

### Morning Meal – November 2018 - Kindies

<b>Monday Oct 29</b>	<b>Tuesday Oct 30</b>	<b>Wednesday Oct 31</b>	<b>Thursday Nov 1</b>	<b>Friday Nov 2</b>
Pita Hummous Carrots & Tomatoes	Nut-free low-fat Cereal Vanilla Yogourt Strawberries	Crackers/Bread Marble & Mozzarella Cheese Snow Peas & Peppers	Baked Goods Milk Melon	Crackers/Bread Yogourt Tubes Cucumbers & Carrots
<b>Monday Nov 5</b>	<b>Tuesday Nov 6</b>	<b>Wednesday Nov 7</b>	<b>Thursday Nov 8</b>	<b>Friday Nov 9</b>
Nut-free low-fat Cereal Strawberry Yogourt Pear	Veggie Samosas Milk	Crackers/Bread/Buns Cheese Strings Melon	Pita Hummous Peppers & Tomatoes	Crackers/Bread/Buns Marble & Mozzarella Cheese Orange
<b>Monday Nov 12</b>	<b>Tuesday Nov 13</b>	<b>Wednesday Nov 14</b>	<b>Thursday Nov15</b>	<b>Friday Nov 16</b>
Pita Hummous Tomatoes & Carrots	Nut-free low-fat Cereal Vanilla Yogourt Oranges	Crackers/Bread Marble & Mozzarella Cheese Peppers & Cucumbers	Baked Goods Milk Strawberries	<b>PA DAY</b>
<b>Monday Nov 19</b>	<b>Tuesday Nov 20</b>	<b>Wednesday Nov 21</b>	<b>Thursday Nov 22</b>	<b>Friday Nov 23</b>
Nut-free low-fat Cereal Strawberry Yogourt Carrots & Tomatoes	Spinach & Cheese Samosas Milk	Bread/Crackers Marble & Mozzarella Cheese Apple	Pita Hummous Carrots & Tomatoes	English Muffin/Bagel Cream Cheese Orange

\*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/>