



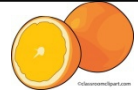





WEST CARLETON KIDS' KORNER MENU WEEK FOUR



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	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
Finger Food	Raw vegetable	Raw vegetable	Raw vegetable	Raw vegetable	Raw vegetable
LUNCH 	Spinach & Cheese Quiche 1M+ $\frac{1}{2}$ D+ $\frac{1}{4}$ VF Vegetable 1VF Toast 1G Fruit 1VF Milk $\frac{1}{2}$ D	Mini Cheese Pizza's 1G+ $\frac{1}{2}$ D Quinoa Taco Salad 1M+1VF Fruit 1VF Milk $\frac{1}{2}$ D	Beefaroni 1M+1G+ $\frac{1}{2}$ VF Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Tuna Noodle Casserole 1M+1G+ $\frac{1}{4}$ VF Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Chicken Salad Wraps 1M+1G+ $\frac{1}{2}$ D Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D
Vegetarian Substitution	N/A	N/A	Bean-a-Roni 1M+1G+ $\frac{1}{2}$ VF	Tofu Noodle 1M+1G+ $\frac{1}{4}$ VF	Egg Salad Wraps
P.M. SNACK	Nacho's Cheese $\frac{1}{2}$ G+ $\frac{1}{2}$ D Salsa $\frac{1}{2}$ VF Water	Fruit Bar $\frac{1}{2}$ G Fruit 1 VF Water	Pita's 1G Cottage Cheese $\frac{1}{2}$ D Vegetable 1 VF Water	Yogurt $\frac{1}{2}$ D Fruit 1VF Water	Baguettes with Tzatziki $\frac{1}{2}$ G+ $\frac{1}{2}$ D Vegetable 1VF Water
Recommended # of Food Guide Servings					
Vegetables & Fruit 3-4 servings (VF)	3 $\frac{1}{4}$	3 $\frac{1}{2}$	4	3 $\frac{1}{2}$	3 $\frac{1}{2}$
Grain Products 2-3 Servings (G)	2	2	2	2	2
Milk & Alternatives 1-2 Servings (D)	2	1 $\frac{1}{2}$	1 $\frac{1}{2}$	1 $\frac{1}{2}$	2
Meat & Alternatives 1 Serving (M)	1	1	1	1	1