

Morning Meal – September 2017*

Monday Sept 4	Tuesday Sept 5	Wednesday Sept 6	Thursday Sept 7	Friday Sept 8
Labour Day No school	Crackers Cheese Strings Apple Sauce	Pita/Tortilla Hummus Peppers & Carrots	Nut-free low-fat Cereal Strawberry Yoghurt Melon	Crackers/Bread Yoghurt Tube Cucumbers & Tomatoes
Monday Sept 11	Tuesday Sept 12	Wednesday Sept 13	Thursday Sept 14	Friday Sept 15
Nut-free low-fat Cereal Vanilla Yoghurt Apple	Pita/Tortilla Hummus Carrots & Cucumbers	Bagel/Bun Chocolate Milk Strawberries	Crackers/Bread Marble & Mozzarella Cheese Tomatoes & Peppers	English Muffin/Bagel Cream Cheese Oranges
Monday Sept 18	Tuesday Sept 19	Wednesday Sept 20	Thursday Sept 21	Friday Sept 22
Pita/Tortilla Hummus Carrots & Cucumbers	Nut-free low-fat Cereal Strawberry Yoghurt Melon	Crackers/Bread Marble & Mozzarella Cheese Tomatoes & Snow Peas	1 slice baked goods 2% White Milk Banana	Bagel/Bun/Crackers Yoghurt Tube Yellow & Orange Peppers
Monday Sept 25	Tuesday Sept 26	Wednesday Sept 27	Thursday Sept 28	Friday Sept 29
Nut-free low-fat Cereal Vanilla Yoghurt Apple	Pita/Tortilla Hummus Carrots & Peppers	Bun/Crackers/Bread Marble & Mozzarella Cheese Melon	English Muffin/Bagel Cream Cheese Tomatoes & Cucumbers	1 slice baked goods Chocolate Milk Strawberries

*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

www.guidingstars.ca