

Morning Meal – May 2019 - Grades 1-6*

Monday Apr 29	Tuesday Apr 30	Wednesday May 1	Thursday May 2	Friday May 3
Crackers/Bread Yogourt Tubes Plums	Spinach & Cheese Samosas Milk	Pita Hummous Carrots & Tomatoes	Crackers/Bread Cheese Strings Oranges	Crackers/Bread Marble & Mozzarella Cheese Snow Peas & Cucumbers
Monday May 6	Tuesday May 7	Wednesday May 8	Thursday May 9	Friday May 10
Crackers/Bread Yogourt Tubes Melons	Crackers/Bread Marble & Mozzarella Cheese Snow Peas & Peppers	Baked Goods Milk Pineapple	Pita Hummous Carrots & Broccoli	Crackers/Bread(mini bagels) Yogourt Tubes Plums
Monday May 13	Tuesday May 14	Wednesday May 15	Thursday May 16	Friday May 17
Pita Hummous Tomatoes & Carrots	Veggie Samosas Milk	Crackers/Bread Marble & Mozzarella Cheese Melons	English Muffin/Bagel Cream Cheese & Dip Cucumbers and Cauliflower	Crackers/Bread Yogourt Tubes Plums
Monday May 20	Tuesday May 21	Wednesday May 22	Thursday May 23	Friday May 24
Victoria Day (no school)	Pita Hummous Carrots & Tomatoes	Crackers/Bread Yogourt Tubes Apples	Crackers/Bread Marble & Mozzarella Cheese Snow Peas & Peppers	Baked Goods Milk Plums
Monday May 27	Tuesday May 28	Wednesday May 29	Thursday May 30	Friday May 31
Crackers/Bread Marble & Mozzarella Cheese Snow Peas & Tomatoes	Spinach & Cheese Samosas Milk	Crackers/Bread Yogourt Tubes Pears	Pita Hummous Carrots & Cucumbers	Crackers/Bread Cheese Strings Oranges

*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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