

One week menu planning form for before and after school programs

MORNING AND AFTERNOON SNACK

Provide snacks consisting of foods that will promote good dental and overall health.

Each snack should include foods from at least **two Food Groups** from *Canada's Food Guide* with at least **one Food Guide serving from the Vegetables and Fruit Food Group**.

- Vegetables and Fruit (e.g., 100% juice, bananas, cantaloupe, carrots, green peppers)
- Grain Products (e.g., whole grain breads and cereals, crackers, banana bread, pita, small muffin)
- Milk and Alternatives (e.g., milk, fortified soy beverage, yogurt)
- Meat and Alternatives (e.g., hummus, egg, ham slices)

Avoid:

- Sweet snacks such as candy, cookies and drinks with sugar
- Raisins and other dried fruit
- Salty snack foods such as potato chips

Examples of healthy snacks:

- Oranges, cheese strings, water
- Bananas, chocolate milk
- O-shaped oat cereal, milk
- Fruit cups, whole wheat crackers, water
- Clementines, yogurt tubes, water

Tap water should always be available.



Menu for week ____

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack Choices from two Food Groups with at least one Food Guide Serving of Vegetables and Fruit					
Afternoon Snack Choices from two Food Groups with at least one Food Guide Serving of Vegetables and Fruit					



One week menu planning form for child care

1. First plan a menu for one day. Start with LUNCH.

- Select a meat or meat alternative (e.g., fish, eggs, tofu, lentils, chicken, beef). Note: cheese is not a meat alternative
- Select a vegetable. Consider various forms and textures (e.g., raw, cooked, grated, chopped, mashed, sliced, cubed, sticks, wedges)
- Select another vegetable or fruit
- Select a grain product (e.g., bread, cereal, rice, pasta). Try interesting grains like brown rice, kasha, rye bread, whole wheat mini pitas and tortillas
- Add milk or a milk alternative (e.g., fortified soy beverage, cheese, yogurt, milk pudding)

Note: Dessert is not a required component of a meal. If dessert is served, it must be a nutritious choice. Some dessert ideas are fruit crisp, fresh fruit, canned fruit, yogurt and pudding made with milk.

2. Then plan the two SNACKS for the first day. Each snack should include choices from **two Food Groups**.

3. Then use the one day menu as a guide to build the other four days of the week. Simply substitute foods for other foods within the same Food Group to make a one week menu.

4. Then develop four weekly menus. Make each of the days in the four weeks unique. Try not to repeat menu items in the four-week menu cycle.

Plan to have a different menu for winter and summer, and if possible, spring and fall, using a four-week cycle. Make the most of the colours and variety of vegetables and fruit available in season.

Post menus for the current and following weeks in a prominent place for parents to see. Keep used menus for at least 30 days after the last day for which it is applicable.



Menu for Week ____

	Monday	Tuesday	Wednesday	Thursday	Friday
SNACK (include choices from 2 food groups)					
LUNCH Meat or Meat Alternative					
Vegetable					
Another Vegetable or Fruit					
Grain Product					
Milk or Milk Alternative					
SNACK (include choices from 2 Food Groups)					