

# ONE WEEK MENU PLANNING FORM BEFORE AND AFTER SCHOOL PROGRAMS

This resource is based on the nutrition guidelines outlined in the [Child Care Menu Planning Practical Guide, January 2024](#).

Provide snacks consisting of foods that will promote good dental and overall health. Tap water should always be available. Snacks should consist of **one serving of Vegetables and Fruit** and one nutritious choice from another food group. One of the snacks offered (either morning or afternoon snack) should contain **one serving of Whole Grains** and the other snack should contain **one serving of Protein food**.

- [Vegetables and Fruit](#) (e.g. bananas, cantaloupe, carrots, green peppers, grapes, edamame, plums, apricots). [Dark green and orange vegetables](#) are a source of important nutrients, serve them often.
- [Whole Grain foods](#) (e.g. tortilla, mini pita or naan, crackers or breadsticks, cereals). Use the Nutrition Facts Table for products that have whole grain, whole wheat or bran listed as the first ingredient and contain less than 10% Daily Value for sugar.
- [Protein foods](#) (e.g. milk, hummus, unsweetened fortified soy beverage, eggs, cheese, yogurt, kefir, canned light tuna)

**Do not offer foods that are high in sugar, sodium or fat. These foods have little nutritional value. These include:**

- Fruit flavoured drinks such as fruit beverage, punch, cocktail or fruit juice. Kids and babies do not need juice
- Cakes, cupcakes, donuts, pies, chocolate bars, candy (including yogurt covered raisins, fruit gummies, fruit leathers, marshmallows), granola bars with chocolate chips
- Ice cream, frozen yogurt, freezie-type, popsicles, slushies, frozen juice snacks
- Potato chips, tortilla chips, nachos and other chip-like snack foods

**Sample snack ideas:**

- Clementines, mozzarella cheese slices, water
- Bananas, whole grain oat cereal, water
- Carrot sticks, hummus, whole grain crackers, water
- Granny smith apple slices, yogurt, water

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1-800-361-5653

TTY 1-866-512-6228

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**Menu for week** \_\_\_\_\_

	Sample	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b> One Vegetable and Fruit and one of either Protein food or Whole Grain food	Diced cantaloupe with yogurt  Water to drink					
<b>Afternoon Snack</b> One Vegetable and Fruit and one of either Protein food or Whole Grain food	Cucumber sticks, mini whole grain pita with tzatziki for dipping  Water to drink					

**Note:** Tap water must always be available. For more information on menu planning visit [www.york.ca/childcarenutrition](http://www.york.ca/childcarenutrition). 2024.