

Meal and Snack Ideas for Early Learning and Child Care

On this page, write your meal and snack ideas. You can add other ideas from the workshop. For examples of meals and snacks, see pages 2 and 3.

Meals: Use Canada’s food guide to plan meals.

1. Plan half the meal with vegetables or fruits, or both.
2. Plan ¼ of the meal with a whole grain food.
3. Plan ¼ of the meal with a protein food.
4. Offer milk at meals. Children 2 years of age and older can have fortified soy beverage – it is not recommended for children under 2 years of age.

Foods	Monday	Tuesday	Wednesday	Thursday	Friday
Meal description					
Vegetable or fruit or both					
Protein food					
Whole grain food					
Drink					

Snacks: Use Canada’s food guide to plan snacks.

1. Offer a vegetable or fruit, or both.
2. Add a protein food or a whole grain food, or both.
3. Offer water or milk to drink. Children 2 years of age and older can have fortified soy beverage – it is not recommended for children under 2 years of age.

Foods	Monday	Tuesday	Wednesday	Thursday	Friday
Snack description					
Vegetable or fruit or both					
Protein food					
Whole grain food					
Drink					

Meal Ideas for Early Learning and Child Care

Foods	Monday	Tuesday	Wednesday	Thursday	Friday
Meal description	Bean, cheese spinach, and corn burrito, and fruit on the side	Hearty vegetable and lentil soup with cantaloupe on the side	Zucchini lasagna and fruit on the side	Tofu stir-fry with fruit on the side	Tuna sandwich with broccoli and fruit on the side
Vegetable or fruit or both	Corn, canned, rinsed with water and drained Spinach, fresh Fresh orange slices	Tomatoes, canned Carrots, fresh or frozen, chopped Celery and onion, fresh, chopped Cantaloupe, fresh, cut up	Zucchini, fresh, sliced Tomato sauce Apple slices	Bok choy, fresh Vegetable mix, frozen Mandarin oranges, canned, drained	Broccoli, steamed Blueberries, fresh
Protein food	Black beans, canned, rinsed with water and drained Cheese blend	Red lentils	Lean ground beef Mozzarella cheese	Tofu, stir-fried	Light tuna, canned in water
Whole grain food	Whole grain tortilla	Barley	Whole grain noodles	Brown rice	Whole grain bread
Drink*	Milk or fortified soy beverage*	Milk or fortified soy beverage*	Milk or fortified soy beverage*	Milk or fortified soy beverage*	Milk or fortified soy beverage*

*Drink: Offer milk at meals. Children 2 years of age and older can have fortified soy beverage – it is not recommended for children under 2 years of age.

Snack Ideas for Early Learning and Child Care

Snack Ideas - Morning

Foods	Monday	Tuesday	Wednesday	Thursday	Friday
Snack description	Applesauce with pancakes	Cereal with milk and banana	Bagel with nut or seed butter and cantaloupe	Oatmeal made with milk and blueberries	Fruit and yogurt with granola
Vegetable or fruit or both	Applesauce, unsweetened	Banana	Cantaloupe, cut up	Frozen blueberries, defrosted	Peaches, canned, drained
Protein food	Milk to drink	Milk for cereal	Nut, seed, or soy butter, smooth Milk to drink	Milk to cook oatmeal	Plain yogurt
Whole grain food	Whole wheat pancakes	Whole grain cereal (example: plain Oat O's or wheat squares)	Whole grain bagel	Oatmeal	Granola
Drink	Milk	Water	Milk	Water	Water

Snack Ideas - Afternoon

Foods	Monday	Tuesday	Wednesday	Thursday	Friday
Snack description	Salad and cheese	Mini cucumber sandwich, and orange slices	Vegetables, pita bread, and dip	Vegetables and dip	Apple slices with thinly spread nut or seed butter
Vegetable or fruit or both	Grated cabbage and carrots with dressing	Cucumber, sliced Fresh orange slices	Orange and green bell pepper, cut into strips	Cherry tomatoes, cut into quarters Broccoli, cut up	Apple slices
Protein food	Cheese cubes		Hummus	Bean dip	Smooth nut, seed, or soy butter
Whole grain food		Whole grain bread	Whole grain pita bread		
Drink	Water	Water	Water	Water	Water