

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					

