

## Template for Menu Planning in Child Care Settings:

This template supports menu planning and provides space for the breakdown of foods/beverages included to show all food groupings covered.

**This breakdown should be included when submitting the menu to the Child Care Consultant for review.** Also include detail on the menu items as covered on page 4. Note: if your service provides breakfast or supper, there is a separate template included.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>					
Vegetables and Fruit					
Whole Grain Foods					
Protein Foods					
<b>Lunch Meal</b>					
Vegetables and Fruit					
Vegetables and Fruit					
Whole Grain Foods					
Protein Foods					
<b>Afternoon Snack</b>					
Vegetables and Fruit					
Whole Grain Foods					
Protein Foods					

### Notes

**Vegetables and fruits:** Offer at least two vegetables/fruits at lunch and at least one at all snacks. 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 lunch and either a whole grain food or a protein food (or both) at all snacks.

**Protein foods:** Offer a protein food at lunch and either a protein food or whole grain food (or both) at snacks. 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 and at least one snack. The other snack should include milk, yogurt, cheese or other food source of calcium, like tofu.

**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.