

Appendix C

Two Week Menu Planning Forms

Breakfast/Morning Meal/Snack/Lunch Program

(Photocopy this page for each program)

Name of School/Site: _____

Type of Program: ___ Breakfast ___ Morning Meal ___ Snack ___ Lunch

1. **Breakfast** – A meal served to children and youth **before the start of the school day**. It should contain at least one serving from a **minimum of 3 out of the 4 food groups** of Canada's Food Guide to Healthy Eating with at least one serving from the vegetables and fruit food group and at least one serving from the milk and alternatives food group.
2. **Morning Meal** – A meal is served to children and youth **in the first part of the school day** once school has officially started. It should contain at least one serving from a **minimum of 3 out of the 4 food groups** of Canada's Food Guide to Healthy Eating with at least one serving from the vegetables and fruit food group and at least one serving from the milk and alternatives food group. A morning meal is not a snack program.
3. **Lunch** – It should contain at least one serving from a **minimum of 3 out of the 4 food groups** of Canada's Food Guide to Healthy Eating with at least one serving from the vegetables and fruit food group and at least one serving from the milk and alternatives food group.
4. **Snack** – A snack contains at least one serving from a **minimum of 2 food groups** of Canada's Food Guide with at least one serving from the vegetables and fruit food group.

Delivery Model: ___ Bin Model ___ Sit-down ___ Grab n'Go

- **Bin Model** – This popular model consists of providing a bin (usually a plastic bin about 8" high by 12" wide and 24" long) to each classroom which contains either their snack, breakfast or lunch servings. The bin can be picked up from the kitchen and returned by a student monitor. The servings may be distributed according to the teacher's discretion. The bin could be passed around by either the teacher or a student while students are working quietly, or it could be left on a table for students to help themselves. This model can serve a large number of students.
- **Grab n' Go** – This model is becoming popular in the high schools. Usually, a table of servings is provided on a table at the entrance to the school, supervised and replenished by volunteer(s). When students enter, they may help themselves to the servings. Individual servings can be served in "baggies". This model can serve a large number of students.
- **Sit Down** – This model varies according to the school facilities. An example would be a breakfast program served by volunteers in an empty classroom or gym. This program usually requires more teacher supervision.

Program preparation begins at what time: ____

Menu Planning Guidelines

- List specific foods and amount served. E.g. Breakfast or Morning Meal: fresh fruit (vegetables & fruit), yogurt (milk products), muffin (grain products)

