

## OSC Fall/Winter 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 <small>*3/4 cup (2 small bowls, approx. 1 ½ cups)</small></li> </ul> <hr style="width: 50%; margin: 5px auto;"/> <ul style="list-style-type: none"> <li>• 2% milk <small>*1 cup (1 cup +)</small></li> </ul>	<ul style="list-style-type: none"> <li>• Whole wheat toast and jam <small>*1 slice (2 slices)</small></li> </ul> <ul style="list-style-type: none"> <li>• 2% milk <small>*1 cup (1 cup +)</small></li> </ul>	<ul style="list-style-type: none"> <li>• Mini bagels with fat-free cream cheese <small>*1/2 regular bagel (1/2 regular bagel or one mini bagel)</small></li> </ul> <ul style="list-style-type: none"> <li>• 2% milk <small>*1 cup (1 cup +)</small></li> </ul>	<ul style="list-style-type: none"> <li>• Cold Cereal <small>*3/4 cup (2 small bowls, approx. 1 ½ cups)</small></li> </ul> <hr style="width: 50%; margin: 5px auto;"/> <ul style="list-style-type: none"> <li>• 2% milk <small>*1 cup (1 cup +)</small></li> </ul>	<ul style="list-style-type: none"> <li>• Scrambled eggs with toast and jam <small>*2 eggs, 1 slice of bread (1-2 eggs, 1 slice of bread)</small></li> </ul> <ul style="list-style-type: none"> <li>• 2% milk <small>*1 cup (1 cup +)</small></li> </ul>
<b>Noon Meal</b>	OSC Children who attend the Centre during the lunch break bring their own lunch				
<b>Afternoon Snack</b> ✓ serve at least one from two of the four food groups	<ul style="list-style-type: none"> <li>• Fruit salad <small>*1/2 cup (1 cup)</small></li> </ul> <ul style="list-style-type: none"> <li>• Fat-free yogurt <small>*3/4 cup (1 cup)</small></li> </ul> <hr style="width: 50%; margin: 5px auto;"/> <ul style="list-style-type: none"> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Veggies (broccoli, cauliflower, cucumbers, carrots) <small>*1/2 cup (2-4 pieces of each)</small></li> </ul> <ul style="list-style-type: none"> <li>• Stoned Wheat thins with fat-free cream cheese <small>*30 g (4-6 crackers)</small></li> </ul> <ul style="list-style-type: none"> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Apples <small>*1 piece (1 piece+)</small></li> </ul> <ul style="list-style-type: none"> <li>• Whole wheat crackers <small>*30 g (4-6 crackers)</small></li> </ul> <ul style="list-style-type: none"> <li>• low-fat cheddar cheese <small>*50 g (2-3 slices)</small></li> </ul> <ul style="list-style-type: none"> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• oranges <small>*1 piece (1 piece+)</small></li> </ul> <ul style="list-style-type: none"> <li>• Oatmeal cookies <small>*1 cookie (1 cookie)</small></li> </ul> <ul style="list-style-type: none"> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Bananas <small>*1 piece (1 piece+)</small></li> </ul> <ul style="list-style-type: none"> <li>• Fat-free yogurt <small>*3/4 cup (1 cup)</small></li> </ul> <hr style="width: 50%; margin: 5px auto;"/> <ul style="list-style-type: none"> <li>• Water</li> </ul>
<p><b>Comments:</b> Staff to check lunches to ensure compatibility with Canada's Food Guide. Communication (written &amp;/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.</p> <p>*Serving size according to the Canada Food Guide. Information in brackets lists Kids' Korner servings.</p>					
Revised – February, 2008					

