

Template for Menu Planning in Child Care Settings (Breakfast and Supper)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Vegetables and Fruit					
Whole Grain Foods					
Protein Foods					
Supper Meal					
Vegetables and Fruit					
Vegetables and Fruit					
Whole Grain Foods					
Protein Foods					

Notes

Vegetables and fruits: Offer at least one vegetable or fruit at breakfast and at least two vegetables/fruits at supper. Offer dark green vegetables at least two times a week in a meal or snack. Offer an orange vegetable at least once a week in a meal or snack.

Whole grain foods: Offer a wholegrain food at breakfast and at supper.

Protein foods: Offer a protein food at breakfast and at supper. The protein food at breakfast does not have to be iron-rich. Offer a plant-based protein food at least once per week at a meal or snack.

Beverage/Food source of calcium: Water should be available to children at all times. Offer milk with all meals.

Choking risk: See [Appendix 1](#) – Food Choking Hazards for tips on how to modify foods to reduce the risk of choking for children under four years of age. On your menu submission, indicate with an asterisk (*) the foods which will be modified to reduce the risk of choking. Refer to the sample menu for examples.