

ONE WEEK MENU PLANNING FORM

BEFORE AND AFTER SCHOOL PROGRAMS

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

Provide snacks consisting of foods that will promote good dental and overall health. Tap water should always be available. Each snack should include foods from at least **two Food Groups** from *Canada's Food Guide* with at least **one serving from the Vegetables and Fruit 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.

- [Vegetables and Fruit](#) (e.g. bananas, cantaloupe, carrots, green peppers, grapes, edamame, plums, apricots)
- [Grain Products](#) (e.g. breads, bagels, crackers and cereals. [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)
- [Milk and Alternatives](#) (e.g. milk, fortified soy beverage, cheese, yogurt, kefir)
- [Meat and Alternatives](#) (e.g. hummus, egg, canned light tuna)

Avoid serving foods that are high in sugar, sodium or fat. These foods have little nutritional value. These include:

- Fruit flavoured drinks such as fruit beverage, punch, cocktail or fruit juice. Kids and babies do not need juice.
- Cakes, cupcakes, donuts, pies, chocolate bars, candy (including yogurt covered raisins, fruit gummies, fruit leathers, marshmallows)
- Ice cream, frozen yogurt, freezie-type, popsicles, slushies, frozen juice snacks
- Potato chips, tortilla chips, nachos and other chip-like snack foods

Sample snack ideas:

- Clementines, cheese slices, water
- Bananas, whole grain oat cereal, milk
- Carrot sticks, hummus, whole grain crackers
- Granny smith apple slices, yogurt, water

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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 | Diced cantaloupe with vanilla yogurt Water to drink | | | | | |
| Afternoon Snack Choices from at least two Food Groups with at least one serving of Vegetables and Fruit | Cucumber sticks, whole grain pita with tzatziki for dipping 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.