



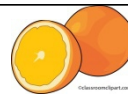





WEST CARLETON KIDS KORNER MENU WEEK ONE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Cereal $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D	Blueberry Bagels $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D	Raisin Toast $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D	Muffin $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D	Breakfast Pita's $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D
Finger Food	Raw vegetable	Raw vegetable	Raw vegetable	Raw vegetable	Raw vegetable
LUNCH 	Ham & Potato Casserole 1M Steamed Veggies $\frac{1}{2}$ VF Bun 1G Fruit 1VF Milk $\frac{1}{2}$ D	Breaded Fish 1M Couscous 1G Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Spaghetti with Meat Sauce 1M+1G+ $\frac{1}{2}$ VF Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Chicken Fajita's Spanish Rice 1M+1G+ $\frac{1}{2}$ D+ $\frac{1}{2}$ VF Fruit 1VF Milk $\frac{1}{2}$ D	Cheese/Lettuce Wraps 1G+ $\frac{1}{2}$ D Quinoa Salad 1M+ $\frac{1}{2}$ VF Fruit 1VF Milk $\frac{1}{2}$ D
Vegetarian Substitution	N/A	Grilled tofu 1M	Spaghetti w/ red lentil sauce 1M+1G+ $\frac{1}{2}$ VF	Bean Fajita's 1M+1G+ $\frac{1}{2}$ D+ $\frac{1}{2}$ VF	N/A
P.M. SNACK	Rice Cakes $\frac{1}{2}$ G Vegetable 1 VF Water	Graham Wafers $\frac{1}{2}$ G Fruit 1VF Water	Cracker $\frac{1}{2}$ G Cheese Cubes $\frac{1}{2}$ D Vegetable $\frac{1}{2}$ VF Water	Trail Mix $\frac{1}{2}$ G Vegetable 1 VF Water	Frozen Yogurt $\frac{1}{2}$ D+1VF Fruit Animal Crackers $\frac{1}{2}$ G Water
Recommended # of Food Guide Servings					
Vegetables & Fruit 3-4 servings (VF)	3	3 $\frac{1}{2}$	3 $\frac{1}{2}$	3	3
Grain Products 2-3 Servings (G)	2	2	2	2	2
Milk & Alternatives 1-2 Servings (D)	1	1	1 $\frac{1}{2}$	1 $\frac{1}{2}$	2
Meat & Alternatives 1 Serving (M)	1	1	1	1	1