


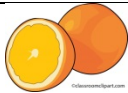





# CHURCHILL CARLING DAYCARE MENU WEEK ONE








	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	Oatmeal $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D	Breakfast Pita $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D	Cereal $\frac{1}{2}$ 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	French Toast $\frac{1}{2}$ G+ $\frac{1}{4}$ M+ $\frac{1}{4}$ D 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 & Cheese Strata 1M+ $\frac{1}{2}$ D+ $\frac{1}{4}$ VF+1G Green Salad $\frac{1}{2}$ VF Fruit 1VF Milk $\frac{1}{2}$ D	Baked Salmon 1M Rice Pilaf 1G+ $\frac{1}{4}$ VF Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Spaghetti with Red lentil sauce 1M+1G+ $\frac{1}{2}$ VF Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Beef and Pasta Bake 1M+1G+ $\frac{1}{2}$ D+ $\frac{1}{2}$ VF Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Chicken Stew 1M+1VF Bun 1G Fruit 1VF Milk $\frac{1}{2}$ D
<b>Vegetarian Substitution</b>	N/A	Grilled tofu 1M	N/A	Bean/pasta bake 1M+1G+ $\frac{1}{2}$ D+ $\frac{1}{2}$ VF	Bean stew 1M+1VF
<b>P.M. SNACK</b>	Pita $\frac{1}{2}$ G Fruit 1 VF Water	Bagel $\frac{1}{2}$ G Hummus $\frac{1}{4}$ M Vegetable 1VF Water	Cracker $\frac{1}{2}$ G Vegetable $\frac{1}{2}$ VF Water	Multigrain Nacho Chips $\frac{1}{2}$ G Salsa $\frac{1}{2}$ VF Water	Fruit Yogurt $\frac{1}{2}$ D+ $\frac{1}{2}$ VF Graham Cracker $\frac{1}{2}$ G Water
Recommended # of Food Guide Servings					
Vegetables & Fruit 3-4 servings (VF)	3 $\frac{1}{4}$	3 $\frac{3}{4}$	3 $\frac{1}{2}$	3 $\frac{1}{2}$	3
Grain Products 2-3 Servings (G)	2	2	2	2	2
Milk & Alternatives 1-2 Servings (D)	1 $\frac{1}{2}$	1	1	1 $\frac{1}{2}$	1 $\frac{1}{2}$
Meat & Alternatives 1 Serving (M)	1	1	1	1	1 $\frac{1}{4}$



# CHURCHILL CARLING DAYCARE MENU WEEK TWO








	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	Yogurt $\frac{1}{2}$ D Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D	Bagel $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D	Egg $\frac{1}{2}$ M Toast $\frac{1}{2}$ G Milk $\frac{1}{2}$ D	English Muffin $\frac{1}{2}$ 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
<b>Finger Food</b>	Raw vegetable	Raw vegetable	Raw vegetable	Raw vegetable	Raw vegetable
<b>LUNCH</b>	Beef Sloppy Joes 1M+1G Pasta Salad $\frac{1}{2}$ VF + $\frac{1}{2}$ G Fruit 1VF Milk $\frac{1}{2}$ D	Chicken Vegetable Stir Fry 1M + 1VF Rice 1G Fruit 1VF Milk $\frac{1}{2}$ D	Mac N' Cheese with white beans & veggies 1G+ $\frac{1}{2}$ M+ $\frac{1}{2}$ D+ $\frac{1}{2}$ VF Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Breaded Fish 1M Couscous 1G Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Minestrone Soup $\frac{1}{2}$ M+ $\frac{1}{4}$ VF+ $\frac{1}{4}$ G Bean/Cheese Quesadilla $\frac{1}{2}$ M+1G+ $\frac{1}{2}$ D+ $\frac{1}{4}$ VF Fruit 1VF Milk $\frac{1}{2}$ D
<b>Vegetarian Substitution</b>	Black bean burger	Tofu Stir Fry 1M	N/A	Breaded tofu 1M	N/A
<b>P.M. SNACK</b>	Fruit loaf $\frac{1}{2}$ G Fruit 1 VF Water	Cheese Cubes $\frac{1}{2}$ D Saltines $\frac{1}{2}$ G Vegetable 1VF Water	Trail Mix $\frac{1}{2}$ G Vegetable 1 VF Water	Rice Cakes $\frac{1}{2}$ G Vegetable 1VF Water	Fruit Bar $\frac{1}{2}$ G Fruit 1VF $\frac{1}{2}$ Water
<b>Recommended # of Food Guide Servings</b>					
<b>Vegetables &amp; Fruit 3-4 servings (VF)</b>	3	3 $\frac{1}{2}$	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 $\frac{1}{4}$
<b>Milk &amp; Alternatives 1-2 Servings (D)</b>	1 $\frac{1}{2}$	1 $\frac{1}{2}$	1 $\frac{1}{2}$	1	1 $\frac{1}{2}$
<b>Meat &amp; Alternatives 1 Serving (M)</b>	1	1	1	1	1



