









# CHURCHILL CARLING DAYCARE MENU WEEK ONE





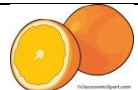



|   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|---|---|---|---|--|
| <b>A.M. SNACK</b>   | Cereal $\frac{1}{2}$ G<br>Fruit $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D  | Muffins $\frac{1}{2}$ G<br>Fruit $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D   | Bagels $\frac{1}{2}$ G<br>Fruit $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D                      | Whole Wheat<br>Toast $\frac{1}{2}$ G<br>Fruit $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D                | Breakfast<br>Croissant's $\frac{1}{2}$ G<br>Fruit $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D   |
| <b>Finger Food</b>  | Raw vegetable   | Raw vegetable   | Raw vegetable   | Raw vegetable   | N/A  |
| <b>LUNCH</b><br> | Spaghetti with<br>Meat Sauce<br>1M+1G<br>Steamed<br>Veggies $\frac{1}{2}$ VF<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D | Chicken Fajita's<br>Spanish Rice<br>1M+1G+ $\frac{1}{2}$ D+ $\frac{1}{2}$ VF<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D | Breaded Fish 1M<br>Couscous 1G<br>Steamed Veggies<br>1VF<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D | Baked Beans 1M<br>Steamed<br>Veggies $\frac{1}{2}$ VF<br>Buns 1G<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D | Primavera<br>Pasta Salad<br>$\frac{1}{2}$ G+ $\frac{1}{2}$ VF<br>Garlic Bread<br>Sticks $\frac{1}{2}$ G<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D |
| <b>Vegetarian<br/>Substitution</b>  | Red lentil sauce<br>1M+1G+ $\frac{1}{2}$ VF   | Bean Fajita's<br>1M+1G+ $\frac{1}{2}$ D+ $\frac{1}{2}$ VF   | Breaded Tofu 1M   | N/A   | N/A  |
| <b>P.M. SNACK</b>   | Animal Crackers $\frac{1}{2}$<br>G<br>Apple Sauce<br>1 VF<br>Water  | Pita Bread $\frac{1}{2}$ G<br>Tzatziki $\frac{1}{2}$ D+ $\frac{1}{2}$ VF<br>Water                                 | Cracker $\frac{1}{2}$ G<br>Cheese Cubes $\frac{1}{2}$ D<br>Fruit 1VF<br>Water                 | Trail Mix<br>$\frac{1}{2}$ G<br>Veggie Sticks<br>1VF<br>Water   | Fruit<br>Yogurt $\frac{1}{2}$ D<br>Arrowroots $\frac{1}{2}$ G<br>Water   |
| <b>Recommended # of Food Guide<br/>Servings</b>   |                                |                                |          |                  |   |
| <b>Vegetables &amp; Fruit 3-4 servings<br/>(VF)</b>   | 3 $\frac{1}{2}$   | 3   | 3   | 3   | 3  |
| <b>Grain Products<br/>2-3 Servings (G)</b>  | 2   | 2   | 2   | 2   | 1 $\frac{1}{2}$  |
| <b>Milk &amp; Alternatives<br/>1-2 Servings (D)</b>   | 1   | 1   | 1 $\frac{1}{2}$   | 2   | 1 $\frac{1}{2}$  |
| <b>Meat &amp; Alternatives 1 Serving (M)</b>  | 1   | 1   | 1   | 1   | 1  |



