

THE CHILDREN'S PLACE - MENU - SUMMER / FALL

WEEK 1 (May 1-Oct 31)

Examples of One FoodGuide Servings:***Milk and Alternatives :** 1 cup milk, 3/4 cup yogurt, 1 1/2 ounce cheese***Meat/Alternatives:** 1/2 cup cooked, lean meat, 3/4 cup cooked beans, 2 eggs***Grain Products:** 1 slice bread, 1/2 bagel, pita, tortilla, 1/2 cup cooked rice, pasta, 3/4 cup cereal***Vegetables and Fruit:** 1 cup vegetables or salad, 1 piece of fruit

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Carling)	Sunday (Carling)
BREAKFAST (Carling)	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk
Mid Morning Snack	Yogurt and Fruit Water	Muffins and Fruit Water	Cereal Mix and Fruit Water	Cheese and Crackers Water	Fruit Loaf Bread Water	Cheese and Crackers Water	Cereal Mix and Fruit Water
LUNCH Meat or Alternative	Pasta with Marinara Sauce	Chicken Fried Rice (chicken separate)	Assorted Sandwiches	Pizza	Shepard's Pie (meat separate)	Chicken Divan (chicken separate)	Pasta Vegetable / Bean Sauce
Bread or Cereal Vegetable	Bean Salad Raw Vegetables	Raw Vegetables	Raw Vegetables	Salad Raw Vegetables	Raw Vegetables	Raw Vegetables	Raw Vegetables
2nd Meat or Alternative Milk / condiments	Beans (salad) Milk	Scrambled Eggs Milk	Assorted Sandwiches Milk /Cheese Chunks	Chic Peas (Salad) Milk/Salad Dressing	Sauteed Tofu Milk	Sauteed Tofu Milk	Diced Chicken Milk
Mid Afternoon Snack	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water
DINNER Meat or Alternative	Mac and Cheese	Pasta with Marinara Sauce	Chicken Fried Rice (chicken separate)	Assorted Sandwiches	Pizza	Shepard's Pie (meat separate)	Chicken Divan (chicken separate)
Bread or Cereal Vegetable	Bean Salad	Bean Salad Raw Vegetables	Raw Vegetables	Raw Vegetables	Salad Raw Vegetables	Sauteed Tofu Raw Vegetables	Raw Vegetables
2nd Meat or Alternative Milk / condiments	Beans (Salad) Milk	Beans (salad) Milk	Scrambled Eggs Milk	Assorted Sandwiches Milk /Cheese Chunks	Chic Peas (Salad) Milk/Salad Dressing	Milk	Sauteed Tofu Milk

*****Kanata's Monday night dinner is previous Friday's Lunch (frozen) as closed on weekends*******EYLA requires that meals contain food from all four food groups, snacks contain food from 2 food groups*******Drinking Water is available to the children at all times*******We make every effort to monitor our sodium levels in pre-pkg'd foods by balancing our menu's and how we prepare our meals**

THE CHILDREN'S PLACE - MENU - SUMMER / FALL

WEEK 2 (May 1-Oct 31)

**Examples of One Food
Guide Serving:**

***Milk and Alternatives :** 1 cup milk, 3/4 cup yogurt, 1 1/2 ounce cheese

***Meat/Alternatives:** 1/2 cup cooked, lean meat, 3/4 cup cooked beans, 2 eggs

***Grain Products:** 1 slice bread, 1/2 bagel, pita, tortilla, 1/2 cup cooked rice, pasta, 3/4 cup cereal

***Vegetables and Fruit:** 1 cup vegetables or salad, 1 piece of fruit

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Carling)	Sunday (Carling)
BREAKFAST (Carling)	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk
Mid Morning Snack	Yogurt and Fruit Water	Muffins and Fruit Water	Cereal Mix and Fruit Water	Cheese and Crackers Water	Fruit Loaf / Bread Water	Cheese and Crackers Water	Cereal Mix and Fruit Water
LUNCH Meat or Alternative	Tuna Melts /Cheese Melts	Lazy Lasagna	Assorted Sandwiches	Chicken & Broccoli Bake (chicken separate)	Cowboy Beans (meat separate)	Pasta with Marinara Sauce	Vegetable Omelet
Bread or Cereal Vegetable	Pitas Raw Vegetables	Raw Vegetables	Raw Vegetables	Raw Vegetables	Pitas Raw Vegetables	Bean Salad Raw Vegetables	Roasted Potatoes Raw Vegetables
2nd Meat or Alternative Milk / condiments	Hummus Milk	Diced Chicken Milk	Assorted Sandwiches Milk /Cheese Chunks	Sauteed Tofu Milk	Beans Milk	Beans (salad) Milk	Turkey Bacon Milk
Mid Afternoon Snack	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water
DINNER Meat or Alternative	Pasta Vegetable / Bean Sauce	Tuna Melts /Cheese Melts	Lazy Lasagna	Assorted Sandwiches	Chicken & Broccoli Bake (chicken separate)	Cowboy Beans (meat separate)	Pasta with Marinara Sauce
Bread or Cereal Vegetable	Raw Vegetables	Pitas Raw Vegetables	Raw Vegetables	Raw Vegetables	Raw Vegetables	Pitas Raw Vegetables	Bean Salad Raw Vegetables
2nd Meat or Alternative Milk / condiments	Diced Chicken Milk	Hummus Milk	Diced Chicken Milk	Assorted Sandwiches Milk /Cheese Chunks	Sauteed Tofu Milk	Beans Milk	Beans (salad) Milk

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*****EYLA requires that meals contain food from all four food groups, snacks contain food from 2 food groups**

