

Child Care Centre Menu Plan Evaluation

Food and Nutrition Standards	Noon meal includes servings from all food groups identified in Eating Well with Canada's Food Guide	*
	Each snack includes a serving from the Vegetables & Fruits group plus a serving from one of the other food groups identified in Eating Well with Canada's Food Guide	
	A variety (5-10 different) foods from the Vegetables & Fruits group are served each week	
	At least one dark green vegetable or one orange vegetable or fruit is served each day	
	Juice is served no more than two times each week	
	At least half of Grains served are whole grain	
	At least two 125 ml fluid milk servings should be served each day	
	Whole milk (3.25%) is served to children under 2 years of age	
	Meat alternates are served at least once each week	
	Fish is served at least once each week	
	No processed meats, fish or poultry are served	
	Water is available to children throughout the day	
	Foods and beverages are prepared with little or no added fat, sugar or salt	
	Use vegetable oils and soft margarines	
Local and seasonal foods are served whenever possible		

Creativity and Aesthetics	A menu template for variety with consistency is followed	
	A variety of foods within each food group are served each week	
	Menus are changed or revised at least twice a year	
	Menu items are age appropriate for children	
	Every snack provides at least one contrast between taste, colour, texture, shape, or temperature	
	Every meal provides at least two contrasts between taste, colour, texture, shape, or temperature	

Child Considerations	Menu items consider motor skills development – feeding and choking (avoid nuts, popcorn, hard candy, whole grapes, raisins, carrots in rounds, marshmallows, fish bones, sticky foods)	
	New foods are introduced into the menu along with familiar foods	
	Children may be involved in meal preparation and/or service	
	Children should be able to serve themselves in a family-style meal service	
	Allergy and special diet menu adaptations are made as necessary	
	Culturally-diverse foods are incorporated into the menu	

Centre Considerations	Menu items can be prepared by current staff member; considers skills and time	
	Menu costs are within budget limitations	
	Menu can be prepared with available kitchen equipment and space	
	Food is kept at appropriate temperatures	
	Raw and cooked foods are separated during storage and preparation	

*Note Yes, No or N/A