b>Thursday March 30</b>	<b>Friday March 30</b>
Bread stick Cheese Stick Applesauce	Granola Yogurt Cup Cucumbers	Breton Veggie Crackers Mozzarella Cheese Pear	Melba Toast Yogurt Tube Banana	SFTE Muffin Milk Cherry Tomatoes

\*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/>