

Kathy's Home Daycare - Menu Planning Guide

	General Notes	Dark Green/Orange Vegetables	Dairy, Grains, Protein	Never/Rarely Served	My Goals
G U I D E L I N E S	<p>Lunch includes servings from all 4 food groups: vegetables and fruit, grains, milk and alternatives, meat and alternatives.</p>	<p>One dark green or orange vegetable is served daily.</p>	<p>Dairy: Whole milk is served at every lunch (unless lower fat milk is requested for children over 2 years). A dairy product will be included in one snack each day.</p>	<p>Foods low in nutrition and high in calories, sugar, and salt, such as: commercial baked goods, chocolate, candies, commercial french fries, potato chips, fruit-flavoured drinks, soft drinks.</p>	<p>To follow the recommendations in Canada's Food Guide.</p>
	<p>Each snack includes a serving of vegetables or fruit, plus one other food group.</p>	<p>Dark green includes: broccoli, romaine, mesclun, spinach, kale, swiss chard.</p>	<p>Grains are served at least twice daily; at least one serving is whole grain. Muffins, loaves, breads, and cookies are generally home-made with a focus on nutrition.</p>	<p>Foods which pose a choking risk: weiners, popcorn, whole nuts, candy, gum.</p>	<p>To encourage the children to try a variety of nutritional foods, knowing that I may offer a new food to a child several times in several formats before he/she chooses to eat it.</p>
	<p>Breakfast is not provided, but let me know if this is a challenge for you or your child! It is the most important meal of the day!</p>	<p>Dark orange includes: carrot, sweet potato, pumpkin, squash and, no more than once per week - peaches, nectarines, mango, papaya, apricot, cantaloupe.</p>	<p>Protein: Fish, chicken, beef, and a meat alternative are each served weekly at lunch. Eggs and peanut butter are served weekly at lunch or snack.</p>	<p>Highly processed, pre-packaged foods.</p>	<p>Nutritional value. Freshness. Variety. Tastes that kids will love!</p>