









# WEST CARLETON KIDS' KORNER MENU WEEK THREE



	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	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
<b>Finger Food</b>	Raw vegetable	Raw vegetable	Raw vegetable	Raw vegetable	Raw vegetable
<b>LUNCH</b> 	Pancakes 1G Sausages 1M Steamed Veggies $\frac{1}{2}$ VF Fruit 1VF Milk $\frac{1}{2}$ D	Fish Fillets 1M Rice Pilaf 1G Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Chicken Fettuccine Alfredo 1M+1G+ $\frac{1}{2}$ D Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Beef Chili 1M+ $\frac{1}{2}$ VF Buns 1G Fruit 1VF Milk $\frac{1}{2}$ D	Egg Salad Wraps 1M+1G+ $\frac{1}{2}$ D Salad 1VF Fruit 1VF Milk $\frac{1}{2}$ D
<b>Vegetarian Substitution</b>	N/A	Grilled tofu 1M	White Bean Fettuccine Alfredo 1M+1G	Vegetarian Chili 1M+ $\frac{1}{2}$ VF	N/A
<b>P.M. SNACK</b>	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
<b>Recommended # of Food Guide Servings</b>					
<b>Vegetables &amp; Fruit 3-4 servings (VF)</b>	3	3 $\frac{1}{2}$	3	3	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	1	2	1	2
<b>Meat &amp; Alternatives 1 Serving (M)</b>	1	1	1	1	1