

Morning Meal - October 2018 - Kindies

Monday Oct 1	Tuesday Oct 2	Wednesday Oct 3	Thursday Oct 4	Friday Oct 5
Pita/Whole Wheat Wrap Hummous Carrots & Tomatoes	Nut-free low-fat Cereal Vanilla Yogourt Strawberries	Crackers/Bread Marble & Mozzarella Cheese Snow Peas & Peppers	Baked good Milk*** Melon	PA DAY (no school)
Monday Oct 8	Tuesday Oct 9	Wednesday Oct 10	Thursday Oct 11	Friday Oct 12
Thanksgiving	Veggie Samosas Milk***	Crackers/Bread Yogourt Tubes Pear	Crackers/Bread/Buns Marble & Mozzarella Cheese Peppers & Tomatoes	Nut-free low-fat Cereal Strawberry Yogourt Oranges
Monday Oct 15	Tuesday Oct 16	Wednesday Oct 17	Thursday Oct 18	Friday Oct 19
Pita Hummous Tomatoes & Carrots	Nut-free low-fat Cereal Vanilla Yogourt Oranges	Crackers/Bread Marble & Mozzarella Cheese Peppers & Cucumbers	Baked good Milk*** Strawberries	Crackers/Bread Yogourt Tubes Carrots & Snowpeas
Monday Oct 22	Tuesday Oct 23	Wednesday Oct 24	Thursday Oct 25	Friday Oct 26
Nut-free low-fat Cereal Strawberry Yogourt Apple	Spinach & Cheese Samosas Milk***	Bread/Crackers Marble & Mozzarella Cheese Oranges	Pita Hummous Carrots & Tomatoes	English Muffin/Bagel Cream Cheese Pear

*Fruits/vegetables subject to change due to supply (dip served with vegetables is homemade with plain yogourt, and dried onions and herbs)

**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/>

***Milk served is always 2% white milk

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