

### Morning Meal – September 2019\* Kindies

| <b>Monday Sept 2</b>                                    | <b>Tuesday Sept 3</b>                                 | <b>Wednesday Sept 4</b>   | <b>Thursday Sept 5</b>                           | <b>Friday Sept 6</b>  |
|---|---|---|--|---|
| <b>Welcome Back</b>                                     | Crackers<br>Cheese Strings<br>Apple Sauce             | Pita<br>Hummous<br>Carrots & Tomatoes                               | Baked goods<br>2% White Milk<br>Melons           | Crackers/Bread<br>Marble & Mozzarella Cheese<br>Cucumbers & Peppers |
| <b>Monday Sept 9</b>                                    | <b>Tuesday Sept 10</b>                                | <b>Wednesday Sept 11</b>  | <b>Thursday Sept 12</b>                          | <b>Friday Sept 13</b>   |
| Nut-free low-fat Cereal<br>Strawberry Yogourt<br>Apples | Veggie Samosas<br>2% White Milk<br>Carrots            | Crackers/Bread<br>Marble & Mozzarella Cheese<br>Melons              | Pita<br>Hummous<br>Peppers & Tomatoes            | Crackers/Bread<br>Yogourt Tubes<br>Melons                           |
| <b>Monday Sept 16</b>                                   | <b>Tuesday Sept 17</b>                                | <b>Wednesday Sept 18</b>  | <b>Thursday Sept 19</b>                          | <b>Friday Sept 20</b>   |
| Pita<br>Hummous<br>Tomatoes & Peppers                   | Nut-free low-fat Cereal<br>Vanilla Yogourt<br>Oranges | Crackers/Bread<br>Marble & Mozzarella Cheese<br>Broccoli & Snowpeas | 1 slice baked good<br>White Milk<br>Strawberries | English Muffin/Bagel<br>Cream Cheese<br>Carrots & Cucumbers         |
| <b>Monday Sept 23</b>                                   | <b>Tuesday Sept 24</b>                                | <b>Wednesday Sept 25</b>  | <b>Thursday Sept 26</b>                          | <b>Friday Sept 27</b>   |
| Nut-free low-fat Cereal<br>Strawberry Yogourt<br>Apples | Spinach & Cheese Samosas<br>2% White Milk<br>Carrots  | Crackers/Bread<br>Boiled Eggs<br>Melons                             | Pita<br>Hummous<br>Carrots & Tomatoes            | Bread/Crackers<br>Marble & Mozzarella Cheese<br>Pears               |

\*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/>