# CHURCHILL CARLING DAYCARE MENU WEEK THREE




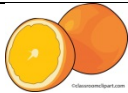



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	Oatmeal $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D	Breakfast Pita $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D	Cereal $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D	Muffin $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D	Cinnamon Spread Toast $\frac{1}{2}$ 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>	Bean Chili 1M+ $\frac{1}{2}$ VF Bun 1G Fruit 1VF Milk $\frac{1}{2}$ D	Sweet & Sour Meatballs 1M Noodles 1G Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Baked Chicken 1M Rice Pilaf 1G + $\frac{1}{4}$ VF Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Spinach & Cheese Quiche 1M+ $\frac{1}{2}$ D+ $\frac{1}{4}$ VF Toast 1G Green Salad $\frac{1}{2}$ VF Fruit 1VF Milk $\frac{1}{2}$ D	Tuna Melt 1M + $\frac{1}{2}$ D +1G Cream of Broccoli Soup 1VF + $\frac{1}{2}$ D Fruit 1VF Milk $\frac{1}{2}$ D
<b>Vegetarian Substitution</b>	N/A	Sweet & Sour tofu 1M	Rice Pilaf with Beans 1G + 1M + $\frac{1}{4}$ VF	N/A	Egg Melt 1M
<b>P.M. SNACK</b>	Cottage Cheese $\frac{1}{2}$ D Pita $\frac{1}{2}$ G Fruit 1 VF Water	Bagel $\frac{1}{2}$ G Hummus $\frac{1}{4}$ M Vegetable 1VF Water	Cheese Cubes $\frac{1}{2}$ D Cracker $\frac{1}{2}$ G Vegetable $\frac{1}{2}$ VF Water	Multigrain Nacho Chips $\frac{1}{2}$ G Salsa $\frac{1}{2}$ VF Water	Fruit Yogurt $\frac{1}{2}$ D+ $\frac{1}{2}$ VF Graham Cracker $\frac{1}{2}$ G Water
<b>Recommended # of Food Guide Servings</b>					
<b>Vegetables &amp; Fruit 3-4 servings (VF)</b>	3	3 $\frac{1}{2}$	3 $\frac{1}{2}$	3 $\frac{1}{2}$	3
<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 $\frac{1}{4}$	1	1 $\frac{1}{2}$	1 $\frac{1}{2}$
<b>Meat &amp; Alternatives 1 Serving (M)</b>	1	1	1	1	1 $\frac{1}{4}$



# CHURCHILL CARLING DAYCARE MENU WEEK FOUR



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	Yogurt $\frac{1}{2}$ D Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D	Bagel $\frac{1}{2}$ 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	English Muffin $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D	Egg $\frac{1}{2}$ M Toast $\frac{1}{2}$ G Milk $\frac{1}{2}$ D
<b>Finger Food</b>	Raw vegetable	Raw vegetable	Raw vegetable	Raw vegetable	Raw vegetable
<b>LUNCH</b>	Pancakes $1\frac{1}{2}$ G Veal Sausages 1M Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Chicken Fettuccine Alfredo 1M+1G+ $\frac{1}{2}$ M Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Shepherd's Pie 1M + 1VF Bun 1G Fruit 1VF Milk $\frac{1}{2}$ D	Fish Florentine 1M + $\frac{1}{4}$ VF Rice Pilaf 1G+ $\frac{1}{4}$ VF Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Cream of Carrot Soup $\frac{1}{2}$ D + 1 VF Chicken Salad Wraps $\frac{1}{2}$ M+1G+ $\frac{1}{4}$ VF Fruit 1VF Milk $\frac{1}{2}$ D
<b>Vegetarian Substitution</b>	Vegetables with Beans 1VF + 1M	Tofu Fettuccine Alfredo 1M	Black Bean Pie 1M + 1VF	Breaded tofu 1M	Bean Wraps $\frac{1}{2}$ M + 1G
<b>P.M. SNACK</b>	Fruit loaf $\frac{1}{2}$ G Fruit 1 VF Water	Cheese Cubes $\frac{1}{2}$ D Saltines $\frac{1}{2}$ G Vegetable 1VF Water	Trail Mix $\frac{1}{2}$ G Vegetable 1 VF Water	Rice Cakes $\frac{1}{2}$ G Vegetable 1VF Water	Fruit Bar $\frac{1}{2}$ G Fruit 1VF $\frac{1}{2}$ Water
<b>Recommended # of Food Guide Servings</b>					
<b>Vegetables &amp; Fruit 3-4 servings (VF)</b>	3 $\frac{1}{2}$	3 $\frac{1}{2}$	3 $\frac{1}{2}$	4	3 $\frac{1}{4}$
<b>Grain Products 2-3 Servings (G)</b>	2	2	2	2	2
<b>Milk &amp; Alternatives 1-2 Servings (D)</b>	1 $\frac{1}{2}$	2	1	1	1
<b>Meat &amp; Alternatives 1 Serving (M)</b>	1	1	1	1	1