Menu Planning Form for Child Care Facilities

Facility Name: Peekaboo Corner Week 1&2 **Date:** 25 September 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast ☐ 2 Vegetables or fruits + 1 Grain + 1 Protein; and, ☐ *Milk ☐ Water						Offer **water** throughout the day **and** at all meals and snacks. ***Offer milk twice per day:** • Children one to two years of age offer whole milk only (3.25% M.F.); • Children two years of age and older offer lower fat milk (0-2% M.F.) or plain unsweetened fortified soy beverage. *All chicken used is unprocessed, skinless, and baked or steamed. *No more than 2 limited items are included in the menu and only after all requirements are met. *Processed meats (e.g., hotdogs) have been removed to comply with nutrition guidelines. *Snacks now consistently include 2 food groups. For more information regarding nutritious foods and foods to limit, please refer to the ***Menu Requirements Backgrounder.***
Morning Snack ☐ 1 Vegetable or fruit + 1 Grain; OR, 1 Vegetable or fruit + 1 Protein, and, ☐ *Milk ☐ Water	1. Banana 2. Whole grain crackers	1. Apple slices 2. Yogurt	1. Cucumber slices 2. Whole wheat toast 3. Milk	1. Pear slices 2. Cheese cubes	1. Banana 2.Toast 3. Milk	
Lunch ☐ 1 Vegetable + 1 Fruit + 1 Grain + 1 Protein; OR 2 Vegetables + 1 Grain + 1 Protein; and, ☐ *Milk ☐ Water	1. Veggie Stir-Fry (tofu, broccoli, carrots) 2. Brown Rice 3. Milk	1. Veggie soup (lentils, carrots, spinach) 2. Whole wheat roll 3. Apple slices 4. Milk	1. Veggie Pasta Bake (spinach, zucchini, tomato sauce) 2. Steamed potato 3. Orange 4. Yogurt	1. Lentil Porridge 2. Steamed Broccoli 3. Whole Wheat Roll 4. Pear 5. Milk	1. kidney bean curry 2. Brown rice 3. Steamed carrots 4. Orange slices	
Afternoon Snack ☐ 1 Vegetable or fruit + 1 Grain; OR, 1 Vegetable or fruit + 1 Protein, and, ☐ *Milk ☐ Water	1. Carrot sticks 2. Hummus 3. Milk	1. Whole Grain Crackers 2. Broccoli 3. Milk	1. Veggies 2. Crackers 3. Milk	1. Carrot sticks 2. Whole grain muffin 3. Milk	1. Pear slices 2. Homemade oatmeal cookie 3.Milk	
Supper ☐ 1 Vegetable + 1 Fruit + 1 Grain + 1 Protein; OR 2 Vegetables + 1 Grain + 1 Protein; and, ☐ *Milk ☐ Water						