# CHURCHILL CARLING DAYCARE MENU WEEK TWO









|   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|--|---|---|---|
| <b>A.M. SNACK</b>   | Cereal $\frac{1}{2}$ G<br>Fruit $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D            | English Muffins $\frac{1}{2}$ G<br>Fruit $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D                                | Raisin Toast $\frac{1}{2}$ G<br>Fruit $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D  | Muffins $\frac{1}{2}$ G<br>Fruit $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D             | Fruit<br>Yogurt $\frac{1}{2}$ D+ $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D                           |
| <b>Finger Food</b>  | N/A   | Raw vegetable  | Raw vegetable   | Raw vegetable   | N/A   |
| <b>LUNCH</b><br> | Sloppy Joes 1M+1G<br>Tossed Salad 1VF<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D          | Fish Fillets<br>Couscous 1M+ $\frac{1}{2}$ VF<br>Vegetable $\frac{1}{2}$ VF<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D | Mac N' Cheese With White Beans 1G+ $\frac{1}{2}$ M+ $\frac{1}{2}$ D<br>Vegetable 1VF<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D | Seasoned Chicken<br>Rice Pilaf 1M+1G+1VF<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D         | Vegetarian Pizzas 1G+ $\frac{1}{2}$ D<br>Quinoa Taco Salad 1VF<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D |
| <b>Vegetarian Substitution</b>  | Black Bean Burger 1M  | Seasoned Tofu 1M   | N/A   | Seasoned Tofu 1M  | N/A   |
| <b>P.M. SNACK</b>   | Nutri Grain Bars $\frac{1}{2}$ G<br>Fruit Salad<br>Water                            | Fruit Frozen Yogurt $\frac{1}{2}$ D+1 VF<br>Arrowroots $\frac{1}{2}$ G<br>Water                                  | Veggie Sticks & Hummus 1VF+ $\frac{1}{2}$ M<br>Crackers $\frac{1}{2}$ G<br>Water  | Cheese Cubes $\frac{1}{2}$ D<br>Crackers $\frac{1}{2}$ G<br>Vegetable 1VF<br>Water    | Mini Rice Cakes $\frac{1}{2}$ G<br>Fruit 1VF<br>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 $\frac{1}{2}$   | 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   | 1 $\frac{1}{2}$  | 2   | 1 $\frac{1}{2}$   | 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>   | Cereal $\frac{1}{2}$ G<br>Fruit $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D                      | Whole Wheat<br>Toast $\frac{1}{2}$ G<br>Fruit $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D              | Bagels $\frac{1}{2}$ G<br>Fruit $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D                                      | Muffins $\frac{1}{2}$ G<br>Fruit $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D                      | Breakfast Pita's<br>$\frac{1}{2}$ G<br>Fruit $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D    |
| <b>Finger Food</b>  | Raw vegetable   | Raw vegetable   | Raw vegetable   | Raw vegetables   | N/A  |
| <b>LUNCH</b><br> | Fruit<br>Pancakes<br>Sausages<br>1G+1M+ $\frac{1}{2}$ VF<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D | Beef Chili<br>1M+ $\frac{1}{2}$ VF<br>Vegetable 1VF<br>Buns 1G<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D | Chicken Fettuccine<br>Alfredo<br>1M+1G+ $\frac{1}{2}$ D<br>Vegetable 1VF<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D | Sweet & Sour<br>Meatballs 1M<br>Vegetable 1VF<br>Rice 1G<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D  | Perogies 1M<br>Tossed<br>Salad 1VF<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D                  |
| <b>Vegetarian Substitution</b>  | Baked Beans   | Vegetarian<br>Chili 1M+ $\frac{1}{2}$ FV  | White Bean<br>Fettuccine Alfredo<br>1M+1G   | Sweet & Sour<br>Tofu 1M  | N/A  |
| <b>P.M. SNACK</b>   | Apple Sauce<br>Animal<br>Crackers<br>1 VF $\frac{1}{2}$ G<br>Water                            | Crackers $\frac{1}{2}$ G<br>Hummus $\frac{1}{2}$ M<br>Vegetable 1 VF<br>Water                       | Trail Mix<br>$\frac{1}{2}$ G<br>Vegetable 1 VF<br>Water   | Cracker $\frac{1}{2}$ G<br>Cheese Cubes $\frac{1}{2}$ D<br>Vegetable $\frac{1}{2}$ VF<br>Water | Fruit<br>Yogurt $\frac{1}{2}$ D+ $\frac{1}{2}$ VF<br>Arrowroots $\frac{1}{2}$ G<br>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<br/>2-3 Servings (G)</b>  | 2   | 2   | 2   | 2  | 1  |
| <b>Milk &amp; Alternatives<br/>1-2 Servings (D)</b>   | 1   | 1 $\frac{1}{2}$   | 1 $\frac{1}{2}$   | 1 $\frac{1}{2}$  | 2  |
| <b>Meat &amp; Alternatives 1 Serving (M)</b>  | 1   | 1   | 1   | 1  | 1  |



