

Morning Meal –September 2023

Monday Sept 4	Tuesday Sept 5	Wednesday Sept 6	Thursday Sept 7	Friday Sept 7
Labour Day no school	Bread Sticks BabyBel cheese Applesauce	Granola Yogurt Cup Cucumbers**	Melba Toast Marble cheese Grapes	Breton Cracker Milk* Clementine
Monday Sept 11	Tuesday Sept 12	Wednesday Sept 13	Thursday Sept 14	Friday Sept 15
Melba toast Yogurt tube Applesauce	Crackers Cheese Grapes	Pretzels Yogurt cup Cherry Tomatoes	Bread sticks BabyBel cheese Banana	SFTE WW Baked Good*** Milk Cucumbers
Monday Sept 18	Tuesday Sept 19	Wednesday Sept 20	Thursday Sept 21	Friday Sept 22
Bread Stick Cheese Stick Applesauce	Cracker Yogurt Tube Cherry Tomatoes	Granola BabyBel Grapes	Breton veggie crackers Yogurt cup Baby Carrots	Melba Toast Mozzarella cheese Banana
Monday Sept 25	Tuesday Sept 26	Wednesday Sept 27	Thursday Sept 28	Friday Sept 29
Pretzel Yogurt Tube Applesauce	Breton Veggie Cracker Marble Cheese Baby Carrots	Bread Stick Babybel Pear	Made Good Granola Yogurt Cup Cherry Tomatoes	SFTE Baked Good 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/>