



CAFÉTÉRIAS ET ÉDUCATION EN NUTRITION



CAFETERIA AND NUTRITION EDUCATION

Dear Parent,

Cafeteria and Nutrition Education aims to provide healthy foods for your child in an effort to ensure an intake of essential nutrients and energy needed to support growth and an active lifestyle. Below you will find a sample menu of the light breakfast your child will be offered during the year with milk.

For parents of allergic children

All foods from the EMSB Nutrition Support Program should be peanut or nut-free. We specifically ask our suppliers to provide us with products that do not contain peanuts, nuts or peanut oil. Although our suppliers do not use these ingredients in products supplied to us, they may use them in others. Therefore, the suppliers label a product with "**may contain traces of nuts or peanuts**" if that product may have been in contact with another product containing nuts or peanuts, even though the latter is produced somewhere else in the plant. However, manufacturers are **not legally obliged** to place this warning label so certain products that you may think are safe, are not! Manufacturers may occasionally change their recipe or use different ingredients for varieties of the same brand without warning! Moreover, the components of the certain ingredients such as flavourings, seasonings, spices and vinegar are not indicated in the list of ingredients. Eating out in restaurants poses the same risks! Meals are not always prepared in the same way, using the same ingredients. So if your child has eaten a particular dish on several occasions, don't assume it will be safe the next time your child eats it! Always carry your child's auto-injector or EpiPen® when eating out and when in doubt, don't have your child eat it!

To sum up: There is no guarantee that the food items will be 100% free of peanuts or nut products.

For children at risk of anaphylactic reactions, we ask that you take strong precautions by packing a snack for your child to avoid unfortunate events, as well as having your child's auto-injector or EpiPen® available to the school for emergency situations.

For more information on food allergies, visit the
Association Québécoise des Allergies Alimentaires web site at www.aqaa.qc.ca.

Light Breakfast Menu 1

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 4 Feb. 21 Oct. 25 Mar. 21 Nov. 15 Apr. 11 Dec. 6 May 2. Jan. 10 May. 23 Jan. 31	Strawberry and Yogourt Cookie	All Bran Guardian Cereal	Fresh Fruit & Yogourt Tube	Minigo & Social Tea Biscuits	Carrot muffin

Light Breakfast Menu 2

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 11 Mar. 7 Nov. 1 Mar. 28 Nov. 22 Apr. 18 Dec. 13 May. 9 Jan. 17 May. 30 Feb. 7	Multi Grain Cheerios	Oatmeal- date cookie	Yogourt	Mini Bagel & Gouda Cheese	Peach-Apple Sauce & Social Tea Biscuits

Light Breakfast Menu 3

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 18 Feb. 14 Nov. 8 Mar. 14 Nov. 29 Apr. 4 Dec. 20 Apr. 25 Jan. 24 May. 16	Oatmeal & Cranberry Bar	Breadsticks & cream cheese	Fresh Fruit & Yogourt Tube	Mini Pita & Marble Cheese	Multi Grain Cheerios

Please note: All our products may contain traces of peanuts or nuts.