

Child Care Menu Planning with Canada's Food Guide: Menu Template with Breakfast

Time	Food Type	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Meal description					
	Vegetables and Fruits					
	Whole Grain Foods					
	Protein Foods (with milk or *fortified soy beverage to drink)					
Morning Snack	Vegetables and Fruits					
	Whole Grain Foods					
	And/or Protein Foods					
	Drink (water, milk, or *fortified soy beverage)					
Lunch	Meal description					
	Vegetables and Fruits					
	Whole Grain Foods					
	Protein Foods (with milk or *fortified soy beverage to drink)					
Afternoon Snack	Vegetables and Fruits					
	Whole Grain Foods					
	And/or Protein Foods					
	Drink (water, milk, or *fortified soy beverage)					

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

