

# Menu Planning Form for Child Care Facilities

Provider/Centre: \_\_\_\_\_

Date: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Breakfast</b> <input type="checkbox"/> 2 Vegetables or fruits + 1 Grain + 1 Protein; and <input type="checkbox"/> *Milk or fortified soy beverage (see note), and <input type="checkbox"/> Water						<p><b>Note:</b> Facilities offer plain milk or plain (unsweetened or original) fortified soy beverage</p> <ul style="list-style-type: none"> <li>• Twice per day: offer milk at one meal and one snack</li> <li>• children under two years of age offer whole milk only (3.25% M.F.);</li> <li>• children two years of age and older offer lower fat milk (0-2% M.F.) or plain fortified soy beverage or an alternative plain plant-based beverage may be offered if it is fortified with calcium and vitamin D.</li> <li>• Offer <b>water</b> throughout the day and at all meals.</li> <li>• Canada's Food Guide recommends limiting foods and beverages high in sodium, sugar, or saturated fat. These foods include, processed meat, deep-fried foods, sugary breakfast cereals, cakes, cookies and pastries, chocolate and candies, ice cream and frozen deserts, fruit flavoured drinks, soft drinks, sport and sweetened hot or cold drinks, and many ready-to-heat packaged</li> </ul>
<b>Morning Snack</b> <input type="checkbox"/> 1 Vegetable + 1 Grain; or <input type="checkbox"/> 1 Fruit + 1 Grain; or <input type="checkbox"/> 1 Vegetable + 1 Protein; or <input type="checkbox"/> 1 Fruit + 1 Protein; <input type="checkbox"/> *Milk or plain fortified soy beverage (see note) and <input type="checkbox"/> Water						
<b>Lunch</b> <input type="checkbox"/> 1 Vegetable + 1 Fruit + 1 Grain + 1 Protein; OR <input type="checkbox"/> 2 Vegetables + 1 Grain+ 1 Protein; and <input type="checkbox"/> *Milk or plain fortified soy beverage (see note) and <input type="checkbox"/> Water						
<b>Afternoon Snack</b> <input type="checkbox"/> 1 Vegetable + 1 Grain; or <input type="checkbox"/> 1 Fruit + 1 Grain; or <input type="checkbox"/> 1 Vegetable + 1 Protein; or <input type="checkbox"/> 1 Fruit + 1 Protein; and <input type="checkbox"/> *Milk or plain fortified soy beverage (see note), and <input type="checkbox"/> Water						
<b>Supper</b> <input type="checkbox"/> 1 Vegetable + 1 Fruit + 1 Grain + 1 Protein; OR <input type="checkbox"/> 2 Vegetables + 1 Grain+ 1 Protein; and, <input type="checkbox"/> *Milk or plain fortified soy beverage (see note), and <input type="checkbox"/> Water						