

Child Care Menu Planning with Canada's Food Guide: Sample Menu

Time	Food Type	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Meal description	Hardboiled egg with whole grain bagel and grapes	Yogurt with wholegrain muffin and fruit	Egg wrap with vegetables in whole grain tortilla	Banana pancakes with smooth nut or seed butter and applesauce	Oatmeal with milk and frozen blueberries
	Vegetables and Fruits	Grapes, quartered	Frozen mixed berries	Peppers	Bananas Unsweetened applesauce	Frozen blueberries, thawed
	Whole Grain foods	Whole grain bagel	Bran muffin	Whole grain tortilla	Whole wheat banana pancakes	Oatmeal
	Protein foods (with milk or *fortified soy beverage to drink)	Eggs, hard boiled	Yogurt	Eggs, scrambled	Smooth nut or seed butter	Milk or fortified soy beverage
Morning Snack	Vegetables and Fruits	Apple slices	Canned peaches, drained	Oranges, sliced	Canned pears, drained	Fruit smoothie: Mixed fruit, frozen and thawed
	Whole Grain foods	Whole grain cereal snack mix	Whole grain English muffin	Whole grain cereal	Whole grain crackers	
	And/or Protein foods		Smooth nut or seed butter	Milk or fortified soy beverage	Cheddar cheese, cubed	Plain yogurt, milk
	Drink (water, milk, or *fortified soy beverage)	Water	Milk or fortified soy beverage	Water	Water	Water
Lunch	Meal description	Tofu or chicken stir-fry with brown rice	Beef or meat stew with Bannock	Vegetarian bean chili with whole grain bun	Grilled chicken burger with oven roasted sweet potato fries	Tuna salad wrap with carrot sticks
	Vegetables and Fruits	Frozen mixed vegetables, California style, stir-fried	Carrots and potatoes	Carrots, celery, canned corn	Lettuce, tomato Sweet potatoes, roasted	Celery, cucumber, diced Carrots, shredded Lettuce
	Whole Grain foods	Brown rice	Whole grain Bannock	Whole grain bun	Whole wheat burger bun	Whole grain tortilla
	Protein foods (with milk or *fortified soy beverage to drink)	Chicken or Tofu, Milk or fortified soy beverage	Beef or meat Milk or fortified soy beverage	Canned kidney and pinto beans, Milk or fortified soy beverage	Chicken burger Cheddar cheese Milk or fortified soy beverage	Light tuna, canned, Milk or fortified soy beverage
Afternoon Snack	Vegetables and Fruits	Canned peaches, drained	Apples, thinly sliced	Red and green bell peppers, sliced	Snap peas	Banana, sliced
	Whole Grain foods	Granola or muesli	Whole grain pita	Whole wheat naan	Whole grain pita	Whole grain bread
	And/or Protein foods	Plain yogurt	Mozzarella cheese, sliced	Yogurt dip	Hummus	Nut or seed butter
	Drink (water, milk, or *fortified soy beverage)	Water	Water	Water	Water	Milk or fortified soy beverage

Drinks: *Fortified soy beverage may be offered to children 2 years. Have water available throughout the day.

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