

C.D. Farquharson Morning Nutrition Menu November 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Carrotts Cheese Steing Cereal Bar.	Grapes Samosa Yogurt Drink	Clementine Nano Mini Muffin.	Apple Sauce Cheese Square Melba Toast.	Banana Cereal Milk
Week 2	Clementine Nano Nutrigrain Bar	Grapes Cheese String Bretton Crackers	Pear Yogurt Tube Oatmeal Cookie	Apple Slices Nano Mini Muffin	Cereal Pear Milk
Week 3	Carrotts Cheese Square Cereal Bar	Samosa Yogurt Drink Grapes	Clementine Nano Mini Muffin	Apple Sauce Cheese Square Melba Toast	
Week 4	Clementine Nano Nutrigrain Bar	Bagel Apple Sauce Cheese	Pear Yogurt Tube Oatmeal Cookie	Apple slices Nano Mini Muffin	Fruit Cereal Milk

Future menus will be shared online on the C. D. Farquharson Junior website
<http://schoolweb.tdsb.on.ca/cdfarquharson/>** Please note substitutions may occur depending on
 availability. ***