



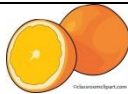





CHURCHILL CARLING DAYCARE MENU WEEK ONE









	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Cereal $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D	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	Breakfast Pita $\frac{1}{2}$ 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
Finger Food	Raw vegetable	Raw vegetable	N/A	Raw vegetable	Raw vegetable
LUNCH 	Spaghetti with Red Lentil Sauce 1M+1G+ $\frac{1}{2}$ VF 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	Mini Cheese Pizza's 1M+ $\frac{1}{2}$ D+1G Tossed Vegetable Rice Salad 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Mac N' Cheese With White Beans 1G+ $\frac{1}{2}$ M+ $\frac{1}{2}$ D Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Chicken & Vegetable Soup 1M+1VF Warm Buns 1G Fruit 1VF Milk $\frac{1}{2}$ D
Vegetarian Substitution	N/A	Vegetarian Chili 1M+ $\frac{1}{2}$ FV	N/A	N/A	Bean & Vegetable Soup 1M + 1G
P.M. SNACK	Multigrain Chips $\frac{1}{2}$ G Salsa $\frac{1}{2}$ VF Vegetable $\frac{1}{2}$ VF Water	Bagel $\frac{1}{2}$ G Hummus $\frac{1}{2}$ M Vegetable 1VF Water	Crackers $\frac{1}{2}$ G Cheese Cubes $\frac{1}{2}$ D Vegetable 1 VF Water	Fruit Loaf $\frac{1}{2}$ G Fruit 1VF Water	Fruit & Yogurt $\frac{1}{2}$ D+1VF Animal Crackers $\frac{1}{2}$ G Water
Recommended # of Food Guide Servings					
Vegetables & Fruit 3-4 servings (VF)	3	3	3 $\frac{1}{2}$	4	3
Grain Products 2-3 Servings (G)	2	2	2	2	2
Milk & Alternatives 1-2 Servings (D)	1	1 $\frac{1}{2}$	1 $\frac{1}{2}$	1 $\frac{1}{2}$	2
Meat & Alternatives 1 Serving (M)	1	1 $\frac{1}{2}$	1	1	1



CHURCHILL CARLING DAYCARE MENU WEEK TWO









	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	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	Raisin Toast $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D
Finger Food	N/A	Raw vegetable	Raw vegetable	Raw vegetable	Raw vegetable
LUNCH 	Beef Sloppy Joes 1M+1G Tossed Salad 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Chicken Stir Fry With Vegetables 1M + 1VF Basmati Rice 1G Fruit 1VF Milk $\frac{1}{2}$ D	Breaded Fish 1M Couscous 1G Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Beef, Cheese & Pasta Bake 1M+1G+ $\frac{1}{2}$ D+ $\frac{1}{2}$ VF Vegetable 1VF Fruit 1VF Milk D	Minestrone Soup $\frac{1}{2}$ M+ 1 VF+ $\frac{1}{4}$ G Bean/Cheese Quesadilla $\frac{1}{2}$ M+ 1G+ $\frac{1}{2}$ D Fruit 1VF Milk $\frac{1}{2}$ D
Vegetarian Substitution	Black Bean Burger 1M	Tofu Stir Fry 1M	Breaded Tofu 1M	Bean Pasta Bake 1M+ 1G+ $\frac{1}{2}$ VF	N/A
P.M. SNACK	Trail Mix $\frac{1}{2}$ G Fruit 1 VF Water	Cracker $\frac{1}{2}$ G Cheese Cubes $\frac{1}{2}$ D Vegetable 1VF Water	Mini Rice Cakes 1 G Vegetable 1 VF Water	Fruit Loaf $\frac{1}{2}$ G Fruit 1VF Water	Nutrigrain Bars 1G Fruit 1VF Water
Recommended # of Food Guide Servings					
Vegetables & Fruit 3-4 servings (VF)	3 $\frac{1}{2}$	3 $\frac{1}{2}$	3 $\frac{1}{2}$	3 $\frac{1}{2}$	3 $\frac{1}{2}$
Grain Products 2-3 Servings (G)	2	2	2	2	2 $\frac{3}{4}$
Milk & Alternatives 1-2 Servings (D)	1	1 $\frac{1}{2}$	2	1	1
Meat & Alternatives 1 Serving (M)	1	1	1	1	1



