

Kids' Korner Out of School Care Centre

Spring/Summer Menu, Week of _____

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack ✓ Serve at least one from two of the four food groups	<ul style="list-style-type: none"> • Cold cereal _____ _____ _____ • 2% milk 	<ul style="list-style-type: none"> • Whole wheat toast with jam • 2% milk 	<ul style="list-style-type: none"> • Mini bagels with low-fat cream cheese &/or jam • 2% milk 	<ul style="list-style-type: none"> • Cold Cereal _____ _____ _____ • 2% milk 	<ul style="list-style-type: none"> • Scrambled eggs with toast and jam • 2% milk
Noon Meal	OSC children who attend the Centre during the lunch break bring their own lunch.				
Afternoon Snack ✓ serve at least one from two of the four food groups	<ul style="list-style-type: none"> • Apple cookies (apples, peanut butter, raisins) • water 	<ul style="list-style-type: none"> • Fruit Parfaits (low-fat yogurt, bananas, granola) • water 	<ul style="list-style-type: none"> • Orange slices • Whole wheat crackers • water 	<ul style="list-style-type: none"> • Spinach dip • Stoned wheat thins • 2% milk 	<ul style="list-style-type: none"> • Frozen low-fat yogurt pops • Apple juice

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. All bread and crackers are whole wheat. 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 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack ✓ Serve at least one from two of the four food groups	<ul style="list-style-type: none"> • Whole wheat toast with jam • 2% milk 	<ul style="list-style-type: none"> • Oatmeal • 2% milk 	<ul style="list-style-type: none"> • Cold cereal _____ _____ _____ • 2% milk 	<ul style="list-style-type: none"> • Granola bars • 2% milk 	<ul style="list-style-type: none"> • Pancakes with light syrup • 2% milk
Noon Meal	OSC Children who attend the Centre during the lunch break bring their own lunch				
Afternoon Snack ✓ serve at least one from two of the four food groups	<ul style="list-style-type: none"> • Monkey Bars (bananas, peanut butter, corn flakes) • water 	<ul style="list-style-type: none"> • Ants on a log (celery, tuna, raisins) • water 	<ul style="list-style-type: none"> • Go Fishing (carrot sticks, goldfish crackers, low-fat cream cheese) • water 	<ul style="list-style-type: none"> • Trail mix (cheerios, shreddies, pretzels, dried cranberries) • Apple juice 	<ul style="list-style-type: none"> • Tortilla chips with bean dip • 2% milk

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Morning Snack ✓ Serve at least one from two of the four food groups	<ul style="list-style-type: none"> Whole wheat toast with jam 2% milk 	<ul style="list-style-type: none"> Cold Cereal _____ _____ _____ 2% milk 	<ul style="list-style-type: none"> Boiled eggs with whole wheat toast & jam 2% milk 	<ul style="list-style-type: none"> Oatmeal 2% milk 	<ul style="list-style-type: none"> Mini bagels with low-fat cream cheese &/or jam 2% milk
Noon Meal	OSC Children who attend the Centre during the lunch break bring their own lunch				
Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Afternoon Snack ✓ Serve at least one from two of the four food groups	<ul style="list-style-type: none"> Cold Cereal Fruit pizzas (oatmeal cookies, low-fat cream cheese, seasonal fruit) 2% milk water 	<ul style="list-style-type: none"> Whole wheat toast with multi-grain jam 2% milk Cheerios Low-fat cream cheese water 	<ul style="list-style-type: none"> Oatmeal Orange slices 2% milk Whole wheat crackers water 	<ul style="list-style-type: none"> Granola bars Apple 2% milk cookies (apples, peanut butter, raisins) water 	<ul style="list-style-type: none"> Scrambled eggs with low-fat yogurt toast & jam 90PS 2% milk Apple juice

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Noon Meal	OSC Children who attend the Centre during the lunch break bring their own lunch				
Afternoon Snack ✓ serve at least one from two of the four food groups	<ul style="list-style-type: none"> • Veggie Pizzas (fresh veggies, w/w crackers, low-fat cream cheese) • water 	<ul style="list-style-type: none"> • Banana Pops (bananas, Crispy Rice cereal, honey) • water 	<ul style="list-style-type: none"> • Ants on a log (celery, tuna, raisins) • water 	<ul style="list-style-type: none"> • Trail mix (cheerios, shreddies, pretzels, dried cranberries) • Apple juice 	<ul style="list-style-type: none"> • Tortilla chips with bean dip • 2% milk

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. All bread and crackers are whole wheat. Every effort is made to ensure snacks are healthy and nutritious, and introduce children to new foods in a varied diet.

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