## **Two Week Menu Planning Forms**

#### **Breakfast/Morning Meal/Snack/Lund Program**

(Photocopy this page for each program)

Name of School/Site:
Type of Program:BreakfastMorning MealSnackLunch
<ol> <li>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.</li> </ol>
2. <b>Morning Meal</b> – A meal is served to children and youth <b>in the first part of the school day</b> once school has officially started. It should contain at least one serving from <b>a minimum of 3 out of the 4 food groups</b> 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. <b>Lunch</b> – It should contain at least one serving from <b>a minimum of 3 out of the 4 food groups</b> 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. <b>Snack</b> – A snack contains at least one serving from <b>a minimum of 2 food groups</b> of Canada's Food Guide with at least one serving from the vegetables and fruit food group.
Delivery Model:Bin ModelSit-downGrab n'Go
<ul> <li>Bin Model – This popular model consists of providing a bin (usually a plastic bin about 8" high by 12" 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.</li> <li>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.</li> <li>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.</li> </ul>
Program preparation begins at what time:
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 –	Milk and Alternatives	Meat and Alternatives		
	choose whole grain products if available		Aiternatives		
Apple	Bagels	Cheese	Meats:		
Banana	Bread	Fortified Soy	Chicken		
Berries	Breakfast Cereal	beverage	Fish		
Broccoli	Buns	Milk	Beef		
Cantaloupe	Chapati	Yogurt	Pork		
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		Eggs		
Peaches	Oatmeal		Beans/bean dip		
Pears	Pancakes		Nuts		
Pineapple	Pasta		Nut Butter		
Potatoes	Rice		Soy Butter		
Red peppers	Roti		Sunflower Seeds		
Tomatoes	Toast		Soy burgers		
Tangerines	Waffles		Tofu		
	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	Amount	Food	Amount	Food	Amount	Food	Amount	Food	Amount
item	served	item	served	item	served	item	served	item	served

# Week 2

Monday		Tuesday		Wednesday		Thursday		Friday	
Food	Amount	Food	Amount	Food	Amount	Food	Amount	Food	Amount
item	served	item	served	item	served	item	served	item	served