

Child Care Centre Sample Menu 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Blueberries Milk	Canned Pears Zucchini Muffin*	Cereal with strawberries and milk	Toast with Sliced Banana, Cinnamon	Fruit Smoothies
Vegetables and Fruits	Blueberries	Canned pears	Strawberries	Banana	Seasonal fruits
Grain Products		Muffin, half	Cereal	Whole Grain Bread	
Milk and Alternates	Milk		Milk		Milk
Meat and Alternates					
Noon Meal	Bean Burrito* Bar (build your own burrito)	Chicken Creole (‘deconstructed’) Rice	Harvest Beef Stew* Baguette	Baked Haddock Lemon Dill Sauce Broccoli Salad	Deluxe Pizza (Home Made) Tossed Salad
Vegetables and Fruits	Lettuce, Zucchini, Tomato, Onion, Green Pepper	Tomatoes, Celery, Onion, Peas	Carrots, Potatoes, Onions, Green Beans, Turnip	Broccoli, Carrots, (shredded)	Tomato Sauce, Mushrooms Pineapple Lettuce, Tomato, Cucumber
Grain Products	Tortilla	Rice	Baguette	Bread or Roll	Pizza Crust
Milk and Alternates	Milk Cheddar Cheese (grated)	Milk	Milk	Milk	Milk Mozzarella Cheese (grated)
Meat and Alternates	Kidney & Black Beans	Chicken, strips	Stew Beef	Haddock fillets	Ham or Chicken (diced)
Afternoon Snack	Apple – Bread Pudding	Orange Slices Milk	Vegetable, Fruit and Cheese K’bobs	Home Made Salsa Pita Chips	Fruit Juice Home Made Oatmeal Cookie
Vegetables and Fruits	Apple	Orange	Seasonal Vegetables and Fruits	Tomato, Onion, Cucumber (diced)	100% Fruit Juice
Grain Products	Bread			Pita	Oatmeal cookie (Home Made)
Milk and Alternates		Milk	Cheese	Milk	
Meat and Alternates					

Food and Nutrition Standards	Follows menu template and food group best practices. Every noon meal offers a different type of grain product for variety.	Follows menu template and food group best practices.	Follows menu template and food group best practices. Whole fruits and vegetables are served more often than juice.	Follows menu template and food group best practices. Cinnamon on the toast offers an interesting flavour.	Follows menu template and food group best practices. Used diced Ham or chicken on the pizza to reduce the use of processed meats.
Creativity and Aesthetics	Blueberries add colour and a texture contrast to the morning snack.	Lots of colour and texture contrasts..	The harvest stew contains many vegetables of different colours to make the meal more appealing.	Chopped broccoli and shredded carrot in the salad give additional colour to the noon meal.	Let children select their own frits to add to their smoothies.
Child Considerations	Let the children ‘build their own burritos’ to give them independence – should also enhance acceptance of the new food items.	The chicken creole is ‘deconstructed’ so the children can eat each part of the meal separately or mix together	The harvest stew could include some familiar vegetables along with some new vegetables.	Children will enjoy having the option to dip their pita chips in the afternoon snack.	Children may enjoy the familiarity of pizza.

Centre Considerations	The Apple – Bread Pudding is a variation on the traditional and is quick to make and inexpensive.	It is possible for the centre to double the batch of zucchini muffins and keep in the freezer for later.	The afternoon snack may be part of an learning activity for children.	Make your own salsa and pita chips to use up leftovers.	Centres can use leftover fruits and vegetables in the menu items.
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