



THOMAS GREENWAY MIDDLE SCHOOL
Prairie Spirit School Division
Box 280, Crystal City, MB R0K 0N0
Phone: 204-873-2147 E-mail: thill@prspirit.ca
Website: www.tgms.prairiespirit.mb.ca

October 7th, 2014

Dear Parents,

This upcoming Thursday, October 9th, T.G.M.S. will be having a Made in Manitoba Breakfast sponsored by Agriculture in the Classroom and the Monsanto Fund. Students will be given a short presentation, done by Ag in the Classroom, from 9:00am to 9:25am about Agriculture. They will also be introduced to some of the local producers in our area and meet some of the industry personnel that work with farmers.

After the presentation, students will be served a buffet style breakfast including: Pork Sausage, Hard Cooked Eggs, Pancakes, Canola Margarine, Honey, and Chocolate Milk. I am enclosing information about their menu for you.

We are very pleased to have the Made in Manitoba Breakfast come to our school this year and provide a breakfast to our students and staff at no charge to us. Please remind your child they will be offered a breakfast at school on October 9th and could "skip breakfast" at home this day.

Sincerely,
Jennifer Kolesar
Teacher

More About Our Menu...

Why Pork Sausage?

- Pork is a great source of protein and 10 essential nutrients including iron, magnesium, and Vitamins B6 and B12
 - Supplied by HMS, unbranded sausages at the grocery store may be HMS sausages, ask your butcher if their sausages are supplied by HMS
 - *Ingredients:* Pork, water, wheat crumbles, salt, durum wheat flour, buttermilk powder, spices, hydrogenated soybean oil

Why Canola Margarine?

- Canola margarine is low in saturated fats and contains heart healthy omega-3 fatty acids
 - Supplied by Canola Harvest and available in most grocery stores

Why Honey?

- Honey is higher in protein than maple syrup and is a significant source of Vitamin C
 - Supplied by BeeMaid and can be found in grocery stores throughout the province

Why Chocolate Milk?

- Chocolate milk contains the same 16 nutrients as white milk, including calcium and vitamin D, and encourages kids to drink more milk overall
 - Supplied by Dairy Farmers of Manitoba

Why Eggs?

- Eggs are high in protein and include Vitamins A, D and E as well as B Vitamins
 - Eggs are supplied by Countryside Farms and are available at most grocery stores under the brandnames Countryside Farms, Vita Eggs, Coop Brand, Great Valu, Compliments and Gold Egg

Why Pancakes?

- Barley and wheat flour are great sources of fibre and minerals including calcium and magnesium
 - Supplied by Parrish & Heimbecker and is for promotional use only
 - *Ingredients:* Barley Flour, wheat flour, buttermilk flour, sugar, canola oil, baking powder, dried egg whites, dextrose, salt, soy lecithin, cellulose gum, colour, milk.