## Fall/Winter Menu, Week of \_\_\_\_\_

Week 2	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>• Whole wheat toast with jam</li> </ul> *1 slice bread (2 slices) <ul style="list-style-type: none"> <li>• 2% milk</li> </ul> *1 cup (1 cup +)	<ul style="list-style-type: none"> <li>• Oatmeal</li> </ul> *3/4 cup cooked (1 pkg. approx. ¾ cup) <ul style="list-style-type: none"> <li>• 2% milk</li> </ul> *1 cup (1 cup +)	<ul style="list-style-type: none"> <li>• Cold cereal</li> </ul> *3/4 cup (2 small bowls, approx. 1 ½ cups) <hr style="width: 50%; margin: 10px auto;"/> <ul style="list-style-type: none"> <li>• 2% milk</li> </ul> *1 cup (1 cup +)	<ul style="list-style-type: none"> <li>• Oatmeal &amp; fruit muffin</li> </ul> *1/2 muffin (1 reg. size muffin or 2 small) <ul style="list-style-type: none"> <li>• 2% milk</li> </ul> *1 cup (1 cup +)	<ul style="list-style-type: none"> <li>• Pancakes with light syrup</li> </ul> *1 small pancake (2 small pancakes) <ul style="list-style-type: none"> <li>• 2% milk</li> </ul> *1 cup (1 cup +)
<b>Noon Meal</b>	OSC Children who attend the Centre during the lunch break bring their own lunch				
<b>Afternoon Snack</b> ✓ serve at least one from two of the four food groups	<ul style="list-style-type: none"> <li>• Veggies (broccoli, cauliflower, cucumbers, carrots)</li> </ul> *1/2 cup (2-4 pieces of each) <ul style="list-style-type: none"> <li>• Low-fat Ranch dip</li> <li>• Whole wheat crackers</li> </ul> *30 grams (4-6 crackers) <ul style="list-style-type: none"> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Low-fat Yogurt</li> </ul> *3/4 cup (3/4 – 1 cup) <hr style="width: 50%; margin: 10px auto;"/> <ul style="list-style-type: none"> <li>• Seasonal fresh fruit</li> </ul> *1 piece (1 piece) <hr style="width: 50%; margin: 10px auto;"/> <ul style="list-style-type: none"> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Apples</li> </ul> *1 piece (1 piece) <ul style="list-style-type: none"> <li>• Banana bread</li> </ul> *1 serving (1 slice) <ul style="list-style-type: none"> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• Trail mix (Cheerios, Shreddies, Pretzels, Raisins)</li> </ul> *3/4 cup (1 cup) <ul style="list-style-type: none"> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• Breadsticks with low-fat parmesan cheese &amp; pizza sauce</li> </ul> *35 g (1/2 breadstick, approx. 40g) <ul style="list-style-type: none"> <li>• water</li> </ul>
<p><b>Comments:</b> Staff to check lunches to ensure compatibility with Canada's Food Guide. Communication (written &amp;/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.</p> <p>*Serving size according to the Canada Food Guide. Information in brackets lists Kids' Korner servings.</p>					
Revised – February, 2008					

## Fall/Winter Menu, Week of \_\_\_\_\_

<b>Week 3 4</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Morning Snack</b> ✓ Serve at least one from two of the four food groups	<ul style="list-style-type: none"> <li>• Whole wheat toast with jam</li> </ul> *1 slice bread (2 slices) <ul style="list-style-type: none"> <li>• 2% milk</li> </ul> *1 cup (1 cup +)	<ul style="list-style-type: none"> <li>• Cold cereal</li> </ul> *3/4 cup (2 small bowls, approx. 1 1/2 cups) <hr style="width: 50%; margin: 5px auto;"/> <ul style="list-style-type: none"> <li>• 2% milk</li> </ul> *1 cup (1 cup +)	<ul style="list-style-type: none"> <li>• Boiled eggs with toast and jam</li> </ul> *2 eggs, 1 slice of bread (1-2 eggs, 1 slice of bread) <ul style="list-style-type: none"> <li>• 2% milk</li> </ul> *1 cup (1 cup +)	<ul style="list-style-type: none"> <li>• Oatmeal</li> </ul> *3/4 cup cooked (1 pkg. approx. 3/4 cup) <ul style="list-style-type: none"> <li>• 2% milk</li> </ul> *1 cup (1 cup +)	<ul style="list-style-type: none"> <li>• Mini bagels with fat-free cream cheese &amp;/or jam</li> </ul> *1/2 regular bagel (1/2 regular bagel or one mini bagel) <ul style="list-style-type: none"> <li>• 2% milk</li> </ul> *1 cup (1 cup +)
<b>Noon Meal</b> OSC Children who attend the Centre during the lunch break bring their own lunch					
<b>Afternoon Snack</b> ✓ serve at least one from two of the four food groups	<ul style="list-style-type: none"> <li>• Apple sauce</li> </ul> *3/4 cup (1 cup) <ul style="list-style-type: none"> <li>• Oatmeal cookies</li> </ul> *1 cookie (1 cookie) <ul style="list-style-type: none"> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Seasonal fresh fruit</li> </ul> *1 piece (1 piece) <hr style="width: 50%; margin: 5px auto;"/> <ul style="list-style-type: none"> <li>• Applesauce Snack cake</li> </ul> *1 serving (1 slice) <ul style="list-style-type: none"> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Apples with low-fat cream cheese</li> </ul> *1 piece (1 piece) <ul style="list-style-type: none"> <li>• Multigrain Cheerios</li> </ul> *3/4 cup (1 cup) <ul style="list-style-type: none"> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• Seasonal fresh fruit</li> </ul> *1 piece (1 piece) <hr style="width: 50%; margin: 5px auto;"/> <ul style="list-style-type: none"> <li>• Low-fat yogurt</li> </ul> *3/4 cup (3/4 – 1 cup) <hr style="width: 50%; margin: 5px auto;"/> <ul style="list-style-type: none"> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet potato fries with mayo dip</li> </ul> *1/2 cup (1 cup) <ul style="list-style-type: none"> <li>• 2% milk</li> </ul> *1 cup (1 cup +)
<p><b>Comments:</b> Staff to check lunches to ensure compatibility with Canada's Food Guide. Communication (written &amp;/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.</p> <p>*Serving size according to the Canada Food Guide. Information in brackets lists Kids' Korner servings.</p> <p>Revised – February, 2008</p>					

