

Child Care Center Nutritional Menu (Food Poster)

Directions:

- Create a menu for a child care center for one day (breakfast, lunch and snack)
- You can use magazine pictures or draw your own pictures to illustrate
- You must also label your pictures to tell the reader/viewer what the food/drink is

Requirements for meal plan:

- Breakfast
 - Carbohydrate
 - Drink with nutrients (juice or milk, no water)
- Lunch
 - Protein
 - Fruit
 - Vegetable
 - Carbohydrate
 - Milk/dairy
- Snack
 - Two different food groups
 - Can't have sugar as first ingredient (especially if a cereal)

Sample Nutritional Menu

- Breakfast
 - Peanut Butter English Muffins
 - Cranberry Juice
- Lunch
 - Chicken tenders
 - Macaroni and cheese
 - Pineapple
 - Broccoli and cauliflower mix
 - Whole wheat chocolate chip cookies
 - White or chocolate milk
- Snack
 - Crackers and cheese
 - Apple juice or water

Healthy PROTEIN Foods	
Beans & Peas	kidney beans, red beans, black beans, pinto beans, white beans, chickpeas, green peas, soybeans, tofu, and more
Nuts & Seeds	peanuts, almonds, walnuts, sunflower seeds, pecans, pumpkin seeds, cashews, and more
Fish	tuna, salmon, and many other types of fish
Lean Poultry	skinless chicken and turkey
Lean Meat	lean cuts of beef, pork, and lamb
Eggs	whole eggs, egg whites, and egg substitute
Milk	low-fat or non-fat

