

Morning Meal – October 2019*Grade 1--6

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|---|--|---|---|---|
| Monday Sept 30 | Tuesday Oct 1 | Wednesday Oct 2 | Thursday Oct 3 | Friday Oct 4 |
| Pita Hummous Carrots & Tomatoes | Crackers/Bread Yogourt Tubes Oranges | Crackers/Bread Marble & Mozzarella Cheese Cauliflower & Snow Peas | Baked goods 2% White Milk Melons | Crackers/Bread Cheese Strings Cucumbers & Peppers |
| Monday Oct 7 | Tuesday Oct 8 | Wednesday Oct 9 | Thursday Oct 10 | Friday Oct 11 |
| Crackers/Bread Yogourt Tubes Apples | Veggie Samosas 2% White Milk Carrots | Crackers/Bread Marble & Mozzarella Cheese Pears | Pita Hummous Cucumbers & Tomatoes | Crackers/Bread Yogourt Tubes Melons |
| Monday Oct 14 | Tuesday Oct 15 | Wednesday Oct 16 | Thursday Oct 17 | Friday Oct 18 |
| THANKSGIVING No School | Pita Hummous Tomatoes & Carrots | Crackers/Bread Vanilla /Yogourt Tubes Oranges | Crackers/Bread Marble & Mozzarella Cheese Broccoli & Snowpeas | 1 slice baked good White Milk Strawberries |
| Monday Oct 21 | Tuesday Oct 22 | Wednesday Oct 23 | Thursday Oct 24 | Friday Oct 25 |
| Pita Hummous Snow Peas & Tomatoes | Spinach & Cheese Samosas 2% White Milk Carrots | Bread/Crackers Marble & Mozzarella Cheese Pears | English Muffin/Bagel Cream Cheese Peppers & Cucumbers | Crackers/Bread Yogourt Tubes Apples |

*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/>