## Appendix C

# Two Week Menu Planning Forms <br> Breakfast/Morning Meal/Snack/Lund Program <br> (Photocopy this page for each program) 

## Name of School/Site:

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Type of Program: __Breakfast __Morning Meal ___Snack __Lunch

1. Breakfast - A meal served to children and youth before the start of the school day. It should contain at least one serving from a minimum of 3 out of the 4 food groups of Canada's Food Guide to Healthy Eating with at least one serving from the vegetables and fruit food group and at least one serving from the milk and alternatives food group.
2. Morning Meal - A meal is served to children and youth in the first part of the school day once school has officially started. It should contain at least one serving from a minimum of 3 out of the $\mathbf{4}$ food groups of Canada's Food Guide to Healthy Eating with at least one serving from the vegetables and fruit food group and at least one serving from the milk and alternatives food group. A morning meal is not a snack program.
3. Lunch - It should contain at least one serving from a minimum of $\mathbf{3}$ out of the $\mathbf{4}$ food groups of Canada's Food Guide to Healthy Eating with at least one serving from the vegetables and fruit food group and at least one serving from the milk and alternatives food group.
4. Snack - A snack contains at least one serving from a minimum of 2 food groups of Canada's Food Guide with at least one serving from the vegetables and fruit food group.

Delivery Model: __Bin Model ___Sit-down ___Grab n'Go

- Bin Model - This popular model consists of providing a bin (usually a plastic bin about 8" high by $12^{\prime \prime}$ wide and 24 " long) to each classroom which contains either their snack, breakfast or lunch servings. The bin can be picked up from the kitchen and returned by a student monitor. The servings may be distributed according to the teacher's discretion. The bin could be passed around by either the teacher or a student while students are working quietly, or it could be left on a table for students to help themselves. This model can serve a large number of students.
- Grab n' Go - This model is becoming popular in the high schools. Usually, a table of servings is provided on a table at the entrance to the school, supervised and replenished by volunteer(s). When students enter, they may help themselves to the servings. Individual servings can be served in "baggies". This model can serve a large number of students.
- Sit Down - This model varies according to the school facilities. An example would be a breakfast program served by volunteers in an empty classroom or gym. This program usually requires more teacher supervision.


## Program preparation begins at what time:

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## Menu Planning Guidelines

- List specific foods and amount served. E.g. Breakfast or Morning Meal: fresh fruit (vegetables \& fruit), yogurt (milk products), muffin (grain products)


## Canada's Food Guide Examples

| Vegetables \& Fruit | Grain Products - <br> choose whole grain <br> products if available | Milk and Alternatives | Meat and <br> Alternatives |
| :--- | :--- | :--- | :--- |
| Apple | Bagels | Cheese | Meats: |
| Banana | Bread | Fortified Soy | Chicken |
| Berries | Breakfast Cereal | beverage | Fish |
| Broccoli | Buns | Milk | Beef |
| Cantaloupe | Chapati | Pogurt |  |
| Carrots | Couscous | Yogurt-based drinks | Canned Meats: |
| Celery | Crackers | Salmon |  |
| Clementines | English Muffins |  | Light Tuna |
| Cucumber | French Toast |  | Turkey |
| Grapes | Grain-based cereal |  | Chicken |
| Green peppers | bars | Meat Alternatives: |  |
| Kiwi | Muffins |  | Peanut Butter |
| Orange slices | Naan |  | Begs |
| Peaches | Oatmeal |  | Nuts |
| Pears | Pancakes |  | Nut Butter |
| Pineapple | Pasta |  | Soy Butter |
| Potatoes | Rice |  | Soy burgers |
| Red peppers | Roti |  |  |
| Tomatoes | Toast |  |  |
| Tangerines | Waffles |  |  |
|  | Tortillas |  |  |

Please do not serve non-nutritious foods like doughnuts, lemonade, fruit punch, ades, fruit flavoured cocktails, baked squares, cookies, candy, jello, or cake.

Week 1

| Monday |  | Tuesday |  | Wednesday |  | Thursday |  | Friday |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Food <br> item | Amount <br> served | Food <br> item | Amount <br> served | Food <br> item | Amount <br> served | Food <br> item | Amount <br> served | Food <br> item | Amount <br> served |  |
|  |  |  |  |  |  |  |  |  |  |  |

Week 2

| Monday |  | Tuesday |  | Wednesday |  | Thursday |  | Friday |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Food <br> item | Amount <br> served | Food <br> item | Amount <br> served | Food <br> item | Amount <br> served | Food <br> item | Amount <br> served | Food <br> item | Amount <br> served |
|  |  |  |  |  |  |  |  |  |  |

