

## Appendix 3 – Menu Review Checklist

This checklist can be used when developing menus to align with the guidelines. Child Care Consultants will use this checklist to review and provide feedback on the menu.

**Child Care Service:** \_\_\_\_\_

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

**Reviewed by:** \_\_\_\_\_

Meal	Menu Guidelines	Mon	Tues	Wed	Thur	Fri	Comments/Suggestions
Morning Snack	Vegetable/Fruit						
	Protein Food (should include milk with at least one snack) and/or Whole Grain Food						
Lunch	Vegetable/Fruit #1						
	Vegetable/Fruit #2						
	Whole Grain Food						
	Protein Food (can't be only cheese more than once a week)						
	Milk (or alternative in Guideline 4)						
Afternoon Snack	Vegetable/Fruit						
	Protein Food (should include milk with at least one snack) and/or whole grain food						

For the Day	Milk is offered with all meals and at least one snack						
	If milk is not offered at the other snack, then it includes yogurt, cheese or other food source of calcium, like tofu						
	No highly processed foods or beverages are offered						
For the Week	A dark green vegetable is offered at least two times a week						
	An orange vegetable is offered at least once a week						
	A plant-based protein food is offered at least once a week						

Note: Water should be available to children at all times.

**The menu provides enough variety**

- There is variety in the types of meals and snacks offered, e.g., a menu should not be made up of all sandwiches or all casseroles.
- There are different types of vegetables and fruits, a variety of whole grain foods and different protein foods offered throughout the week.

Yes

No

Suggestions for improvement:

**Assessment for choking risk**

Refer to Appendix 1 on Food Choking Hazards

1. The menu contains foods that should not be served to children under four years of age.

No

Yes

Foods on the menu that need to be changed are:

2. The menu indicates the foods which will be modified to reduce the risk of choking.

Yes

No                Foods on the menu that need to be modified to reduce the risk of choking are:

**Other Comments/Suggestions:**