

### Morning Meal – March 2024

| <b>Monday March 4</b>                          | <b>Tuesday March 5</b>                             | <b>Wednesday March 6</b>                | <b>Thursday March 7</b>                            | <b>Friday March 8</b>                          |
|------------------------------------------------|----------------------------------------------------|-----------------------------------------|----------------------------------------------------|------------------------------------------------|
| Bread stick<br>Cheese Stick<br>Applesauce      | Made Good Granola<br>Yogurt Tubes<br>Cucumbers     | Melba Toast<br>BabyBel Cheese<br>Banana | Triscuit Crackers<br>Marble Cheese<br>Baby Carrots | SFTE Baked Good<br>Drinkable Yogurts<br>Grapes |
| <b>Monday March 11</b>                         | <b>Tuesday March 12</b>                            | <b>Wednesday March 13</b>               | <b>Thursday March 14</b>                           | <b>Friday March 15</b>                         |
| <b>B</b>                                       | <b>R</b>                                           | <b>E</b>                                | <b>A</b>                                           | <b>K</b>                                       |
| <b>Monday March 18</b>                         | <b>Tuesday March 19</b>                            | <b>Wednesday March 20</b>               | <b>Thursday March 21</b>                           | <b>Friday March 22</b>                         |
| MadeGood Granola<br>Cheese Stick<br>Applesauce | Triscuit Crackers<br>Boiled Egg<br>Baby Carrots    | Melba Toast<br>Marble Cheese<br>Pear    | Breadsticks<br>Yogurt Cups<br>Cherry Tomatoes      | SFTE Baked Good<br>Milk<br>Banana              |
| <b>Monday March 25</b>                         | <b>Tuesday March 26</b>                            | <b>Wednesday March 27</b>               | <b>Thursday March 28</b>                           | <b>Friday March 29</b>                         |
| Crackers<br>BabyBel Cheese<br>Applesauce       | MadeGood Granola<br>Yogurt cups<br>Cherry Tomatoes | Breadsticks<br>Yogurt Tubes<br>Grapes   | Pita<br>Hummus<br>Cucumber                         | <b>Good<br/>Friday</b>                         |

\*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/>