

### Morning Meal - May 2019-Kindies\*

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