

ONE WEEK MENU PLANNING FORM FOR CHILD CARE

This resource is based on the nutrition guidelines outlined in the [Menu Planning & Supportive Nutrition Environments in Child Care Settings Practical Guide](#).

1. First plan a menu for one day. Start with LUNCH.
 - Select a [Meat and Alternatives](#) (e.g., [fish that is lower in mercury](#), eggs, tofu, lentils, chicken, beef). Note: cheese is not a meat alternative
 - Select a [Vegetable](#). Consider various colours, forms and textures (e.g., raw, cooked, grated, chopped, mashed, sliced, wedges)
 - Select another [Vegetable or Fruit](#)
 - Select a [Grain Product](#), preferably a [whole grain](#) (e.g., whole grain bread or pasta). Try interesting grains like whole grain brown rice, quinoa, whole grain mini pitas and tortillas. [Look for](#) products that have whole grain listed as the first ingredient and contain 8 grams or less of sugar per 30 gram serving and 240 mg or less of sodium per 30 gram serving.
 - Add a food from the [Milk and Alternatives](#) food group (e.g., cheese, yogurt, milk, unsweetened fortified soy beverage)
2. Then plan the two SNACKS for the first day. Snacks should consist of one choice from the Vegetables and Fruit food group and one nutritious choice from another food group. One of the snacks offered (either morning or afternoon snack) should also contain **one serving from the Milk and Alternatives Food Group** and the other from the **Grain Products Food Group**. For example, the morning snack could be berries with yogurt and the afternoon snack vegetable slices and whole grain crackers.
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. Make sure to include fish and a meat alternative (beans, lentils, eggs, tofu) once within the weekly menu. [Dark green and orange vegetables](#) are a source of important nutrients, try including them in your menu often.
4. Then develop four weekly menus. Make each of the days in the four weeks unique. Try not to repeat menu items in the 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 30 days after the last day for which it is applicable.

PUBLIC HEALTH

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york.ca/childcarenutrition



Menu for week _____

	SAMPLE	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack						
Choices from at least two food groups with at least one serving of Vegetables and Fruit	Clementine orange					
	Mozzarella cheese cubes with water to drink					
Lunch	Vegetarian chili, whole grain roll and apples					
Meat or Meat Alternative	Kidney beans and black beans					
Vegetable	Canned tomatoes, carrots, onion, celery in chili					
Another Vegetable or Fruit	Apple slices					
Grain Product	Small whole grain dinner roll					
Milk or Milk Alternative	Milk					
Afternoon snack						
Choices from at least two food groups with at least one serving of Vegetables and Fruit	Sliced red and green peppers with hummus for dipping					
	Whole grain crackers with water to drink					

Note: One snack should include a Milk or Milk Alternative and the other a Grain Product. Tap water must always be available. For more information on menu planning visit www.york.ca/childcarenutrition. To complete a self-assessment of your menu visit the [Menu and Nutrition Environment Self-Assessment Tool for Child Care Providers](#). 2018.