

Morning Meal –November 2023

Monday Oct 30	Tuesday Oct 31	Wednesday Nov 1	Thursday Nov 2	Friday Nov 3
Bread stick Cheese Stick Applesauce	Made Good Granola Yogurt Cup Cucumbers**	Breton Cracker Boiled Egg Grapes	Melba Toast BabyBel Cheese Cherry Tomatoes	Triscuit Crackers Yogurt tubes Banana
Monday Nov 6	Tuesday Nov 7	Wednesday Nov 8	Thursday Nov 9	Friday Nov 10
Melba toast Yogurt tube Applesauce	Pita Hummus Cucumber	Made Good Granola Yogurt Cup Apple	Bread sticks BabyBel Cheese Cherry Tomatoes	SFTE WW*** Baked Good Milk* Banana
Monday Nov 13	Tuesday Nov 14	Wednesday Nov 15	Thursday Nov 16	Friday Nov 17
Bread Stick Cheese Stick Applesauce	Pita Hummus Cucumber	Granola BabyBel Grapes	Breton veggie crackers Yogurt cup Baby Carrots	P. A DAY
Monday Nov 20	Tuesday Nov 21	Wednesday Nov 22	Thursday Nov 23	Friday Nov 24
Crackers Yogurt Tube Applesauce	Breton Veggie Cracker Marble Cheese Baby Carrots	WW Crackers Boiled Egg Pear	MadeGood Granola Yogurt Cup Cherry Tomatoes	SFTE Baked Good Milk Banana
Monday Nov 27	Tuesday Nov 28	Wednesday Nov 29	Thursday Nov 30	Friday Dec 1
Melba Toast Drinkable Yogurt Applesauce	Crackers Cheese Cherry Tomatoes	Bread Sticks Yogurt cup Banana	Breton Veggie crackers Cheese String Cucumber	MadeGood Granola Yogurt Tube Pear

*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/>