



Siwkw 2023 Ta'n Etek Ujit Mijjuaqn— Eksitpu'kewey (Sqoljewiku's)
Siogo 2023 Taan eteg otjit Mitjtjoagn—Egsitpoogoei (Sgoltjeigoos)
Spring 2023 Menu—Breakfast (May)



The School Nutrition Staff at the Elsipogtog School, is pleased to offer nutritious, tasty meals.

Thanks to our many generous donors, all meals are provided free of charge to all students and staff.

Please note: Menu is subject to change according to availability of menu items/ingredients. We will do our best to inform parents ahead of time when main menu items **(in bold)** change.

Our school is a peanut-allergy friendly school. Other food allergies are also considered. Please refrain from sending any foods containing peanuts to the school.

If you have ideas, comments or concerns about the foods served at the Elsipogtog school, please contact your Community Dietitian at 521-4744

Languages:

- **Francis Smith**
- **Father Pacifique**
- **English**

	Amskwesewey Amgoeseoei Monday	Ta'puewey Taapoôoei Tuesday	Si'stewey Siisteoei Wednesday	Ne'wowey Neeoôoei Thursday	Weltamultimk Oeltamolting Friday
Akantie'wuti 1 Agantieeooti 1 Week 1 (May 1-5)	Cereal (whole grain, low sugar) Fruit 100 % Fruit Juice Milk	Bran muffin Yogurt Fruit Milk	Waffles Piece of cheese Fruit Milk	Cereal (whole grain, low sugar) Fruit 100 % Fruit Juice Milk	No School
Akantie'wuti 2 Agantieeooti 2 Week 2 (May 8-12)	Cereal (whole grain, low sugar) Fruit 100 % Fruit Juice Milk	Grilled cheese sandwich Fruit Milk	Pancakes Piece of cheese Fruit Milk	Bran muffin Yogurt Fruit Milk	Cereal (whole grain, low sugar) Fruit 100 % Fruit Juice Milk
Akantie'wuti 3 Agantieeooti 3 Week 3 (May 15-19)	Cereal (whole grain, low sugar) Fruit 100 % Fruit Juice Milk	Bran muffin Yogurt Fruit Milk	No School	No School	No School
Akantie'wuti 4 Agantieeooti 4 Week 4 (May 22-26)	No School (Victoria Day)	Cereal (whole grain, low sugar) Fruit 100 % Fruit Juice Milk	Bran muffin Yogurt Fruit Milk	Ham and Cheese English Muffin Fruit Milk	Cereal (whole grain, low sugar) Fruit 100 % Fruit Juice Milk



Siwkw 2023 Ta'n Etek Ujit Mijjuaqn— Miawla'kwekewey (Sqoljewiku's)
Siogo 2023 Taan eteg otjit Mitjtjoagn—Miaolaagoegeoei (Sgoltjeigoos)
Spring 2023 Menu—Lunch (May)



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	Amskwesewey Amgoeseoei Monday	Ta'puewey Taapoôoei Tuesday	Si'stewey Siisteoei Wednesday	Ne'wowey Neeoôoei Thursday	Weltamultimk Oeltamolting Friday
Akantie'wuti 1 Agantieeooti 1 Week 1 (May 1-5)	Fishcakes Vegetables Coleslaw Fruit Milk	Grilled cheese sandwich Vegetable soup Fruit Chocolate milk	Turkey Dinner (turkey, mashed potatoes, peas, carrots, stuffing) Fruit Milk	Macaroni Soup Roll Fruit Chocolate Milk	No School
Akantie'wuti 2 Agantieeooti 2 Week 2 (May 8-12)	Baked Haddock Mashed potatoes Vegetables Fruit Milk	Chicken Burger Veggies with dip Fruit Chocolate Milk	Cheese Pizza Caesar Salad Fruit Milk	Chili topped with Cheese Roll Fruit Chocolate Milk	Turkey Rice with veggies Fruit Chocolate Milk
Akantie'wuti 3 Agantieeooti 3 Week 3 (May 15-19)	Fishcakes Vegetables Coleslaw Fruit Milk	Veggie Burger Veggies with dip Fruit Chocolate Milk	No School	No School	No School
Akantie'wuti 4 Agantieeooti 4 Week 4 (May 22-26)	No School (Victoria Day)	Baked Haddock Rice Vegetables Fruit Chocolate Milk	Cheese Pizza Veggies with dip Fruit Milk	Beef and barley soup Roll Fruit Chocolate milk	Upside-down chicken pot pie Fruit Milk