

### Morning Meal - November 2021

Monday Nov 1	Tuesday Nov 2	Wednesday Nov 3	Thursday Nov 4	Friday Nov 5
MadeGood granola bar Cheese Fruit cup	Melba toast Cheese string Clementine**	Breton Veggie cracker Yogurt tube Cucumbers	Bread sticks Yogurt cup Banana	SFTE WW*** bagel Milk! Apple
Monday Nov 8	Tuesday Nov 9	Wednesday Nov 10	Thursday Nov 11	Friday Nov 12
Crackers Mozzarella cheese Applesauce	SFTE Banana muffin Milk Pear	Goldfish crackers Yogurt cups Baby carrots	Melba toast Cheese stick Banana	MadeGood Granola Yogurt tube Apple
Monday Nov 15	Tuesday Nov 16	Wednesday Nov 17	Thursday Nov 18	Friday Nov 19
Bread stick Drinkable yogurt Clementine	Breton veggie crackers Cheese stick Apple	SFTE Baked good (WW bagel) Milk Banana	Crackers Mozzarella cheese Cucumber	Melba toast Yogurt cup Pear
Monday Nov 22	Tuesday Nov 23	Wednesday Nov 24	Thursday Nov 25	Friday Nov 26
Crackers Cheese stick Applesauce	Goldfish crackers Yogurt tube Clementine	MadeGood Granola Mozzarella Cheese Cucumbers	Melba toast Yogurt cup Pear	Breton veggie cracker Drinkable yogurt Apple

\*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/>