CHURCHILL CARLING DAYCARE MENU WEEK THREE









	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	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	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	Breakfast Pita $\frac{1}{2}$ G Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D
Finger Food	N/A	Raw vegetable	Raw vegetable	Raw vegetable	Raw vegetable
LUNCH 	Perogies 1M + $\frac{1}{2}$ D Tossed Vegetable Rice Salad 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Sweet & Sour Meatballs 1M Vegetable 1VF Noodles 1G Fruit 1VF Milk $\frac{1}{2}$ D	Baked Chicken 1M Basmati Rice 1G Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Homemade Baked Beans + Buns 1M + 1G Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Tuna Melts 1M + 1G + $\frac{1}{2}$ D Cream of Broccoli Soup 1VF + $\frac{1}{2}$ D Fruit 1VF Milk $\frac{1}{2}$ D
Vegetarian Substitution	N/A	Sweet & Sour Tofu 1M	Baked Tofu 1M	N/A	Bean & Cheese Melt 1M + 1G
P.M. SNACK	Trail Mix $\frac{1}{2}$ G Fruit 1 VF Water	Cracker $\frac{1}{2}$ G Cheese Cubes $\frac{1}{2}$ D Vegetable 1VF Water	Multigrain Chips $\frac{1}{2}$ G Salsa $\frac{1}{2}$ VF Vegetable 1VF Water	Fruit Loaf $\frac{1}{2}$ G Fruit 1VF Water	Animal Crackers $\frac{1}{2}$ G Fruit 1 VF Yogurt 1D Water
Recommended # of Food Guide Servings					
Vegetables & Fruit 3-4 servings (VF)	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)	1 $\frac{1}{2}$	1 $\frac{1}{2}$	1	1	2 $\frac{1}{2}$
Meat & Alternatives 1 Serving (M)	1	1	1	1	1



CHURCHILL CARLING DAYCARE 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	Blueberry 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	Yogurt $\frac{1}{2}$ D Fruit $\frac{1}{2}$ VF Milk $\frac{1}{2}$ D
Finger Food	Raw vegetable	Raw vegetable	Raw vegetable	Raw vegetable	Raw vegetable
LUNCH 	Pancakes with Fruit Pork Sausages 1G+1M+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	Shepherd's Pie 1M+1VF Buns 1G Fruit 1VF Milk $\frac{1}{2}$ D	Baked Fish 1M Basmati Rice 1G Vegetable 1VF Fruit 1VF Milk $\frac{1}{2}$ D	Cream of Carrot Soup 1VF + $\frac{1}{2}$ D Grilled Cheese Sandwiches 1G+ $\frac{1}{2}$ D Fruit 1VF Milk $\frac{1}{2}$ D
Vegetarian Substitution	Baked Beans 1M	Tofu Fettuccine 1M+1G+ $\frac{1}{2}$ D	Black Bean Pie 1M+ 1VF	Baked Tofu 1M 1M	N/A
P.M. SNACK	Trail Mix $\frac{1}{2}$ G Fruit 1 VF Water	Mini Rice Cakes $\frac{1}{2}$ G Vegetable 1VF Water	Bagels $\frac{1}{2}$ G Hummus $\frac{1}{2}$ M Vegetable 1 VF Water	Fruit Loaf $\frac{1}{2}$ G Fruit 1VF Water	Nutrigrain Bars 1G Fruit 1VF Water
Recommended # of Food Guide Servings					
Vegetables & Fruit 3-4 servings (VF)	3 $\frac{1}{2}$	3 $\frac{1}{2}$	3 $\frac{1}{2}$	3 $\frac{1}{2}$	3 $\frac{1}{2}$
Grain Products 2-3 Servings (G)	2	2	2	2	2 $\frac{1}{2}$
Milk & Alternatives 1-2 Servings (D)	1	1 $\frac{1}{2}$	2	1	2
Meat & Alternatives 1 Serving (M)	1	1	1	1	1