*****Drinking Water is available to the children at all times**

*****We make every effort to monitor our sodium levels in pre-pkg'd foods by balancing our menu's and how we prepare our meals**

THE CHILDREN'S PLACE - MENU - SUMMER / FALL

WEEK 3 (May 1-Oct 31)

Examples of One Food Guide Serving:

***Milk and Alternatives :** 1 cup milk, 3/4 cup yogurt, 1 1/2 ounce cheese

***Meat/Alternatives:** 1/2 cup cooked, lean meat, 3/4 cup cooked beans, 2 eggs

***Grain Products:** 1 slice bread, 1/2 bagel, pita, tortilla, 1/2 cup cooked rice, pasta, 3/4 cup cereal

***Vegetables and Fruit:** 1 cup vegetables or salad, 1 piece of fruit

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Carling)	Sunday (Carling)
BREAKFAST (Carling)	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk
Mid Morning Snack	Yogurt and Fruit Water	Muffins and Fruit Water	Cereal Mix and Fruit Water	Cheese and Crackers Water	Fruit Loaf / Bread Water	Cheese and Crackers Water	Cereal Mix and Fruit Water
LUNCH Meat or Alternative	Macaroni and Cheese	Meat Tacos Cheese / Lettuce	Assorted Sandwiches	Lazy Cabbage Rolls (meat separate)	French Toast Casserole	Chicken Fried Rice (chicken separate)	Pasta with Meat Sauce (meat separate)
Bread or Cereal Vegetable	Raw Vegetables	Mexican Rice Raw Vegetables	Raw Vegetables	Bread Raw Vegetables	Bread Fruit Coulis and Side Fruit	Raw Vegetables	Raw Vegetables
2nd Meat or Alternative Milk / condiments	Beans (sauce) Milk	Hummus (Pitas) Milk / Sour Cream Salsa	Assorted Sandwiches Milk /Cheese Chunks	*** Milk	Turkey Bacon Milk	Scrambled Eggs Milk	Sauteed Tofu Milk
Mid Afternoon Snack	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water
DINNER Meat or Alternative	Vegetable Omelet	Macaroni and Cheese	Meat Tacos Cheese / Lettuce	Assorted Sandwiches	Lazy Cabbage Rolls (meat separate)	French Toast Casserole	Chicken Fried Rice (chicken separate)
Bread or Cereal Vegetable	Roasted Potatoes Raw Vegetables	Raw Vegetables	Mexican Rice Raw Vegetables	Raw Vegetables	Bread Raw Vegetables	Bread Fruit Coulas and Side Fruit	Raw Vegetables
2nd Meat or Alternative Milk / condiments	Turkey Bacon Milk	Beans (sauce) Milk	Hummus (Pitas) Milk / Sour Cream Salsa	Assorted Sandwiches Milk /Cheese Chunks	*** Milk	Turkey Bacon Milk	Scrambled Eggs Milk

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THE CHILDREN'S PLACE - MENU - SUMMER / FALL

WEEK 4 (May 1-Oct 31)

Examples of One Food
Guide Serving:***Milk and Alternatives :** 1 cup milk, 3/4 cup yogurt, 1 1/2 ounce cheese***Meat/Alternatives:** 1/2 cup cooked, lean meat, 3/4 cup cooked beans, 2 eggs***Grain Products:** 1 slice bread, 1/2 bagel, pita, tortilla, 1/2 cup cooked rice, pasta, 3/4 cup cereal***Vegetables and Fruit:** 1 cup vegetables or salad, 1 piece of fruit

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Carling)	Sunday (Carling)
BREAKFAST (Carling)	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk	Eggs / Toast / Fruit Milk
Mid Morning Snack	Yogurt and Fruit Water	Muffins and Fruit Water	Cereal Mix and Fruit Water	Cheese and Crackers Water	Fruit Loaf / Bread Water	Cheese and Crackers Water	Cereal Mix and Fruit Water
LUNCH Meat or Alternate	Pasta Primavera	Enchilada Casserole (chicken separate)	Assorted Sandwiches	Pasta Salad (chicken separate)	Salmon	Meatloaf	Mac and Cheese
Bread or Cereal Vegetable	Raw Vegetables	Tortillas Raw Vegetables	Raw Vegetables	Bread Raw Vegetables	Bread Green Salad	Mashed Potatoes Raw Vegetables	Raw Vegetables
2nd Meat or Alternative Dairy/Condiments	Diced Chicken Milk	Roasted Chic Peas Milk	Assorted Sandwiches Milk /Cheese Chunks	Tuna Milk / Salad Dressing	Hard Boiled Eggs Milk	Hard Boiled Eggs Milk	Bean Salad Milk
Mid Afternoon Snack	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water	Seasonal Fruit/Crackers Water
DINNER Meat or Alternate	Pasta with Meat Sauce (meat separate)	Pasta Primavera With Cooked Vegetables	Enchilada Casserole (chicken separate)	Assorted Sandwiches	Pasta Salad (chicken separate)	Salmon	Meatloaf
Bread or Cereal Vegetable	Raw Vegetables	Raw Vegetables	Tortillas Raw Vegetables	Raw Vegetables	Bread Raw Vegetables	Bread Green Salad	Mashed Potatoes Raw Vegetables
2nd Meat or Alternative Milk / condiments	Sauteed Tofu Milk	Diced Chicken Milk	Roasted Chic Peas Milk	Assorted Sandwiches Milk /Cheese Chunks	Tuna Milk / Salad Dressing	Hard Boiled Eggs Milk	Hard Boiled Eggs Milk

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