

We recognize the significance of offering children a well-balanced and nutritious diet to support their growth and learning. Our menu is meticulously crafted in accordance with the Canadian Daily Food Guide, ensuring that your child receives nourishment from fresh, whole foods.

We are committed to providing a wholesome lunch and healthy, nut-free snacks during the morning and afternoon sessions. Our adherence to the Canada Food Guide is integral to this commitment. Details of any student's dietary needs and allergies will be prominently displayed in cooking and serving areas.

When parents contribute food from home, we kindly request that all items be nut-free and labeled with the child's name for safety and awareness. To keep parents informed and involved, we will regularly post weekly menu plans for the current and upcoming weeks in both the kitchen and outside each classroom. Additionally, a comprehensive copy of our Fall/Winter and Spring/Summer menu will be sent to parents via email. We prioritize transparency and collaboration to ensure the well-being of every child in our care.