## Fall/Winter Menu, Week of \_\_\_\_\_

<p><b>Morning Snack</b></p> <p>✓ Serve at least one from two of the four food groups</p>	<ul style="list-style-type: none"> <li>• Cold cereal</li> </ul> <p>*3/4 cup (2 small bowls, approx. 1 1/2 cups)</p> <hr/> <ul style="list-style-type: none"> <li>• 2% milk</li> </ul> <p>*1 cup (1 cup +)</p>	<ul style="list-style-type: none"> <li>• Whole wheat toast with jam</li> </ul> <p>*1 slice bread (2 slices)</p> <ul style="list-style-type: none"> <li>• 2% milk</li> </ul> <p>*1 cup (1 cup +)</p>	<ul style="list-style-type: none"> <li>• Oatmeal</li> </ul> <p>*3/4 cup cooked (1 pkg. approx. 3/4 cup)</p> <ul style="list-style-type: none"> <li>• 2% milk</li> </ul> <p>*1 cup (1 cup +)</p>	<ul style="list-style-type: none"> <li>• Pumpkin muffins</li> </ul> <p>*1/2 muffin (1 reg. size muffin or 2 small)</p> <ul style="list-style-type: none"> <li>• 2% milk</li> </ul> <p>*1 cup (1 cup +)</p>	<ul style="list-style-type: none"> <li>• Scrambled eggs with toast and jam</li> </ul> <p>*2 eggs, 1 slice of bread (1-2 eggs, 1 slice of bread)</p> <ul style="list-style-type: none"> <li>• 2% milk</li> </ul> <p>*1 cup (1 cup +)</p>
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**Noon Meal** OSC Children who attend the Centre during the lunch break bring their own lunch

<p><b>Afternoon Snack</b></p> <p>✓ serve at least one from two of the four food groups</p>	<ul style="list-style-type: none"> <li>• Seasonal fresh fruit or canned</li> </ul> <p>*1 piece (1 piece)/ 3/4 cup (1 cup)</p> <hr/> <ul style="list-style-type: none"> <li>• Low-fat yogurt</li> </ul> <p>*3/4 cup (3/4 – 1 cup)</p> <ul style="list-style-type: none"> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• Veggies (broccoli, cauliflower, cucumbers, carrots)</li> </ul> <p>*1/2 cup (2-4 pieces of each)</p> <ul style="list-style-type: none"> <li>• Low-fat Ranch dip</li> <li>• Whole wheat crackers</li> </ul> <p>*30 grams (4-6 crackers)</p> <ul style="list-style-type: none"> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Whole wheat pita bread with chick pea dip</li> </ul> <p>*1/2 pita ( 1 pita)</p> <p>Carrot sticks</p> <p>*1/2 cup (1/2 cup+)</p> <ul style="list-style-type: none"> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• Apples</li> </ul> <p>*1 piece (1 piece+)</p> <ul style="list-style-type: none"> <li>• Whole wheat crackers</li> </ul> <p>*30 g (4-6 crackers)</p> <ul style="list-style-type: none"> <li>• low-fat cheddar cheese</li> </ul> <p>*50 g (2-3 slices)</p> <ul style="list-style-type: none"> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Trail mix (Cheerios, Shreddies, Pretzels, Raisins)</li> </ul> <p>*3/4 cup (1 cup)</p> <ul style="list-style-type: none"> <li>• Apple juice</li> </ul> <p>* 1/2 cup (1 cup)</p>
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