

# Breakfast or Morning Meal Menu For \_\_\_\_\_

Week ____	Day 1		Day 2		Day 3		Day 4		Day 5	
Vegetables/ Fruit:										
Grain Product:										
Milk/ Alternative:										
Meat/ Alternative:										
Tips and Suggestions:										

- Requirements:**
- Minimum of 1 serving vegetables and/or fruit and 1 serving of milk or milk alternatives at every meal
  - Minimum of 1 serving of grain products and/or meat or alternative at every meal (a serving from all food groups is ideal)
  - Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate
  - Plain tap water is always available

Are additional servings of food available?  yes  no. If yes which foods? \_\_\_\_\_

# Snack Menu For \_\_\_\_\_

Week ____	Day 1		Day 2		Day 3		Day 4		Day 5	
<b>Vegetables/ Fruit:</b>										
<b>Grain Product:</b>										
<b>Milk/ Alternative:</b>										
<b>Meat/ Alternative:</b>										
<b>Tips and Suggestions:</b>										

**Requirements:**

- Minimum of 1 serving vegetables and/or fruit at every snack
- Minimum of 2 food groups (a serving from three food groups is ideal)
- Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate
- Plain tap water is always available

Are additional servings of food available?  yes  no. If yes which foods? \_\_\_\_\_

# Lunch Menu For \_\_\_\_\_

Week ____	Day 1		Day 2		Day 3		Day 4		Day 5	
<b>Vegetables/ Fruit:</b>										
<b>Grain Product:</b>										
<b>Milk/ Alternative:</b>										
<b>Meat/ Alternative:</b>										
<b>Tips and Suggestions:</b>										

**Requirements:**

- Minimum of 1 serving vegetables and/or fruit and 1 serving of milk or milk alternatives at every meal
- Minimum of 1 serving of grain products and/or meat or alternative at every meal (a serving from all food groups is ideal)
- Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate
- Plain tap water is always available

Are additional servings of food available?  yes  no. If yes which foods? \_\_\_\_\_