



MENU PLANNER

Program Type: Breakfast Lunch Snack

Remember! A breakfast program must provide foods from at least 3 of the 4 food groups as described in *Canada's Food Guide*. A snack program must provide foods from at least 2 of the 4 food groups.

FOOD GROUP	BREAKFAST SAMPLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grain Products	1 cup of <i>Cheerios</i>					
Vegetables & Fruit	Banana or Orange Juice					
Milk Products	1 slice of Cheddar Cheese					
Meat & Alternatives	1 scrambled egg					
Other Foods						