



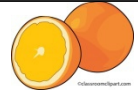





# WEST CARLETON KIDS KORNER MENU WEEK TWO



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	Cereal $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D	Raisin Bagels $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D	Yogurt $\frac{1}{2}$ D Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D	English Muffin $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D	Muffin's $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D
<b>Finger Food</b>	Raw vegetable	Raw vegetable	Raw vegetable	Raw vegetable	Raw vegetable
<b>LUNCH</b> 	Spinach Frittata 1M+ $\frac{1}{2}$ D+ $\frac{1}{4}$ VF Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Sloppy Joes 1M+1G Tossed Salad 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Macaroni & Cheese 1G+ $\frac{1}{2}$ D Bean Salad 1M Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Seasoned Chicken Thighs Rice Pilaf 1M+1G Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Tuna Salad Wraps 1M+1G+ $\frac{1}{2}$ D Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D
<b>Vegetarian Substitution</b>	N/A	Black Bean Burger 1M	N/A	Seasoned Tofu 1M	Egg Salad Wraps
<b>P.M. SNACK</b>	Fruit Bar $\frac{1}{2}$ G Fruit 1 VF Water	Nacho's Cheese $\frac{1}{2}$ G+ $\frac{1}{2}$ D Salsa $\frac{1}{2}$ VF Water	Pita's 1G Cottage Cheese $\frac{1}{2}$ D Vegetable 1 VF Water	Yogurt Tubes $\frac{1}{2}$ D Fruit 1VF Water	Baguettes with Tzatziki $\frac{1}{2}$ G+ $\frac{1}{2}$ D Vegetable 1VF Water
<b>Recommended # of Food Guide Servings</b>					
<b>Vegetables &amp; Fruit 3-4 servings (VF)</b>	3 $\frac{3}{4}$	3	3 $\frac{1}{2}$	3 $\frac{1}{2}$	3 $\frac{1}{2}$
<b>Grain Products 2-3 Servings (G)</b>	2	2	2	2	2
<b>Milk &amp; Alternatives 1-2 Servings (D)</b>	1 $\frac{1}{2}$	1 $\frac{1}{2}$	2	1 $\frac{1}{2}$	2
<b>Meat &amp; Alternatives 1 Serving (M)</b>	1	1	1	1	1