

Toqa'q 2023 Ta'n Etek Ujit Mijjuaqn— Eksitpu'kewey (Nipniku's)

Fall 2023 Menu—Breakfast & Lunch



	Amskwesewey Monday	Ta'puewey Tuesday	Si'stewey Wednesday	Ne'wovey Thursday	Weltamultimk Friday
Breakfast Week 4 November 13-17	NO SCHOOL	Waffles Fruit Milk	Bagel (with margarine) Fruit Milk	Ham and Cheese English Muffin Fruit Milk	Cereal (whole grain, low sugar) Fruit 100% fruit juice Milk
Lunch Week 4 November 13-17	NO SCHOOL	Baked Haddock Rice Corn Fruit Chocolate Milk	Spaghetti Caesar Salad Fruit Milk	Chicken Noodle Soup Crackers Fruit Chocolate Milk	Upside-down Shepards Pie Fruit Milk

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: This 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.