

Day Nursery Requirements Chart

V/F = Vegetables and Fruit

G = Grain Products

Milk = Milk and Alternatives

M/A = Meat and Alternatives

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack (At least 2 food groups)	V/F <input type="checkbox"/> G <input type="checkbox"/> Milk <input type="checkbox"/> M/A <input type="checkbox"/>	V/F <input type="checkbox"/> G <input type="checkbox"/> Milk <input type="checkbox"/> M/A <input type="checkbox"/>	V/F <input type="checkbox"/> G <input type="checkbox"/> Milk <input type="checkbox"/> M/A <input type="checkbox"/>	V/F <input type="checkbox"/> G <input type="checkbox"/> Milk <input type="checkbox"/> M/A <input type="checkbox"/>	V/F <input type="checkbox"/> G <input type="checkbox"/> Milk <input type="checkbox"/> M/A <input type="checkbox"/>
Lunch (1 food from each food group plus one extra V/F)	V/F <input type="checkbox"/> <input type="checkbox"/> G <input type="checkbox"/> Milk <input type="checkbox"/> M/A <input type="checkbox"/>	V/F <input type="checkbox"/> <input type="checkbox"/> G <input type="checkbox"/> Milk <input type="checkbox"/> M/A <input type="checkbox"/>	V/F <input type="checkbox"/> <input type="checkbox"/> G <input type="checkbox"/> Milk <input type="checkbox"/> M/A <input type="checkbox"/>	V/F <input type="checkbox"/> <input type="checkbox"/> G <input type="checkbox"/> Milk <input type="checkbox"/> M/A <input type="checkbox"/>	V/F <input type="checkbox"/> <input type="checkbox"/> G <input type="checkbox"/> Milk <input type="checkbox"/> M/A <input type="checkbox"/>
P.M. Snack (At least 2 food groups)	V/F <input type="checkbox"/> G <input type="checkbox"/> Milk <input type="checkbox"/> M/A <input type="checkbox"/>	V/F <input type="checkbox"/> G <input type="checkbox"/> Milk <input type="checkbox"/> M/A <input type="checkbox"/>	V/F <input type="checkbox"/> G <input type="checkbox"/> Milk <input type="checkbox"/> M/A <input type="checkbox"/>	V/F <input type="checkbox"/> G <input type="checkbox"/> Milk <input type="checkbox"/> M/A <input type="checkbox"/>	V/F <input type="checkbox"/> G <input type="checkbox"/> Milk <input type="checkbox"/> M/A <input type="checkbox"/>
Total number of servings*					
V/F (at least 2)	V/F _____	V/F _____	V/F _____	V/F _____	V/F _____
G (at least 2)	G _____	G _____	G _____	G _____	G _____
Milk (at least 2)	Milk _____	Milk _____	Milk _____	Milk _____	Milk _____
M/A (at least 1)	M/A _____	M/A _____	M/A _____	M/A _____	M/A _____

*See the Day Nursery Act for serving sizes.

Menu Planning Checklist

Use this tool to check and re-check your menus

The main meal includes at least:

- 2 servings of vegetables and fruit
- 1 serving of grain products
- 1 serving of milk and alternatives
- 1 serving of meat and alternatives
- Each meal and snack has been checked against the Day Nursery Requirements Chart on the reverse

The menu provides a variety of:

- Shapes (cubes, strips, cookie cutter shapes, slices)
- Colours
- Textures (cooked, raw, crunchy, soft, smooth, crispy)
- Temperatures
- Flavours (Sweet, sour, bitter, salty, savoury)

Also ensure:

- At least one new food is introduced during the menu cycle
- Snacks include foods from at least two food groups
- Snacks are not too sweet or sticky
- Extra meals and snacks are planned for children who spend extended hours in your care
- Adequate equipment, staff, and time are available to prepare the meal
- The foods within each food group are varied from day-to-day
- Serving sizes of food are appropriate for the children's ages
- Foods are easy for children to eat (ex. finger foods are included)
- If juice is served, use 100% vegetable or fruit juice and limit to once per day
- Whole grain products are chosen most of the time
- The same food is not served more than twice a week
- Water is served often
- Foods are served to reduce the risk of choking. (i.e. spread peanut butter thinly, cut grapes into quarters, grate or pre-cook hard vegetables, avoid serving popcorn, nuts, and hard candies to young children.)



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Adapted with permission from Elgin St. Thomas Public Health.