# CHURCHILL CARLING DAYCARE MENU WEEK FOUR



|   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|--|---|---|--|
| <b>A.M. SNACK</b>   | Cereal $\frac{1}{2}$ G<br>Fruit $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D                     | English Muffins $\frac{1}{2}$ G<br>Fruit $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D                        | Raisin Toast $\frac{1}{2}$ G<br>Fruit $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D                  | Fruit Yogurt<br>$\frac{1}{2}$ D+ $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D             | Muffins $\frac{1}{2}$ G<br>Fruit $\frac{1}{2}$ VF<br>Milk $\frac{1}{2}$ D                          |
| <b>Finger Food</b>  | Raw vegetable  | Raw vegetable  | N/A   | N/A   | N/A  |
| <b>LUNCH</b><br> | Beefaroni<br>1M+ $\frac{1}{2}$ D+1G<br>Vegetable<br>1VF<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D | Honey Garlic Chicken 1M<br>Vegetable 1VF<br>Noodles $\frac{1}{2}$ G<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D | Taco's<br>1M+1G+ $\frac{1}{2}$ VF<br>Tossed Salad<br>1VF<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D   | Tuna Pasta Salad<br>1M+1G<br>Vegetable<br>1VF<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D    | Meat & Cheese Submarines<br>1M+1G+1VF<br>Veggie Sticks<br>1VF<br>Fruit 1VF<br>Milk $\frac{1}{2}$ D |
| <b>Vegetarian Substitution</b>  | Beanaroni<br>1M+ 1G  | Honey Garlic Tofu<br>1M  | Bean Tacos<br>1M+1G+ $\frac{1}{2}$ VF   | Tofu Pasta Salad<br>1M  | Cheese & Veg Submarines<br>1G+1D+VF  |
| <b>P.M. SNACK</b>   | Veggies with Hummus 1VF<br>Crackers $\frac{1}{2}$ G<br>Water                                 | Fruit Bar<br>$\frac{1}{2}$ G<br>Fruit Salad 1 VF<br>Water  | Fruit Frozen Yogurt<br>$\frac{1}{2}$ D+ $\frac{1}{2}$ VF<br>Arrowroots $\frac{1}{2}$ G<br>Water | Mini Rice Cakes $\frac{1}{2}$ G<br>Fruit 1VF<br>Water                                 | CheeseCubes $\frac{1}{2}$ D<br>Crackers $\frac{1}{2}$ G<br>Vegetable $\frac{1}{2}$ VF<br>Water     |
| <b>Recommended # of Food Guide Servings</b>   |           |                       |            |  |               |
| <b>Vegetables &amp; Fruit 3-4 servings (VF)</b>   | 3 $\frac{1}{4}$  | 3 $\frac{1}{2}$  | 2 $\frac{1}{2}$   | 3 $\frac{1}{2}$   | 3 $\frac{1}{2}$  |
| <b>Grain Products 2-3 Servings (G)</b>  | 2  | 1 $\frac{1}{2}$  | 2   | 2   | 2  |
| <b>Milk &amp; Alternatives 1-2 Servings (D)</b>   | 2  | 1 $\frac{1}{2}$  | 1 $\frac{1}{2}$   | 1 $\frac{1}{2}$   | 2  |
| <b>Meat &amp; Alternatives 1 Serving (M)</b>  | 1  | 1  | 1   | 1   | 1  |