

### Morning Meal – October 2023

Monday Oct 2	Tuesday Oct 3	Wednesday Oct 4	Thursday Oct 5	Friday Oct 6
Bread Sticks Babybel Cheese Applesauce	Breton WW crackers*** Yogurt cup Cherry Tomatoes	Melba Toast Marble Cheese Grapes	Crackers Yogurt tube Baby Carrots	<b>PA Day no school</b>
Monday Oct 9	Tuesday Oct 10	Wednesday Oct 11	Thursday Oct 12	Friday Oct 13
<b>Thanksgiving no school</b>	MadeGood Granola Yogurt Tube Applesauce	Breton crackers Cheese string Cucumbers	Bread Sticks Babybel Cheese Banana	Pretzels Milk Baby Carrots
Monday Oct 16	Tuesday Oct 17	Wednesday Oct 18	Thursday Oct 19	Friday Oct 20
Melba Toast Cheese String Applesauce	Bread Sticks Yogurt Tube Grapes	Pita Hummus Cucumbers	Breton Crackers Babybel Cheese Banana	Pretzels Yogurt cup Baby Carrots
Monday Oct 23	Tuesday Oct 24	Wednesday Oct 25	Thursday Oct 26	Friday Oct 27
Melba Toast Yogurt Tube Applesauce	Breton crackers Cheese Clementine	Pita Hummus Cucumber	Crackers Mozzarella cheese Banana	SFTE Baked Good(muffin) Milk Banana
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 Crackers Eggs Grapes	Melba Toast BabyBel Cheese Cherry Tomatoes	Pretzels Milk Banana

\*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/>