

Child Care Centre Sample Menu Template

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Vegetables and Fruits*					
Grain Products					
Milk and Alternates					
Meat and Alternates					
Noon Meal Week 1	Beef or Pork Entrée Vegetables	Meat Alternate Casserole	Fish Entrée Vegetables	Chicken Casserole	Soup or Salad Sandwiches
Noon Meal Week 2	Meat Alternate Casserole	Chicken Entrée Vegetables	Beef or Pork Casserole	Fish Entrée or Casserole	Salad Pizza
Vegetables and Fruits*					
Grain Products*					
Milk and Alternates*					
Meat and Alternates*					
Afternoon Snack					
Vegetables and Fruits*					
Grain Products					
Milk and Alternates					
Meat and Alternates					

* Meal or Snack must have a serving from this Food Group