

# Kids' Korner Early Learning Centre

Spring/Summer Menu, Week of \_\_\_\_\_

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b> ✓ Serve at least one from two of the four food groups	<ul style="list-style-type: none"> <li>• Cold cereal</li> <li>_____</li> <li>_____</li> <li>_____</li> <li>• 2% milk</li> </ul>	<ul style="list-style-type: none"> <li>• Whole wheat toast with jam</li> <li>• 2% milk</li> </ul>	<ul style="list-style-type: none"> <li>• Mini bagels with low-fat cream cheese &amp;/or jam</li> <li>• 2% milk</li> </ul>	<ul style="list-style-type: none"> <li>• Cold Cereal</li> <li>_____</li> <li>_____</li> <li>_____</li> <li>• 2% milk</li> </ul>	<ul style="list-style-type: none"> <li>• Scrambled eggs with toast and jam</li> <li>• 2% milk</li> </ul>
<b>Noon Meal</b> ✓ serve at least one food from each of the four food groups	<p><b><u>May through September:</u></b> Parents are responsible for sending a full lunch with their child. 2% milk is provided at lunch.</p>				
<b>Afternoon Snack</b> ✓ serve at least one from two of the four food groups	<ul style="list-style-type: none"> <li>• Apple cookies (apples, peanut butter, raisins)</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit Parfaits (low-fat yogurt, bananas, granola)</li> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• Orange slices</li> <li>• Whole wheat crackers</li> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• Spinach dip</li> <li>• Stoned wheat thins</li> <li>• 2% milk</li> </ul>	<ul style="list-style-type: none"> <li>• Frozen low-fat yogurt pops</li> <li>• Apple juice</li> </ul>

**Comments:** Staff to check lunches to ensure compatibility with Canada's Food Guide. Communication (written &/or verbal) with parents if not compatible. Portion control is practiced, in accordance with the Canada Food Guide. Parents provide mixed formula, as needed. If child does not eat solids, parents provide jarred baby food. All bread and crackers are whole wheat. Infant room does not get peanut butter or honey products. Toddler parents may opt out of peanut butter products. Every effort is made to ensure snacks are healthy and nutritious, and introduce children to new foods in a varied diet.

Revised – April, 2007

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Spring/Summer Menu, Week of \_\_\_\_\_

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b>	<ul style="list-style-type: none"> <li>Whole wheat</li> </ul>	<ul style="list-style-type: none"> <li>Oatmeal</li> </ul>	<ul style="list-style-type: none"> <li>Cold cereal</li> </ul>	<ul style="list-style-type: none"> <li>Granola bars</li> </ul>	<ul style="list-style-type: none"> <li>Pancakes</li> </ul>
<b>Morning Snack</b> at least one ✓ serve at the four food groups	<ul style="list-style-type: none"> <li>Whole wheat</li> <li>2% milk</li> <li>jam</li> <li>2% milk</li> </ul>	<ul style="list-style-type: none"> <li>Cold Cereal</li> </ul>	<ul style="list-style-type: none"> <li>Boiled egg with whole wheat toast &amp; jam</li> <li>2% milk</li> <li>2% milk</li> </ul>	<ul style="list-style-type: none"> <li>Oatmeal</li> <li>2% milk</li> </ul>	<ul style="list-style-type: none"> <li>Mini bagels</li> <li>2% whole-fat cream cheese &amp;/or jam</li> <li>2% milk</li> </ul>
<b>Noon Meal</b> at least one ✓ serve at the four food groups		<ul style="list-style-type: none"> <li>2% milk</li> </ul>			
<b>Noon Meal</b> at least one ✓ serve at the four food groups	<p><b>May through September:</b> Parents are responsible for sending a full lunch with their child. 2% milk is provided at lunch.</p> <p><b>May through September:</b> Parents are responsible for sending a full lunch with their child. 2% milk is provided at lunch.</p>				
<b>Afternoon Snack</b>	<ul style="list-style-type: none"> <li>Monkey Bars (bananas, peanut butter, corn flakes), low-fat cream cheese, seasonal fruit)</li> </ul>	<ul style="list-style-type: none"> <li>Ants on a log (celery, tuna, apples) slices</li> <li>water multi-grain Cheerios</li> <li>Low-fat cream cheese</li> </ul>	<ul style="list-style-type: none"> <li>Go Fishing (carrot sticks, whole wheat crackers, low-fat cream cheese)</li> <li>water</li> </ul>	<ul style="list-style-type: none"> <li>Trail mix (cheerios, apples, pockies, cranberries)</li> <li>Apple juice raisins)</li> <li>water</li> </ul>	<ul style="list-style-type: none"> <li>Tortilla chips with bean dip</li> <li>Frozen low-fat yogurt pops</li> <li>Apple juice</li> </ul>
<b>Afternoon Snack</b> at least one ✓ serve at the four food groups					
<b>Comments:</b>	<p>Staff to check water to ensure compatibility with Canada's Food Guide. Communication (written &amp;/or verbal) with parents is essential. Position control is practiced in accordance with the Food Guide. Parents provide (written &amp;/or verbal) as needed. If child does not eat solids, parents provide jarred baby food. All bread and crackers are whole wheat. Infant formula does not get needed. If toddler does not eat solids, toddler parents may opt out of peanut butter products. Every effort is made to ensure snacks are healthy and nutritious, and introduce children to new foods in a varied diet. Revised – April, 2007</p>				

Staff to check water to ensure compatibility with Canada's Food Guide. Communication (written &/or verbal) with parents is essential. Position control is practiced in accordance with the Food Guide. Parents provide (written &/or verbal) as needed. If child does not eat solids, parents provide jarred baby food. All bread and crackers are whole wheat. Infant formula does not get needed. If toddler does not eat solids, toddler parents may opt out of peanut butter products. Every effort is made to ensure snacks are healthy and nutritious, and introduce children to new foods in a varied diet. Revised – April, 2007

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Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b> ✓ Serve at least one from two of the four food groups	<ul style="list-style-type: none"> <li>• Cold Cereal</li> <li>_____</li> <li>_____</li> <li>_____</li> <li>• 2% milk</li> </ul>	<ul style="list-style-type: none"> <li>• Whole wheat toast with jam</li> <li>• 2% milk</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• 2% milk</li> </ul>	<ul style="list-style-type: none"> <li>• Granola bars</li> <li>• 2% milk</li> </ul>	<ul style="list-style-type: none"> <li>• Scrambled eggs with toast &amp; jam</li> <li>• 2% milk</li> </ul>
<b>Noon Meal</b> ✓ serve at least one food from each of the four food groups	<p><b><u>May through September:</u></b> Parents are responsible for sending a full lunch with their child. 2% milk is provided at lunch.</p>				
<b>Afternoon Snack</b> ✓ serve at least one from two of the four food groups	<ul style="list-style-type: none"> <li>• Veggie Pizzas (fresh veggies, w/w crackers, low-fat cream cheese)</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Banana Pops (bananas, Crispy Rice cereal, honey)</li> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• Ants on a log (celery, tuna, raisins)</li> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• Trail mix (cheerios, shreddie, pretzels, dried cranberries)</li> <li>• Apple juice</li> </ul>	<ul style="list-style-type: none"> <li>• Tortilla chips with bean dip</li> <li>• 2% milk</li> </ul>

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