Menu Planning Form for Child Care Facilities

Provider /Centre: _____ **Date:** _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ***Servings from 3 food groups are offered.*** ☐ Vegetables and fruit ☐ Grain products ☐ Milk and alternatives ☐ Meat and alternatives					
Morning Snack ***Serving of vegetables or fruit plus 1 other food group is offered.*** ✓ Vegetables and fruit ☐ Grain products ☐ Milk and alternatives ☐ Meat and alternatives					
Lunch ***Servings from all 4 food groups are offered.*** ✓ Vegetables and fruit ✓ Grain products ✓ Milk and alternatives ✓ Meat and alternatives					
Afternoon Snack ***Serving of vegetables or fruit plus 1 other food group is offered.*** ✓ Vegetables and fruit ☐ Grain products ☐ Milk and alternatives ☐ Meat and alternatives					
Supper ***Servings from all 4 food groups are offered.*** ✓ Vegetables and fruit ✓ Grain products ✓ Milk and alternatives ✓ Meat and alternatives					

Offer **milk** at least twice a day.

If **juice** is offered:
- it is 100% unsweetened juice
- it is offered no more than 3 times per week.

Offer **water** for thirst.

Foods to limit, if offered:
- appear on the menu no more than a total of 3 times per week.
- are in addition to the recommended food groups.

Canada's Food Guide recommends limiting foods and beverages high in calories, fat, sugar or salt such as cakes and pastries, chocolate and candies, cookies, and granola bars, and doughnuts, ice cream and frozen desserts, French fries, potato chips, nachos and other salty snacks, fruit flavoured drinks, soft drinks and sweetened hot or cold drinks.