

Kids' Korner Early Learning Centre Menu

Fall/Winter 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	<p><u>October through April:</u> Soup served daily (e.g. tomato, mushroom, vegetable, chicken noodle), with 2% milk. Parents are responsible for providing "go-withs" (cheese, crackers, bagel, fruit, veggies, etc). Early Learning Centre only</p>				
Afternoon Snack ✓ serve at least one from two of the four food groups	<ul style="list-style-type: none"> • Fruit Salad _____ _____ • Low-fat Yogurt _____ _____ • Water 	<ul style="list-style-type: none"> • Veggies (carrots, celery, cucumber) • Stoned Wheat Thins with fat-free cream cheese • Water 	<ul style="list-style-type: none"> • Apples • Whole wheat crackers with low-fat cheddar cheese • Water 	<ul style="list-style-type: none"> • Oranges • Oatmeal cookies _____ _____ • Water 	<ul style="list-style-type: none"> • Bananas • Low-fat yogurt _____ _____ • water

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"> • Oatmeal & fruit muffin • 2% milk 	<ul style="list-style-type: none"> • Pancakes with light syrup • 2% milk
Noon Meal	<p><u>October through April:</u> Soup served daily (e.g. tomato, mushroom, vegetable, chicken noodle), with 2% milk. Parents are responsible for providing "go-withs" (cheese, crackers, bagel, fruit, veggies, etc). Early Learning Centre only</p>				
Afternoon Snack ✓ serve at least one from two of the four food groups	<ul style="list-style-type: none"> • Veggies (broccoli, cauliflower, cucumbers, carrots) • Low-fat Ranch dip • Whole wheat crackers • Water 	<ul style="list-style-type: none"> • Low-fat Yogurt _____ _____ • Seasonal fresh fruit • Water 	<ul style="list-style-type: none"> • Apples • Banana bread • water 	<ul style="list-style-type: none"> • Trail mix (Cheerios, Shreddies, Pretzels, Raisins) • water 	<ul style="list-style-type: none"> • Breadsticks with low-fat parmesan cheese & pizza sauce • water

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Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning	<ul style="list-style-type: none"> • Cold Cereal 	<ul style="list-style-type: none"> • Whole wheat 	<ul style="list-style-type: none"> • Oatmeal 	<ul style="list-style-type: none"> • Pumpkin 	<ul style="list-style-type: none"> • Scrambled
Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Morning Snack</p> <p>✓ Serve at least one from two of the four food groups</p>	<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	<p><u>October through April:</u> Soup served daily (e.g. tomato, mushroom, vegetable, chicken noodle), with 2% milk. Parents are responsible for providing "go-withs" (cheese, crackers, bagel, fruit, veggies, etc). Early Learning Centre only</p>				
<p>Afternoon Snack</p> <p>✓ serve at least one from two of the four food groups</p>	<ul style="list-style-type: none"> • Apple sauce • Oatmeal cookies • Water 	<ul style="list-style-type: none"> • Seasonal fresh fruit _____ _____ • Applesauce Snack Cake • Water 	<ul style="list-style-type: none"> • Apple slices with low-fat cream cheese & multigrain Cheerios cereal • water 	<ul style="list-style-type: none"> • Seasonal fresh fruit _____ _____ • Low-fat yogurt • water 	<ul style="list-style-type: none"> • Sweet potato fries with mayo dip • 2% milk

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Snack ✓ Serve at least one from two of the four food groups	_____ _____ _____ • 2% milk	toast with jam • 2% milk	• 2% milk	Muffins • 2% milk	eggs with toast & jam • 2% milk
Noon Meal	<u>October through April:</u> Soup served daily (e.g. tomato, mushroom, vegetable, chicken noodle), with 2% milk. Parents are responsible for providing "go-withs" (cheese, crackers, bagel, fruit, veggies, etc). Early Learning Centre only				
Afternoon Snack ✓ serve at least one from two of the four food groups	• Seasonal Fresh or canned fruit _____ _____ • Low-fat yogurt _____ _____ • Water	• Veggies (celery, carrots, cucumber, broccoli) • Whole Wheat crackers • Low fat ranch dip • Water	• Whole wheat pita wedges with chickpea dip • Carrot sticks • water	• Apple slices with low fat cheddar cheese • water	• Trail mix (Cheerios, Shreddies, Pretzels, Raisins) • Apple juice
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