

Morning Meal – September 2022 (JK-6)

Monday Sept 5	Tuesday Sept 6	Wednesday Sept 7	Thursday Sept 8	Friday Sept 9
Labour Day No School	P.A.Day No School	Melba Toast*** Cheese string Apple Sauce	Goldfish crackers Yogurt cup Banana**	Granola bar 2% White Milk* Baby Carrots
Monday Sept 12	Tuesday Sept 13	Wednesday Sept 14	Thursday Sept 15	Friday Sept 16
Melba Toast Cheese Stick Apple	Granola Bar Yogurt Cup Cucumber	Bread Stick Cheese Stick Pear	Yogurt Tube Crackers Baby carrots	Crackers Milk Banana
Monday Sept 19	Tuesday Sept 20	Wednesday Sept 21	Thursday Sept 22	Friday Sept 23
Breton Veggie Cracker Cheese Stick Apple	Goldfish Crackers Yogurt Tube Cucumber	Melba Toast Cream Cheese wedge Pear	Bread Sticks Mozzarella Cheese Banana	Breton cracker Yogurt Tube Clementine
Monday Sept 26	Tuesday Sept 27	Wednesday Sept 28	Thursday Sept 29	Friday Sept 30
Melba toast Mozzarella cheese Baby Carrots	Bread Sticks Cream Cheese wedge Pear	Granola Bar Yogurt cup Mini cucumber	Crackers Cheese stick Banana	SFTE Baked Goods (cookie) Milk Clementine

*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/>