

Snack Menu for Week #1 _____

Food Group	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetables/ Fruit	Apple Wedges (1/2 C)	Fruit Salad (1/2 C)	Baby Carrots (1/2 C) with Dip	Orange Juice (1/2 C)	Grapes (1/2 C)
Grain Products		Whole Wheat Crackers (3)		Whole Grain Cinnamon Bagel (1/2)	Low Fat Blueberry Muffin (1, small)
Milk/ Alternative	Yogurt (3/4 C)		Cheese Cubes (1 1/2 oz)		
Meat/ Alternative					
Tips and Suggestions					

Requirements:

- Minimum of 1 serving vegetables and/or fruit at every snack
- Minimum of 2 food groups (a serving from three food groups is ideal)
- Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate
- Plain tap water is always available

Snack Menu for Week #2 _____

Food Group	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetables/ Fruit	Melon Chunks (½ C)	Cut-up Vegetables (½ C)	Fruit Sauce (½ C)	Green and Red Pepper Strips (1/2 C) with Dip	Canned Peach (½ C)
Grain Products	Whole Wheat English Muffin (1/2) with Jam		Whole Wheat Pita Bread (½)	Cereal Bar (x 1)	Whole Grain Crackers (3)
Milk/ Alternative		Yogurt (¾ C)	Mozzarella Stick, Part-Skim (1 oz)		
Meat/ Alternative					
Tips and Suggestions					

Requirements:

- Minimum of 1 serving vegetables and/or fruit at every snack
- Minimum of 2 food groups (a serving from three food groups is ideal)
- Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate
- Plain tap water is always available

Snack Menu for Week #3 _____

Food Group	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetables/ Fruit	Grapes (½ C)	Fruit Cocktails ½ C	Celery Sticks ½ C with Dip	Pineapple Chunks (½ C)	Cucumber Slices ½ C with Dip
Grain Products			Low Fat Carrot Muffin (1, small)	Whole Wheat Raisin Bread (1 Slice)	
Milk/ Alternative		Yogurt Drink ¾ C			Cheese String (1 oz)
Meat/ Alternative	Hard Boiled Egg (1)				
Tips and Suggestions					

Requirements:

- Minimum of 1 serving vegetables and/or fruit at every snack
- Minimum of 2 food groups (a serving from three food groups is ideal)
- Portion sizes for each food group are based on Canada’s Food Guide serving sizes and are age appropriate
- Plain tap water is always available
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Snack Menu for Week #4 _____

Food Group	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetables/ Fruit	Banana (1, small)	Strawberries (½ C)	Julienned Carrots (½ C)	Apple Slices (½ C)	Cherry Tomatoes (½ C)
Grain Products		Social Tea Cookies (3)	Multigrain Grain Bread with Butter (1 Slice)		
Milk/ Alternative	Yogurt (¾ C)			Cheese Cubes (1 oz)	
Meat/ Alternative					Hummus (2 Tbsp)
Tips and Suggestions					

Requirements:

- Minimum of 1 serving vegetables and/or fruit at every snack
- Minimum of 2 food groups (a serving from three food groups is ideal)
- Portion sizes for each food group are based on Canada’s Food Guide serving sizes and are age appropriate
- Plain tap water is always available
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Snack Menu for Week #5

Food Group	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetables/ Fruit	Orange (1)	Pears (canned or fresh)	Red and Green Pepper Strips ½ C with Dip	Apple Juice (½ C)	Fruit Sauce (½ C)
Grain Products	Cinnamon Raisin Whole Grain Bagel with Butter (1/2)		Bran Muffin (1 small)	Whole Wheat Pita Pocket (½)	
Milk/ Alternative		Yogurt (¾ C)			Cheese Wiggle 1 oz
Meat/ Alternative				Sliced Lean Ham (1 slice)	
Tips and Suggestions					

Requirements:

- Minimum of 1 serving vegetables and/or fruit at every snack
- Minimum of 2 food groups (a serving from three food groups is ideal)
- Portion sizes for each food group are based on Canada's Food Guide serving sizes and are age appropriate
- Plain tap water is always available

Snack Menu for Week #6 _____

Food Group	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetables/ Fruit	Fruit Salad (½ C)	Melon Chunks (½ C)	Celery Sticks ½ C with Dip	Cucumber Slices (½ C)	Pineapple Tidbits (½ C)
Grain Products	Whole Wheat Bread (1 slice) with Cream Cheese (1 Tbsp)		Multigrain Crackers (3)		
Milk/ Alternative		Milk Shake (1 C)			Cheese Cubes (1 oz)
Meat/ Alternative				Hummus (2 Tbsp)	
Tips and Suggestions					

Requirements:

- Minimum of 1 serving vegetables and/or fruit at every snack
- Minimum of 2 food groups (a serving from three food groups is ideal)
- Portion sizes for each food group are based on Canada’s Food Guide serving sizes and are age appropriate
- Plain tap water is always available

Snack Menu for Week #7 _____

Food Group	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetables/ Fruit	Vegetable Sticks ½ C with Low Fat Dressing	Canned Peach Slices (½ C)	Mandarin Orange (1)	Grapes (½ C)	Banana (1 small)
Grain Products	Whole Grain Crackers (3)		Low Fat Cranberry Muffin (1 small)	English Muffin (1/2) with Cream Cheese (1 Tbsp)	
Milk/ Alternative		Yogurt Drink (¾ C)			Low Fat Chocolate Milk (1 C)
Meat/ Alternative					
Tips and Suggestions					

Requirements:

- Minimum of 1 serving vegetables and/or fruit at every snack
- Minimum of 2 food groups (a serving from three food groups is ideal)
- Portion sizes for each food group are based on Canada’s Food Guide serving sizes and are age appropriate
- Plain tap water is always available
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Snack Menu for Week #8 _____

Food Group	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetables/ Fruit	Melon Wedges (½ C)	Baby Carrots (½ C)	Apple Wedges (½ C)	Cherry Tomatoes (½ C)	Canned Pear (½ C)
Grain Products	Pita Bread ½ Slice, cut into wedges			Low Fat Banana Muffin (1 small)	
Milk/ Alternative		Yogurt (¾ C)	Cheese Slices (1 Slice)		Low Fat Milk (1 C)
Meat/ Alternative	Hummus (2 Tbsp)				
Tips and Suggestions					

Requirements:

- Minimum of 1 serving vegetables and/or fruit at every snack
- Minimum of 2 food groups (a serving from three food groups is ideal)
- Portion sizes for each food group are based on Canada’s Food Guide serving sizes and are age appropriate
- Plain tap water is always available
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