

Nutrition Services

3 Food Groups Morning Meal Menu \$1.35

	Monday	Tuesday	Wednesday	Thursday	Friday
WK 1	1 IP Baby carrots	1 IP Asst apple slices	1 Whole clementine	1 NS Apple sauce/spoon	1 NS Apple sauce/spoon
1	1 IP Cheese portion	1 IP Yogourt tube	1 IP NANO cup/spoon	1 IP Cheese portion	1 IP Yogourt tube
	1 IP WG Cereal bar	1 IP WG Tea biscuit	1 IP WG mini Muffin	1 IP WG Melba Toast	1 IP WG Mini Bagel
WK 2	1 Whole clementine	1 IP Baby carrots	1 Whole Pear	1 IP Red apple slices	1 NS Apple sauce/spoon
1	1 IP NANO cup/spoon	1 IP Cheese portion	1 IP Yogourt tube	1 IP NANO cup/spoon	1 IP Yogourt tube
	1 IP Nutrigrain Bar	1 IP WG Mini Bagel	1 IP WG Oatmeal Cookie	1 IP WG mini Muffin	1 IP WG Tea biscuit

IP= Individual Package

Fruit or Vegetable
Dairy
Grain
WG=Whole Grain
LF=Low Fat
NS=No sugar added

Menu is Hallal acceptable